

Week 8 Shooting to score goals

OBJECTIVE | Improve 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?


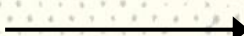

KEY WORDS

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

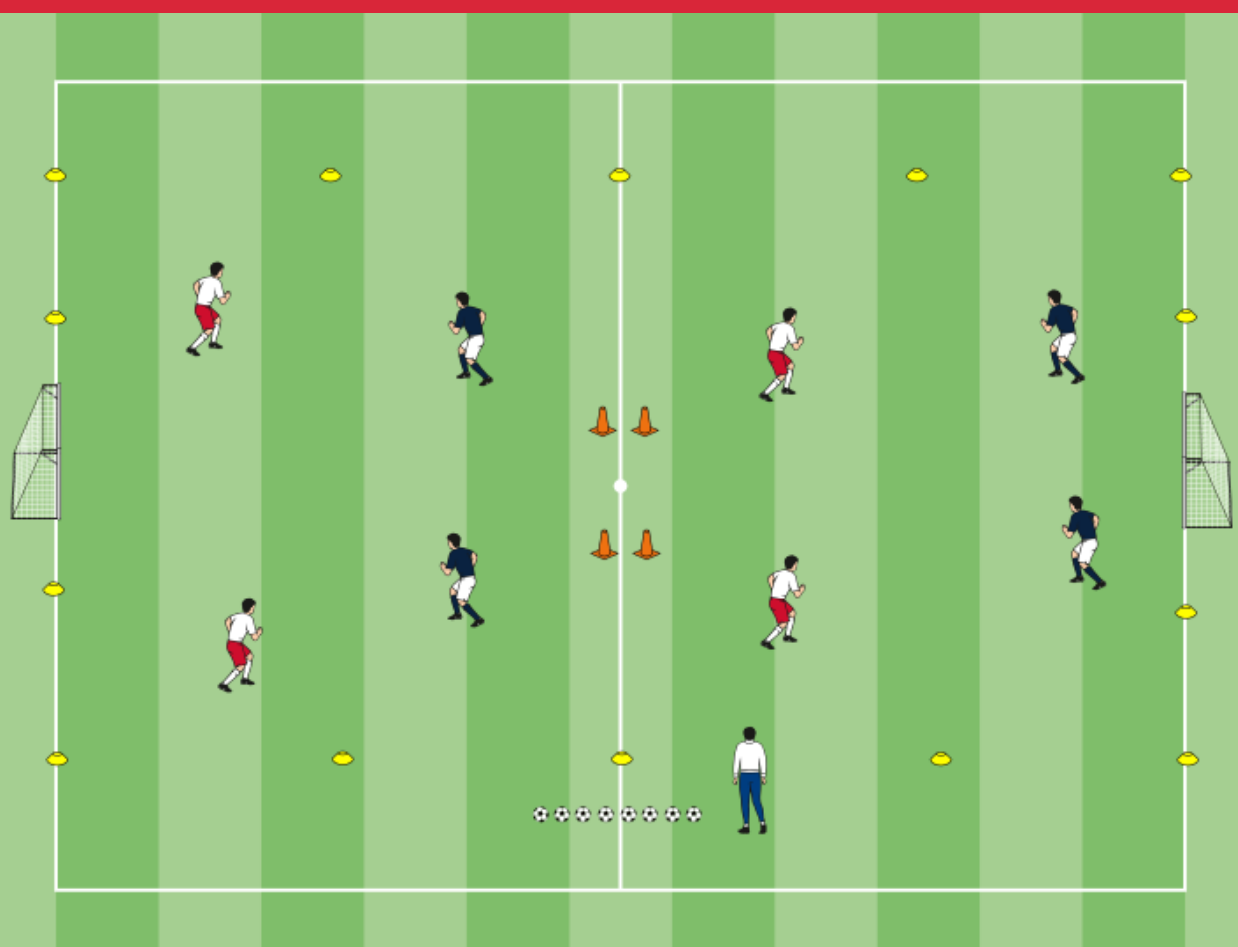
Me and my ball

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

Players play 2v2 games on two fields. Rotate players after 3 minutes

SCORING

Score on mini goal for 1 point

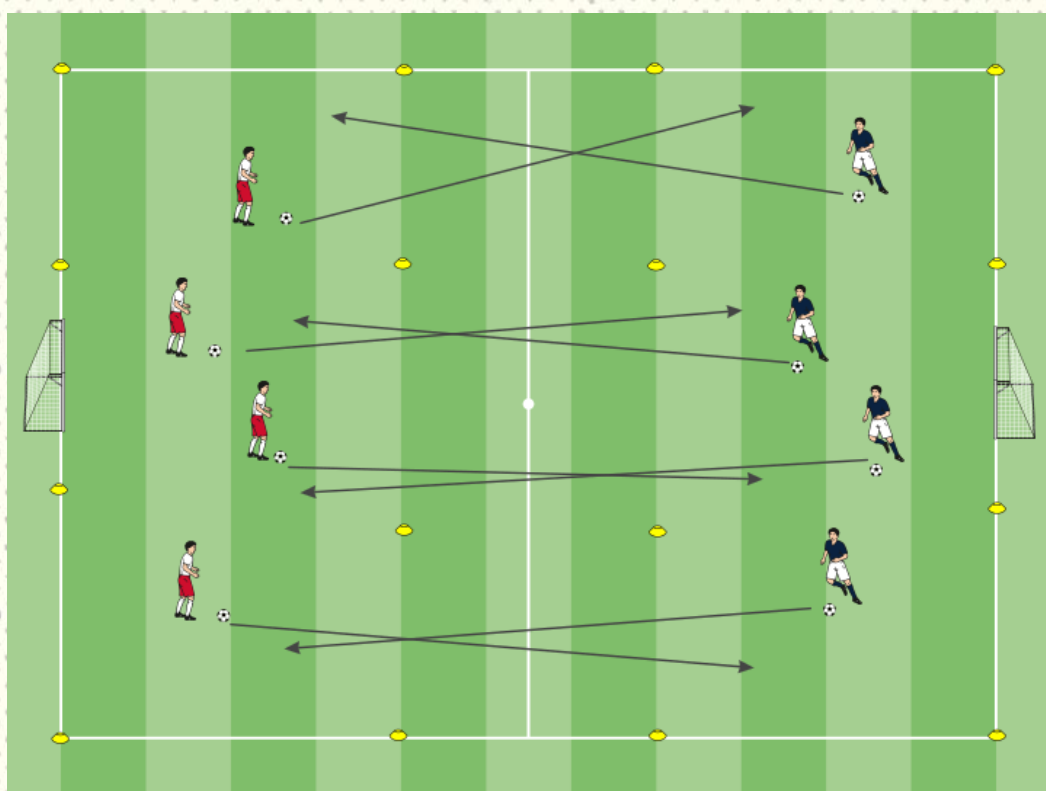
MORE CHALLENGING

Make fields smaller

Week 8 Shooting to score goals

