
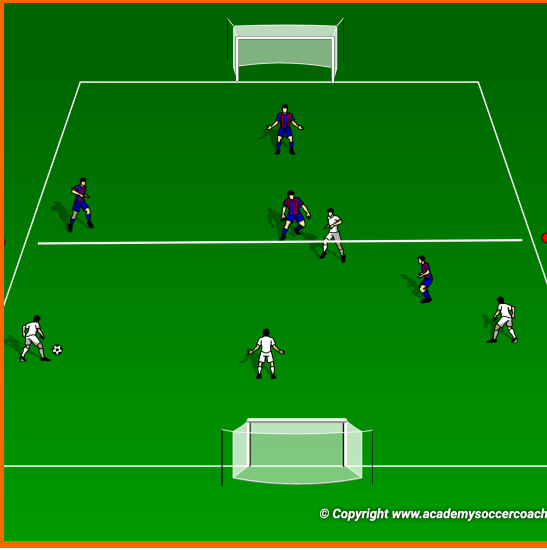
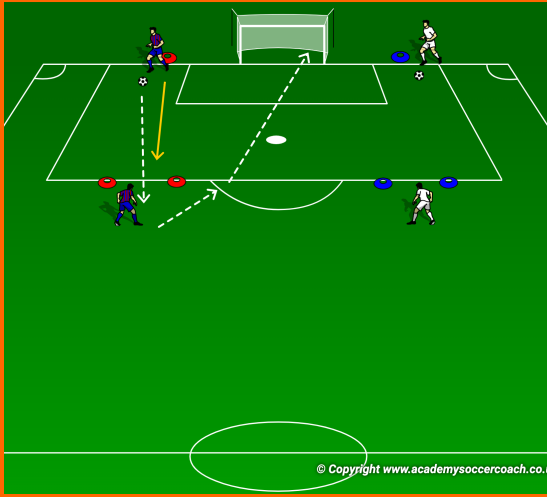


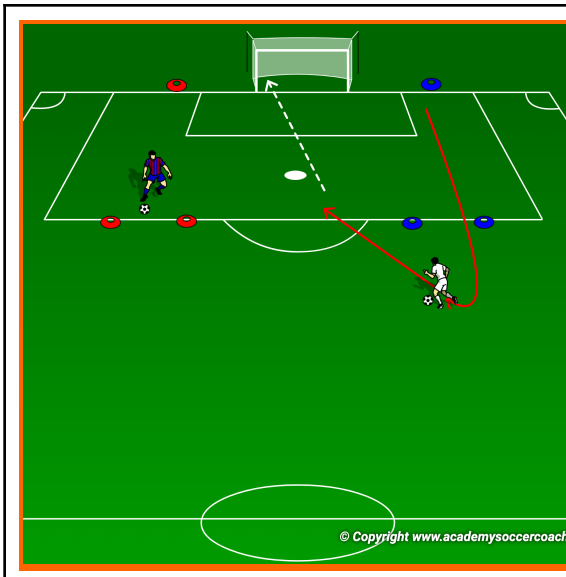
Spring 2024 	GOAL:	Shooting & Finishing					G2/3
	PLAYER ACTIONS	To create the best set up prior to striking the ball in multiple ways.					
	KEY QUALITIES	Recognising what type of strike to do, composure, foot placement prior!					
	MOMENT	Attacking/Shooting	DURATION	90 minutes	PLAYERS	8-12	

SKILL ACQUISITION: **Shooting:** Placement on foot of where you strike, remaining composed – **Passing:** Surface of the foot and ball, Pace and accuracy – **Receiving:** Body, position, surface of the foot and ball, first touch

