
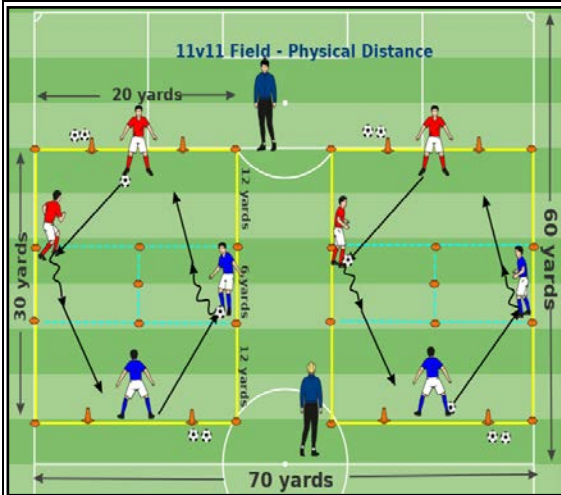


Spring 2020 13+ 11V11	PHYSICAL DISTANCING TRAINING SESSION <i>(In accordance with the COVID - 19 Guidelines)</i>						
	GOAL:	Improve the Technique of Shooting					
MOMENT	ATTACKING	DURATION	45 minutes	PLAYERS	8		

SKILL ACQUISITION: Shooting - Touch outside the body, Position of the non-kicking foot, Head up to frame the goal, Head down to strike, Surface of the foot to strike with, Surface of the ball to strike, Follow through, Accuracy versus Power.

ACTIVITY 1: RECEIVE, SET and SHOOT **DURATION: 12 min -- INTERVALS: 4 --ACTIVITY: 2.5 min --REST: 30 sec.**



OBJECTIVE: To improve the technique of shooting.

PLAYER ACTIONS: Shooting.

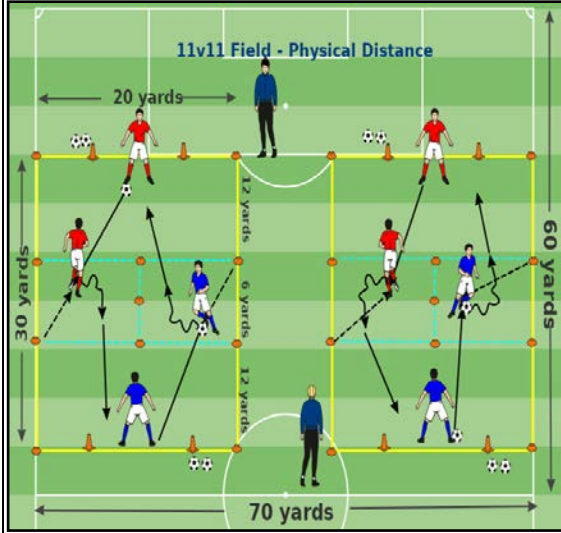
ORGANIZATION: In a half field (70Wx60L) create two shooting grids of 20Wx30L with an 8 yard goal at each end and a 6 yard zone in the middle of the grid as show in the diagram. Place a Blocker in each goal. The blockers cannot use their hands to block the shots. The activity starts by the Blockers passing the ball to their respective shooter, receiving it and setting it up to strike at goal. Shooters cannot shoot inside the Blocker's zone. Rotate Blockers and Shooters every interval.

KEY WORDS: Touch, Approach, Standing foot, Contact.

GUIDED QUESTIONS: 1. In what direction should our first touch be? 2. How do you approach the ball? 2. Where should the standing foot be to strike the ball? 3. Where do you make contact with the ball?

ANSWERS: 1. In the direction of the goal – 2. Approach it at an angle – 3. About 6 inches to the side of the ball pointing to the target.

ACTIVITY 2: RECEIVE, TURN and SHOOT **DURATION: 16 min -- INTERVALS: 8 --ACTIVITY: 1.5 sec --REST: 30 sec.**



OBJECTIVE: To improve the technique of shooting.