PHASE 2 CLEAN YOUR ROOM – | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

15 x 20 yard grid with 5 yard middle channel

DESCRIPTION

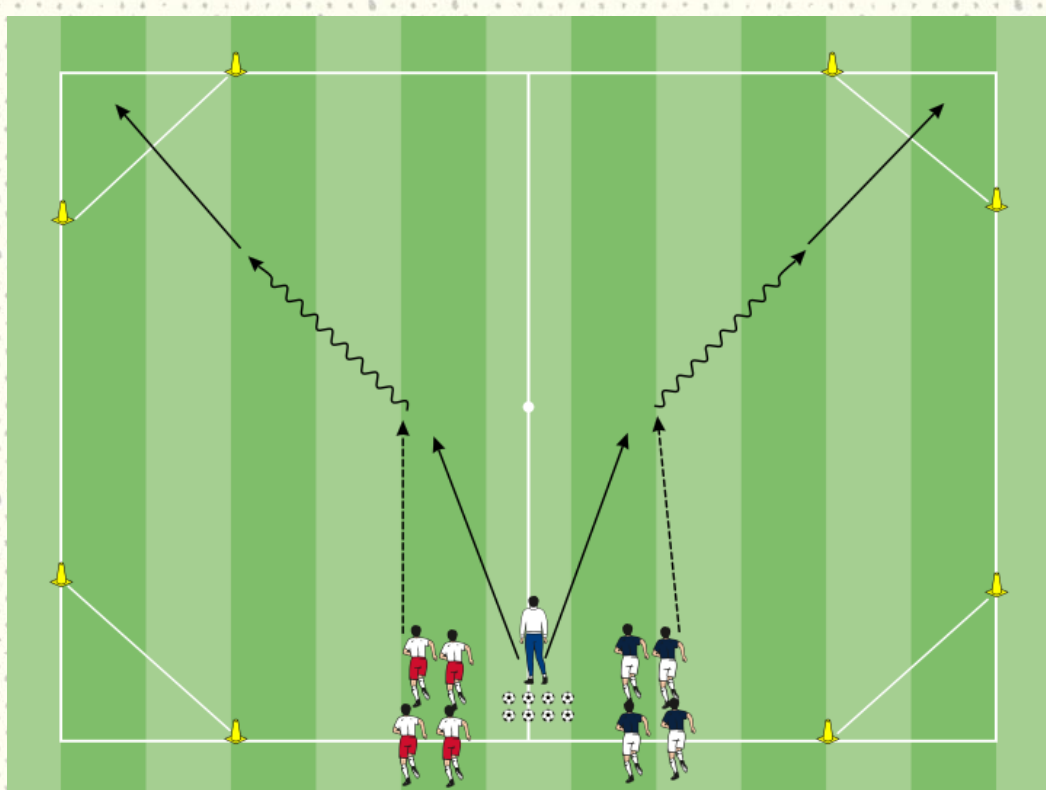
Its time to clean your room and get rid of all the stinky laundry! When coach says “clean your room” each team tries to get as much dirty laundry into their opponent's room as possible by shooting the ball into the opposing teams’ room. Players can not shoot the ball from the middle channel to prevent injuries. Coach can move balls out of this area. Team with least laundry in room wins.

