

Topic: Ball Striking & Accuracy

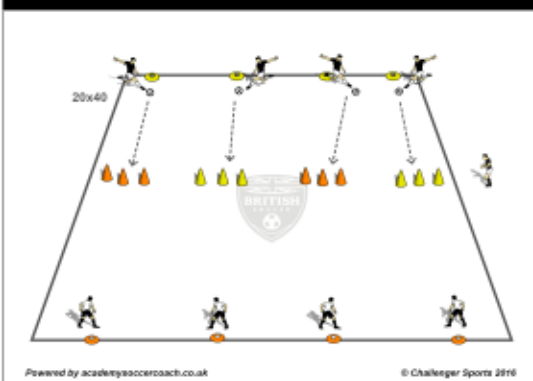
Objective: To learn how to strike the ball efficiently with power and accuracy over various distances.

Session Part: Warm-up



Organization	Time:
15x25	10
Area:	15x25
Numbers:	8 Players
Players are split into pairs - 1 ball between 2. Players are numbered 1 & 2 - take it in turns to dribble and perform turns at each line. Players dribble to the first line and perform turn #1, return to start line and perform turn #2, dribble to second line and perform turn #3 before returning to start line and switching roles with partner. Turns - 1. Drag Back. 2. Inside Hook. 3. Outside Hook.	
Progressions	Coaching Points
Increase distance and difficulty levels. Perform turns facing forward instead of head down. Develop an element of competition between each group whilst keeping quality of turns.	Various dribbling speeds. Slow down when executing a turn. Low center of gravity for good execution. Sharp change of speed and direction.

Session Part: Technical Fundamentals



Organization	Time:
20x40	20
Area:	20x40
Numbers:	8 Players
Players are split into pairs - 1 ball between 2. Players begin 20 yards apart with x3 tall cones (sand castles) placed in between them. Player 1 strikes the ball and attempts to knock down the sand castle(s). Player 2 then collects the ball, sets up and repeats the exercise. Players earn points each time they knock down a sand castle.	
Progressions	Coaching Points
Switch partners - different competition. Increase/decrease striking distances. Increase/decrease space between sand castles. Use of both feet to strike the ball.	Approach to the ball - from an angle. Placement of the standing foot towards target. Strike with the instep/laces. Follow through and use of arms for balance.

Session Part: Game Scenario



Organization	Time:
30x25	15
Area:	30x25
Numbers:	8 Players
Players split into 2 groups - 1 goal with 1 goalkeeper. Defenders strike a ball to an attacker and the 1v1 activity begins. Defender applies pressure, attacker attempts to beat them in a 1v1 and score a goal. If the defender steals the ball they aim to pass the ball to coach on the side. Attackers and defenders switch roles.	
Progressions	Coaching Points
Increase/decrease striking distance. Create a striking zone for attackers to get into. Add a second attacker/defender. Introduce points system for good ball striking.	Approach to the ball - from an angle. Placement of the standing foot towards target. Cushion the first touch. Positive attitude to beat defender 1v1.

Session Part: Small Sided Game



Organization	Time:
25x30	15
Area:	25x30
Numbers:	8 Players
2v2 Small Sided Game. 2 players from each team on the field at once - 1 goal at each end of the field. 2 players resting on the side are the feeders and are each assigned a number 1-4. On coaches call that player strikes the ball into the playing area and teams play 2v2. Feeders aim to strike the ball to one of their team mates.	
Progressions	Coaching Points
Build into 3v2, 2v1, 4v2. Increase field/striking distances. End with free play 4v4.	Teamwork and communication. Movement off the ball. Ball striking accuracy - awareness of others. Sharp decision making and strikes on goal.