1 PLAY PHASE (Intentional Free Play)	DURATION: 20 min. - INTERVALS: 3 - ACTIVITY: 4 min. - REST: 1 min.
 <p style="font-size: small; text-align: center;">© Copyright www.academysoccercoach.co.uk</p>	<p>OBJECTIVE: To pass or dribble past an opponent in order to move the ball into the attacking end zone to score a point PLAYER ACTIONS: Pass or dribble forward, Spread out</p> <p>ORGANIZATION: Divide your (25W x 35L) game field into two 15W x 25L with goals at either side of the field.. When practice is ready to start & as soon as 2 players arrive, start playing a game. The game can start as 1v1. As players arrive, the game becomes 2v1 then 2v2 up to 3v3.</p> <p>KEY WORDS: Play forward, find your teammate</p> <p>GUIDED QUESTIONS: If you see an opening in front of you, what should you do? When should you pass instead of dribble?</p> <p>ANSWERS: Play forward and to goal whenever possible. If all the openings in front of you are closed, pass to a teammate to see if they can find an opening forward.</p> <p>NOTES: Encourage players to dribble to goal. At the first break, ask questions which generate thoughts about when to dribble. Second break, elicit answers from the same questions to determine the level of understanding from the players.</p>

CORE ACTIVITY: Pass into Shot Practice	DURATION: 18 min. - INTERVALS: 9 - ACTIVITY: 90 sec. - REST: 30 sec.
 <p style="font-size: small; text-align: center;">© Copyright www.academysoccercoach.co.uk</p>	<p>OBJECTIVE: To 'set yourself up' the best way possible to strike well and towards the goal.</p> <p>PLAYER ACTIONS: Pass forwards, touch forwards and positive, look up and strike well.</p> <p>ORGANIZATION: On the side of the goal, split two teams into the 'red' and 'blue' teams. One player will stand between the 'gate' which is opposite and on the edge of the box. The player by the start cone will pass into the player between the gate, who will take their touch to the side and then strike towards the goal. The player who passed, will then take the spot of the 'striker'. Every goal is worth 1 point. Can be developed into a race but focus on reps first!</p> <p>KEY WORDS: , pass with intent, strike, placement, head up to choose area in goal,</p> <p>GUIDED QUESTIONS: Why do I need to be on my toes? Where do I push my first touch? When do I get my head up? How do I stay relaxed in front of the goal?</p> <p>ANSWERS: It will create a realistic scenario and make me best prepared to control the ball. I push my first towards the goal and into my path. I get my head up after my touch and before my strike. By taking a deep breath and choosing my spot in the goal.</p> <p>Non Focus Player: Focus on their pass, pass to the correct feet!</p>

LESS CHALLENGING: Dribble to turn and finish	DURATION: 18 min. - INTERVALS: 9 - ACTIVITY: 90 sec. - REST: 30 sec.
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OBJECTIVE: To 'set yourself up' the best way possible to strike well and towards the goal.

PLAYER ACTIONS: Dribble forward, recognise open space, touch out of feet, creative turn, composure in front of goal, head up to choose area to shoot!

ORGANIZATION: On the side of the goal, split two teams into the 'red' and 'blue' teams. Players will take it in turns in their teams to dribble and through their gate to turn and strike towards the goal. A goal is worth 1 point. After a goal or miss, the next player goes and the player who has just gone joins the back of the line.

KEY WORDS: Dribble with their head up, Dribble at speed, being creative with your turn

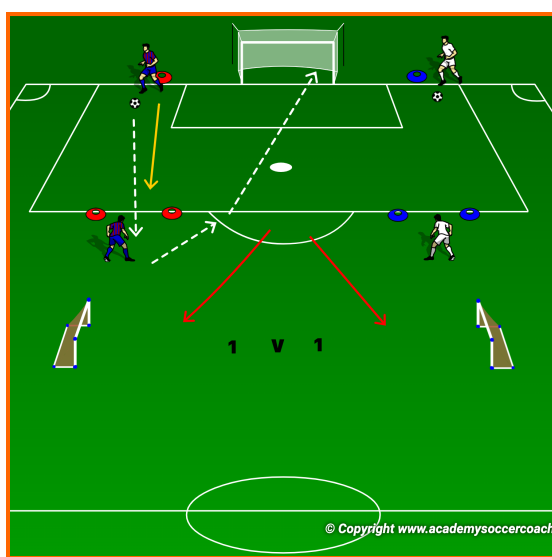
GUIDED QUESTIONS: Why do I need to push another touch out of my feet after my turn? Why should I do a different turn every time?

