

Description

Striking on Goal from Distance

Warm Up

Organization

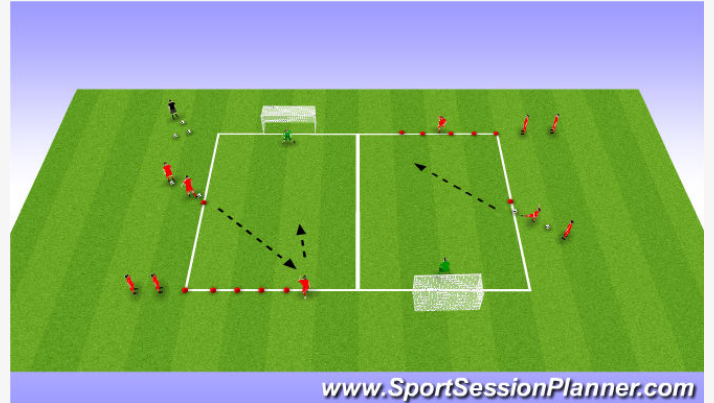
Set up 2 channels with a goal at one end

Players perform a variety of dynamic movements through the cones and then receive a pass from a player on the outside for either one or two touches before the shot/finish on goal (GK's optional)

Players retrieve their ball and join the back of the passing line

After the pass players join the back of the start line

Encourage players to use the top of the foot or 'laces' to strike the ball into the net



Striking Techniques

Organization

Player 1 plays to player 2 who plays a wall pass back to player 1
Player 1 then takes an attacking touch out of their feet to set up a strike from distance

Player 1 goes to player 2's spot

Player 2 collects a ball and joins the back of the start line

Encourage players to use the top of the foot or 'laces' to strike the ball into the net

Accuracy PLUS Power !

Encourage right and left foot opportunities

Create teams and keep score to make it a competition

Progression

Force player 2 to spin and follow up for any rebounds

Award extra points if they score

Competencies

- Head up to look at target
- Recognize GK's position
- Head down to see the ball
- Lock ankle with foot pointing diagonally across the middle back part of the ball
- Top of foot or 'laces' or accuracy PLUS power
- Follow through before the head comes up



Small Sided Game

Organization

2 teams with a field split into 2 large ends

Players must stay in their own end

Encourage striking from distance at every opportunity

If a team scores they start with the ball again

Each team has a striker who can score by picking up rebounds or pressing the defenders into making mistakes



Small Sided Game

Organization

4 v 4 or 5 v 5

Encourage shooting at every opportunity

Encourage proper technique when striking from distance

Accuracy PLUS Power !