PLAYER ACTIONS: Shooting.

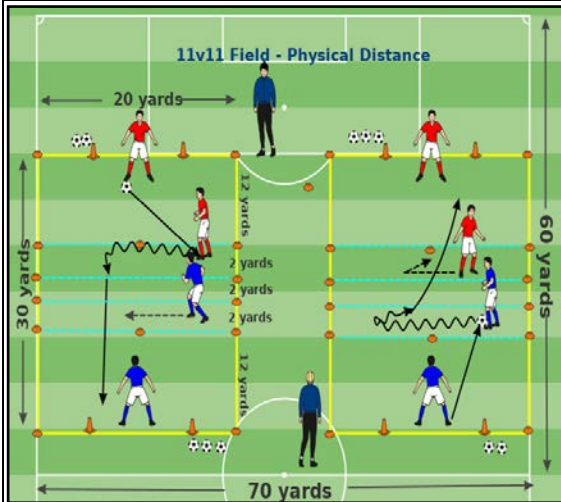
ORGANIZATION: In a half field (70Wx60L) create two shooting grids of 20Wx30L with an 8 yard goal at each end and a 6 yard zone in the middle of the grid as show in the diagram. Place a Blocker in each goal. The blockers cannot use their hands to block the shots. The activity starts by the Shooter checking in towards their blocker, the Blocker passes the ball and the shooter turns with the ball and shoots to goal. Shooters cannot shoot inside the Blocker's zone. Rotate Blockers and Shooters every interval.

KEY WORDS: Turn, Eyes, Target, Surface, Follow through.

GUIDED QUESTIONS: 1. What portions of the foot can we use to turn? 2. Where should your eyes be looking when striking the ball? 3. What do you need to do to pick the target? 4. What surfaces of the foot can you use to shoot at goal? 5. Why do we need to follow through?

ANSWERS: 1. We can use the inside or the outside of the foot to turn – 2. At the ball – 3. Look at the goal to frame the goal – 4. The laces, the inside or outside of the foot and the toe – 5. To transfer power to the ball.

ACTIVITY 3: BLOCKER + 1v1 + BLOCKER **DURATION: 16 min -- INTERVALS: 8 --ACTIVITY: 1.5 min --REST: 30 sec.**



OBJECTIVE: To improve the technique of shooting.

PLAYER ACTIONS: Shooting.

ORGANIZATION: In a half field (70Wx60L) create two shooting grids of 20Wx30L with an 8 yard goal at each end and a 6 yard zone in the middle of the grid as show in the diagram. Place a Blocker in each goal. The blockers cannot use their hands to block the shots. The activity starts by a blocker passing to his/her Shooter. He/she receives and dribbles the ball to find and opening to strike the ball at opponent's goal. If the defender intercepts the ball, he/she can shoot at the opponent's goal. Rotate Blockers and Shooters every interval.

KEY WORDS: First touch, Move the defender, Strike, Power.

GUIDED QUESTIONS: 1. In what direction should you take your first touch? 2. How do you move the defender if he/she is standing in front of you? 3. What surface of the foot should you use to strike the ball? 4. What do we need to do to put power on the ball?

ANSWERS: 1. Forward toward the central zone – 2. Fake the defender out to send him/her the opposite way – 3. The laces, the inside or outside of the foot and the toe – 4. Follow through.

FIVE ELEMENTS of TRAINING EXERCISE (Game-like in this environment will not be possible)	TRAINING SESSION SELF-REFLECTION QUESTIONS
<p>1. Organized: Is the exercise organized in the right way?</p> <p>2. Repetitions: Are there repetitions when looking at the overall goal of the session?</p> <p>3. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</p> <p>4. Coaching: Is there the proper coaching based on the age/level of the players?</p>	<p>1. How did you achieve your goals in the training session?</p> <p>2. What did you do well?</p> <p>3. What could you do better?</p>