ANSWERS: It will allow me to generate another power through my strike and towards the goal. It will teach me to be unpredictable as doing the same turn every time won't work!

Non Focus Player: N/A

MORE CHALLENGING: Pass into Shot into a 1v1 Battle

DURATION: 18 min. - INTERVALS: 6 - ACTIVITY: 2 min. - REST: 1 min.



OBJECTIVE: To 'set yourself up' the best way possible to strike well and towards the goal. To dribble and be positive to get the timing of when to finish correct..

PLAYER ACTIONS: Dribble forward and be positive. Pass forwards, touch forwards and positive, look up and strike well.

ORGANIZATION: On the side of the goal, split two teams into the 'red' and 'blue' teams. One player will stand between the 'gate' which is opposite and on the edge of the box. The player by the start cone will pass into the player between the gate, who will take their touch to the side and then strike towards the goal. However, after the first strike, the coach will be at the other end and the players will now go defend a goal each and battle in a 1v1 against each other. The player who passed, will then take the spot of the 'striker'. Every goal is worth 1 point. Can be developed into a race but focus on reps first!

KEY WORDS: Dribble with their head up, find an opening, Dribble at speed, being creative and brave with the ball at your feet, Care on the pass, on your toes, positive touch, strike, placement, head up. composure!

GUIDED QUESTIONS: Why should I be on my toes ready to receive? How can I create room to touch past the defenders? Why should I look up before I shoot? Depending on the goalkeeper, what part of the foot should I strike with? What ways can I beat the defender?

ANSWERS: So I can react to the service I receive, good or bad. I can step back two steps and this will allow me to push my first touch forwards in my path, towards the goal and 'away' from the cones (defenders). Will allow me to gain composure and decide where is best to shoot. Depending on where the goalkeeper is, I may need to strike with laces for extra power or the side foot to put the ball into the corners! By being direct, positive and unpredictable.

Non Focus Player: When defending make sure to close down space quickly, be side on to force attackers to where you want them to go, look for triggers like big touches as to when to engage. Force players towards busy spaces and force them to lose/loosen their control of the ball. Take pride in your pass appreciation, pass to their favorite foot! Quick movements to get the next set!

2 PLAY PHASE: The Game – 6 Goal Game

DURATION: 22 min - INTERVALS: 2 - ACTIVITY: 9 min. - REST: 2 min.



OBJECTIVE: Defend the three goals on your side and try to score on the opposite team's three goals. Normal game, just with three goals to score on and three to defend.

PLAYER ACTIONS: Defend three goals, and attack three goals. More important than on defense there is a lot of communication, since the attacking team has various options to score on, important to defend as a team and not just everyone trying to win the ball.

ORGANIZATION: 30x35 field with three goals on each side, two equal number teams with one ball to play. Teams defend three goals and defend three goals.

KEY WORDS: Defend together, communicate, organize, discipline, be aware of where to defend.

GUIDED QUESTIONS: How can we get organized to protect all three goals?

ANSWERS: Communicate and one press, another cover and others balance.

Non player: Try to score in any of the three goals, be direct and score as fast as possible before the opposite team has time to get set and organized on defense.

FIVE ELEMENTS of TRAINING EXERCISE

1. **Organized:** Is the exercise organized in the right way?
2. **Game like:** Is the exercise game like?
3. **Repetitions:** Are there repetitions when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there the proper coaching based on the age/level of the players?

TRAINING SESSION SELF-REFLECTION QUESTIONS

1. **How did you achieve your goals of the training session?**
2. **What did you do well?**
3. **What could you do better?**