

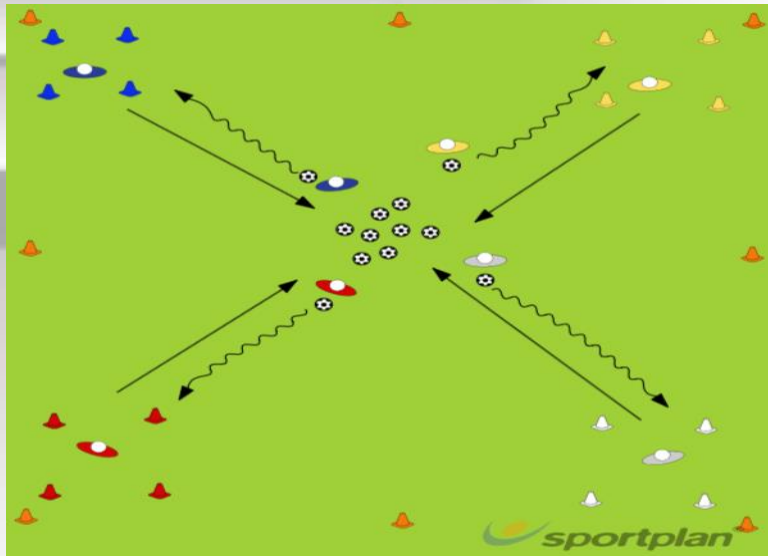


UK International Soccer



SESSION TOPIC: SHOOTING WEEK 5

DRILL 1: ROBIN HOOD



ORGANIZATION:

SET OUT A 30x30 PLAYING AREA, WITH A BOX IN EACH CORNER OF THE GRID AND PUT ALL SOCCER BALLS IN THE MIDDLE. HAVE 2 PLAYERS IN EACH BOX. THE PLAYERS MUST RUN TO THE MIDDLE AND DRIBBLE A SOCCER BALL BACK TO THEIR SQUARE, THEN GO GET ANOTHER AS SOON AS THE BALL IS PLACED INSIDE THE SQUARE. PLAYERS ARE ONLY ALLOWED TO DRIBBLE ONE SOCCER BALL AT A TIME. WHEN NO BALLS ARE LEFT, WHOEVER HAS THE MOST IN THEIR SQUARE IS THE WINNER. AFTER A FEW TURNS, THE GAME CAN BE PROGRESSED, WHEN NO SOCCER BALLS ARE LEFT IN THE MIDDLE, PLAYERS CAN STEAL FROM OTHER SQUARES.

COACHING POINTS:

1. KEEP THE BALL CLOSE TO THEM AND REACT QUICKLY ON WHISTLE
2. KEEP HEAD UP AS OFTEN AS POSSIBLE
3. ENCOURAGE PLAYERS TO USE BOTH FEET AND DIFFERENT SURFACES OF THE FOOT
4. DRIBBLE AT SPEED
5. PULL BACK TURN

DRILL 2: ALLIGATOR ALLY



ORGANIZATION: SET OUT A 30x30 YARD AREA. PLAYER 1 IS A CROCODILE HUNTER (OFFENSE) WHO STARTS ON A SAFARI WITH THE BALL ATTEMPTING TO SCORE IN THE GOAL. PLAYER 2 STARTS AS AN ALLIGATOR (DEFENDER) IN THE MIDDLE OF THE EVERGLADES ATTEMPTING TO STOP THE SHOT AND FORCE THE BALL/PLAYER AWAY FROM THE GOAL. PLAYER 3 (GK) IS HE SWAMP DWELLER PROTECTING THE GOAL. PLAYER 1 MUST DRIBBLE TOWARDS THE GOAL USING SKILLS TO BEAT THE DEFENDER AND SCORE IN THE GOAL. ONCE THE ATTACKER HAS EITHER HAD THEIR SHOT OR THE DEFENDER HAS WON THE BALL, THE ATTACKER THEN BECOMES THE DEFENDER. THE DEFENDER GOES BACK TO THE ATTACKER'S LINE. ASK THE DEFENDER TO START AT HALF SPEED TO ALLOW THE ATTACKER TO GET SUCCESS TO BEGIN.

COACHING POINTS:

1. ABCS OF FINISHING: ADJUST BODY, BASIC TECHNIQUE, CLEVERNESS – INVENTIVENESS TO GET THE BALL PAST THE GK
2. SHOOT ON SIGHT
3. ACCURACY BEFORE POWER
4. BE POSITIVE
5. ANTICIPATE FOR REBOUNDS