

Week 3 Shooting to score goals

OBJECTIVE | Learn how to strike the ball and score goals

COACHING POINTS

1. Tight touch, Glance at the corner of the goal
2. Short approach steps, big last stride before you strike
3. Lock ankle and strike with the laces

GUIDED QUESTIONS

1. How can we generate power in the strike?
2. Where on the target are you trying to shoot the ball?
3. How can we keep the ball low when we shoot?


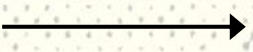
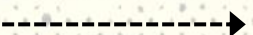
KEY WORDS

Look at Goal, Hit it hard, Be confident

PLAYER ACTIONS

Shooting

SESSION KEY

- Dribble 
- Pass / Shot 
- Movement 

TECHNICAL TOOLS

Block 1: Kick the ball to the goal;

Block 2: Organize feet, Find corners



4 v 4

Play to discover

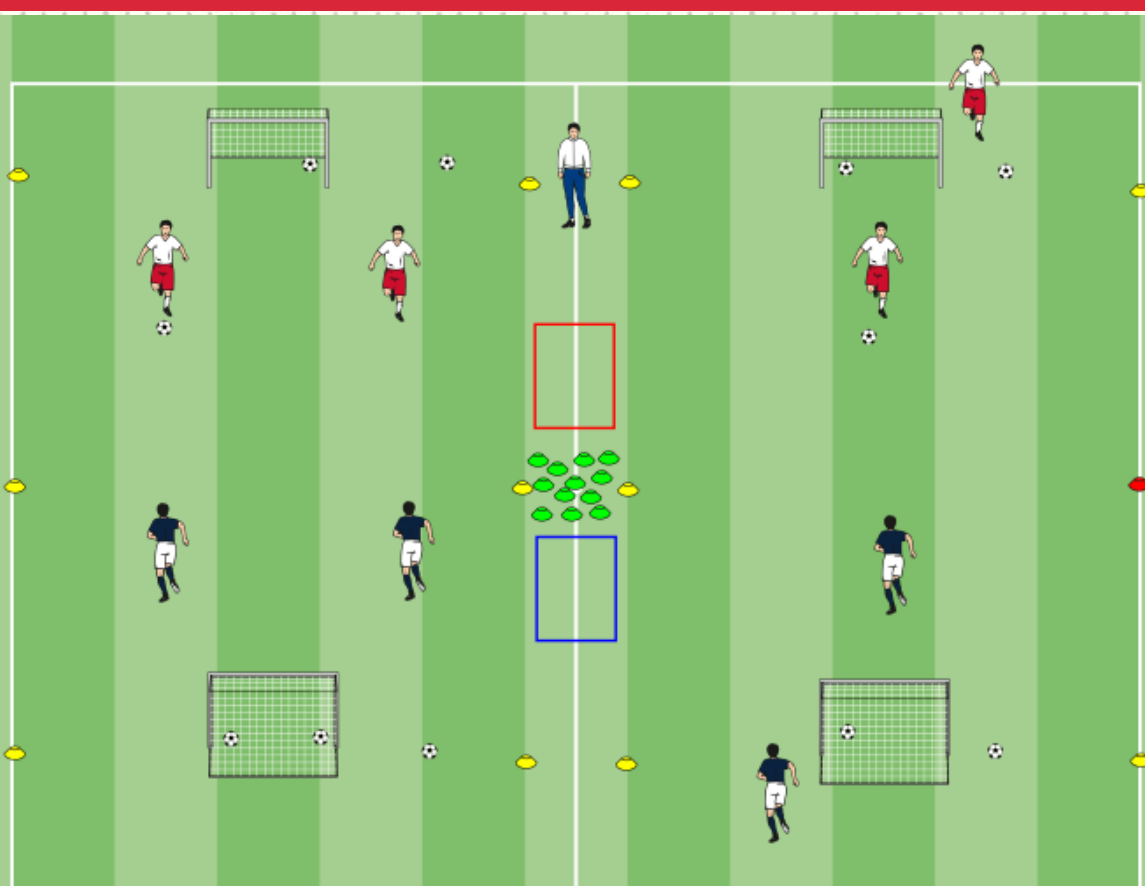
Me and my ball

Learn fundamentals, purpose, direction & rules of the game

Shooting
Block 1

PHASE 1 – PLAY | 15 MINS

3 MINUTES PLAY | 1 MINUTE REST



AREA

20 x 15-yard fields (x2)

DESCRIPTION

Play 1v1 on each field. If a player scores a goal they put in a coin in their team's bank (cone in red or blue square). Both fields go at the same time. First combined team score of 5 coins wins. Rotate players on each field. Start with large supply of balls in between fields. Talk about 1v1 attacking, looking up, finding space and shooting!