MORE CHALLENGING

Add ball mastery sole taps before shooting ball across grid

PHASE 3 RACE TO SCORE – | 15 MINS

4 MINUTES PLAY | 1.5 MINUTE REST



AREA

20 x 15 yards, 4 goals in corners marked with cones

DESCRIPTION

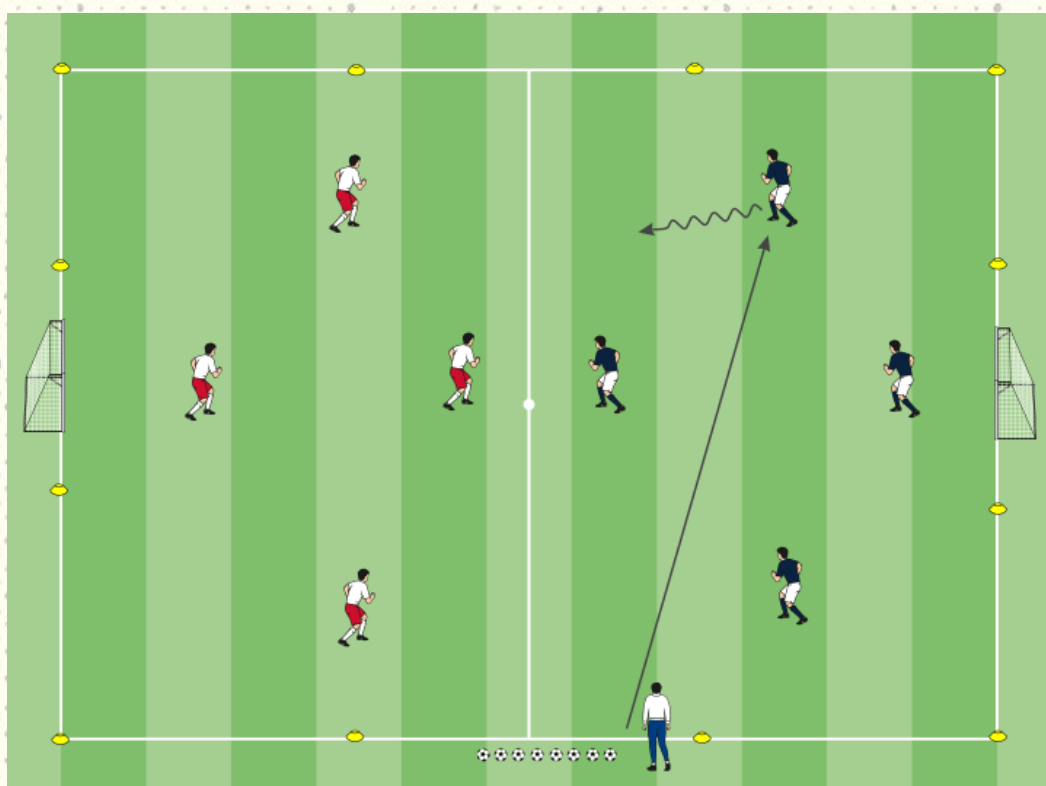
Split into two teams and line up side by side with large supply of balls. Pass 2 balls into grid, 1 red & 1 blue player race to score first on any of 4 goals. Collect ball and join back of line. Add variations, identify only 2 out of 4 goals to score on, change entry pass, 4 players go at same time

MORE CHALLENGING

1 ball, players go 1v1 to goal, move to 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