

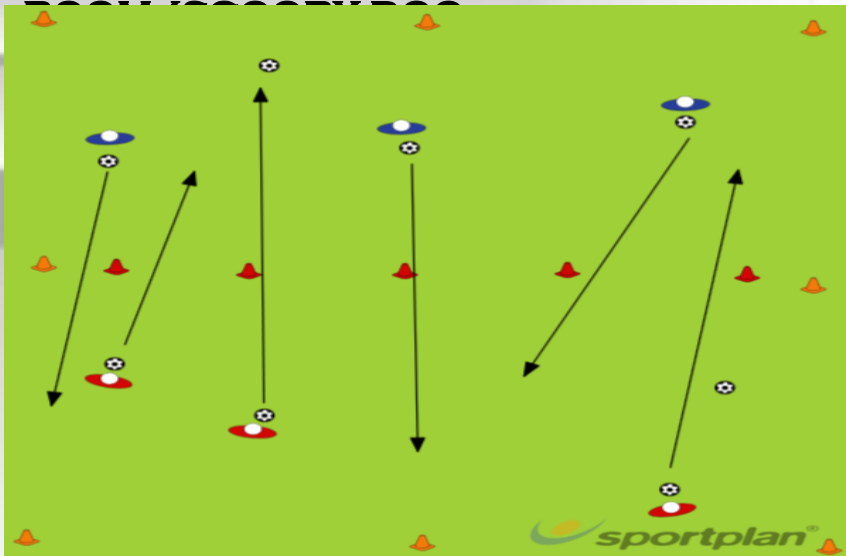


# UK International Soccer



## SESSION TOPIC: SHOOTING WEEK 7

### DRILL 1: TIDY YOUR

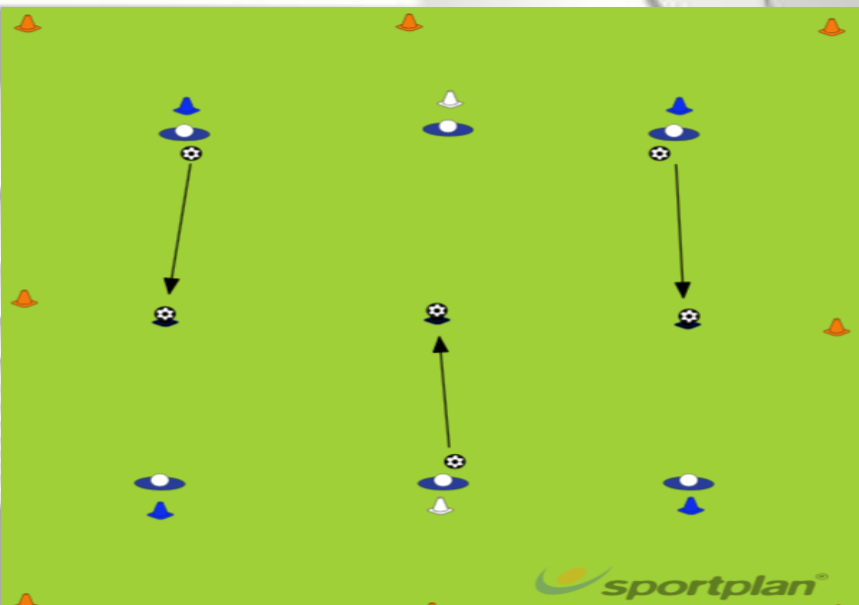


**ORGANIZATION:** SET UP A 40x40 PLAYING AREA. DIVIDE THE AREA INTO TWO EQUAL HALVES WITH A CENTER DIVIDING LINE AND STATION ONE TEAM IN EACH HALF. EACH PLAYER STARTS WITH A BALL. THE OBJECT OF THE GAME IS FOR EACH TEAM TO FINISH WITH AS MANY BALLS AS POSSIBLE IN THEIR OPPONENT'S HALF. ANY BALL KICKED TOO HARD MUST BE BOUGHT BACK TO THE PLAYER WHO KICKED ITS HALF. WHEN THE COACH BLOWS THE WHISTLE, PLAYERS MUST STOP PASSING AND THE TEAM WITH THE LEAST BALLS ON THEIR SIDE WINS. ANY BALLS OUTSIDE THE AREA DO NOT COUNT.

#### COACHING POINTS:

1. APPROACH TO THE BALL – LINE UP WITH WHERE THE BALL IS GOING
2. TYPE OF PASS – INSIDE PUSH PASS OR DRIVEN PASS
3. INSIDE PUSH PASS – MAKE L SHAPE WITH NON-KICKING FOOT BEING NEXT TO THE BALL AND KICKING FOOT COMING THROUGH AS AN “L”
4. FOLLOW THROUGH ON PASS AND USE BODY TO GENERATE POWER
5. FOCUS ON WEIGHT AND ACCURACY, BOTH ARE IMPORTANT

### DRILL 2: COCONUT SHY



**ORGANIZATION:** SET OUT A 30x20 PLAYING AREA. PLAYERS PLAY IN PAIRS AND ARE PLACED AROUND 15 YARDS APART, DEPENDING ON THEIR AGE. BETWEEN THE TWO PLAYERS IS A CONE WITH A BALL ON TOP. THE PLAYERS TAKE TURNS TO STRIKE THEIR BALL AT THE CENTRAL BALL. TRYING TO KNOCK IT OFF THE CONE. THE GAME CAN EITHER HAVE A TIME LIMIT OR PLAY TILL ONE OF THE PLAYERS KNOCKS THE BALL OFF THE CONE A SPECIFIC NUMBER OF TIMES.

**PROGRESSION:** AFTER PLAYERS HIT 3 CONES CONSECUTIVELY THEY TAKE TWO STEPS BACK.

#### COACHING POINTS:

1. ABCS OF FINISHING: ADJUST BODY, BASIC TECHNIQUE, CLEVERNESS – INVENTIVENESS TO GET THE BALL TO HIT THE CONES
2. ACCURACY AND TECHNIQUE OVER POWER
3. DEVELOP THE ACCURACY USING BOTH FEET BEFORE IMPROVING THE POWER OF THE STRIKE
5. USE LACES FOR POWER