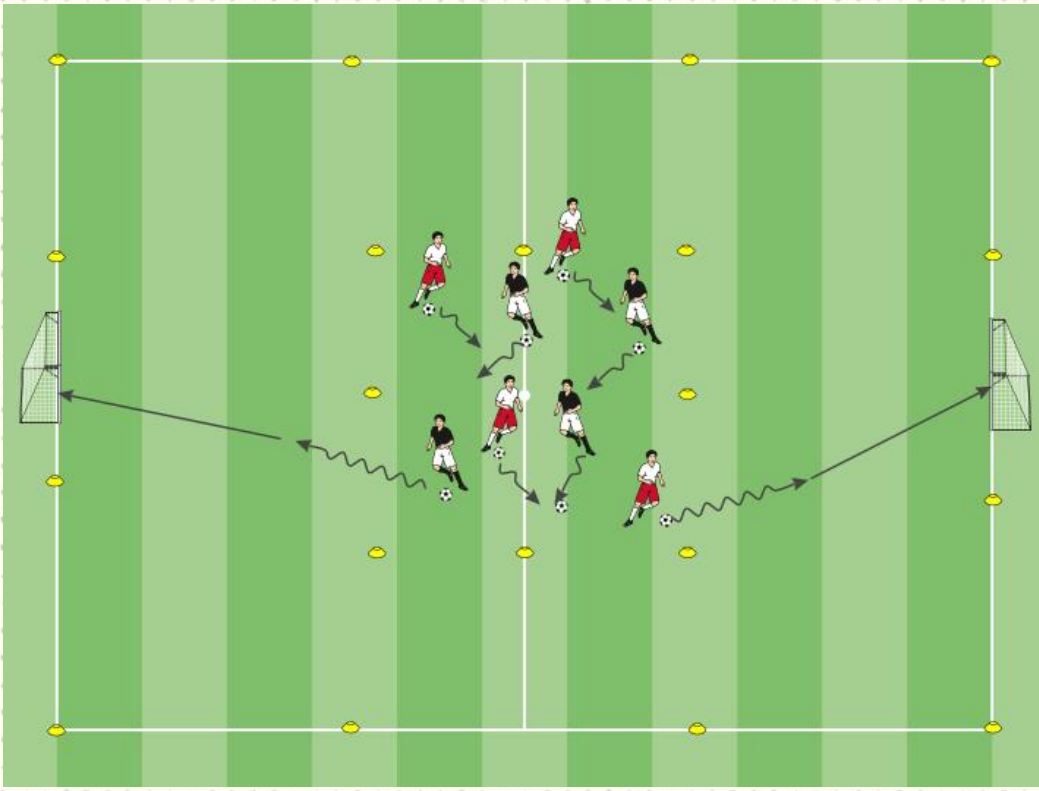
MORE CHALLENGING

Play 2v2

Week 3 Shooting to score goals

PHASE 2 – GOALS GOALS GOALS | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

20 x 30 yards, 15x15 grid in center

DESCRIPTION

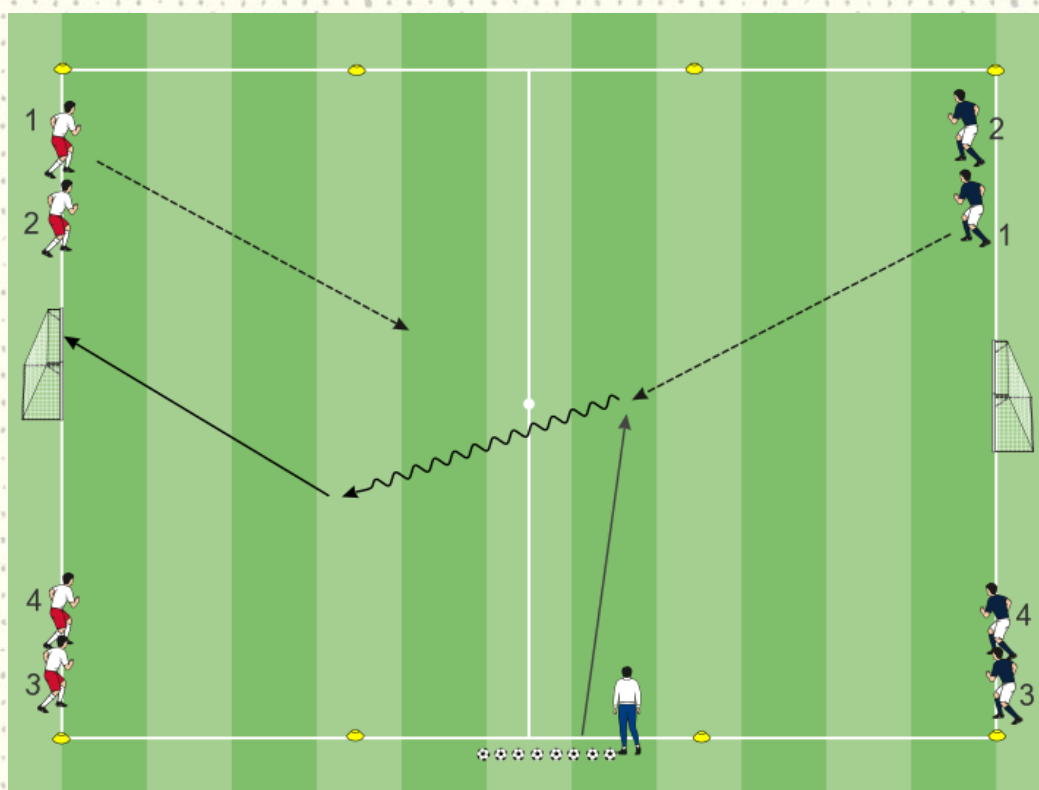
Split into two teams. Players are numbered on team. Play Traffic light game (Red Stop, Green Go, Yellow Pull Back) and when coach calls #1, both #1 players dribble to score on goal as quick as possible as shown while rest of team stops and cheers them on!

