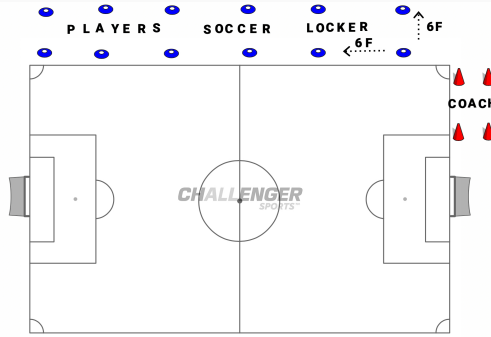
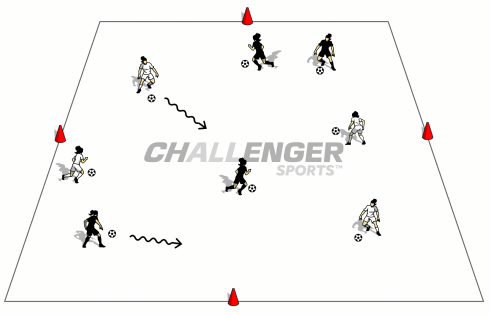
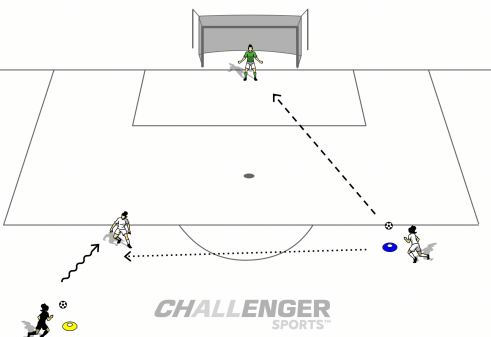
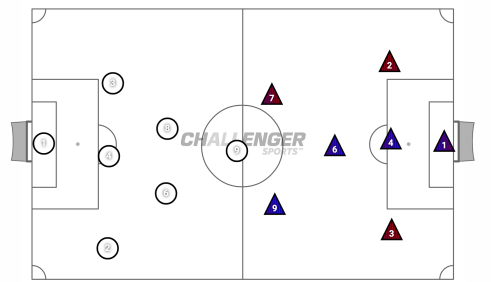


Topic: Attacking/Shooting

Objective: Correct technique and gain more confidence when shooting

Field Set Up	1	Organization:	14-18 Players	Coaching Points	Progressions
 <p>© Challenger Sports 2020</p>	<p>Coach is to arrive 10 minutes prior to session start time and set up the players soccer locker. Each player will go to 1 cone and that will be there designated cone for the entire session.</p> <p>Each cone should be 6ft away, this is the only places where the players can take a break, remove masks and have a water break.</p> <p>The coach should have his/her own square where he/she keeps equipment, sanitizer, bag etc.</p> <p>Each practice should have this set up!</p>	N/A	N/A		
Dynamic Warm Up	2	Organization:	14-18 Players	Coaching Points	10 Minutes
 <p>© Challenger Sports 2020</p>	<p>Area 20x20</p> <p>Cones are numbered 1-4</p> <p>Players split into two teams</p> <p>Players are also numbered 1-6 (depends on numbers)</p> <p>Dribbling around with the soccer ball performing skill and turns within the area</p> <p>Coach will call a number for the player and a second number for the cone they have to dribble around then come back into the area</p>	<p>Head up when dribbling</p> <p>Aware of their surroundings</p> <p>Recognize the space</p> <p>Progression:</p> <p>Same numbers partner up. One ball between two, passing and moving around the area. When the coach calls a number, whatever player is in possession of the ball has to dribble to that cone without the opposite player (defender) trying to win the ball back</p>			
Technical Activity	3	Organization:	14-18 Players	Coaching Points	20 Minutes
 <p>© Challenger Sports 2020</p>	<p>Soccer players on the right side (blue cone) can take a touch forward with the soccer ball and look to finish</p> <p>Once they have shot they become a defender and close down the player to the left (yellow cone) and it will become a 1v1 to goal.</p> <p>Stay in same lines for repetition until coach switches them</p>	<p>Head up before taking the shot</p> <p>What part of the foot are you going to use?</p> <p>Reaction to defend quickly</p> <p>1v1 where is the space you can attack</p>			
Scrimmage	4	Organization:	14-18 Players	Coaching Points	30 minutes
 <p>© Challenger Sports 2020</p>	<p>Set teams up</p> <p>Follow new MYS guidance/rules</p>	<p>Can you encourage positivity?</p> <p>Can you let players make their own decisions?</p> <p>Set targets</p> <p>N/A</p>			