MORE CHALLENGING

Call out two numbers at a time
Give a time limit count down to score

PHASE 3 – NUMBERS GAME | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

20 x 30 yards

DESCRIPTION

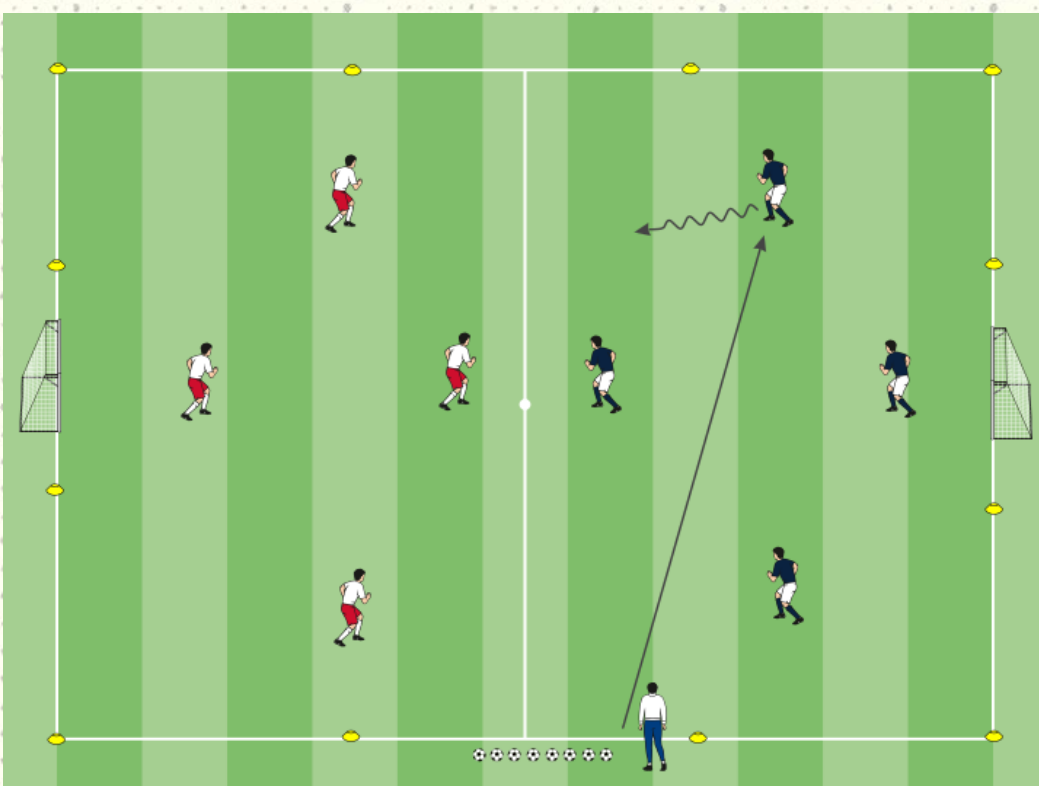
Players are numbered 1-4. Coach calls out #1 and passes ball into both #1 players who race to score first on opponent's goal. Progress to just 1 ball creating a 1v1 to goal.

MORE CHALLENGING

Call out 2 numbers for 2v2.

PHASE 4 – GAME | 15 MINS

6 MINUTES PLAY | 2 MINUTE REST



AREA

20 x 30 yards

DESCRIPTION

Play 4v4 game
Encourage players to look up and find space by dribbling with close control. Add point when player demonstrates successful dribble into space.

MORE CHALLENGING

Make field smaller