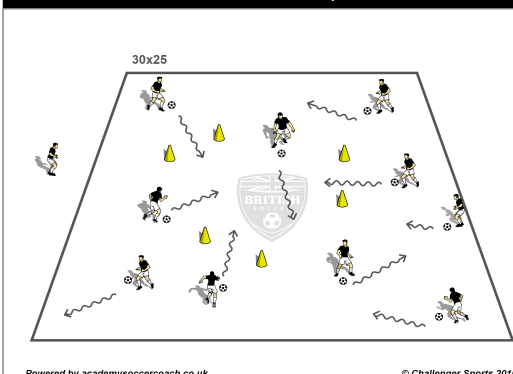


Topic: Ball Striking & Accuracy

Objective: To introduce ball striking using the correct technique with accuracy.

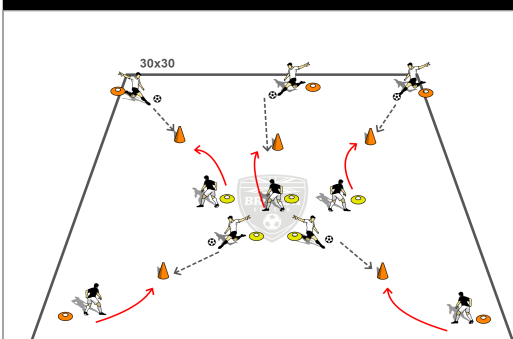
Session Part: Technical Warm-up



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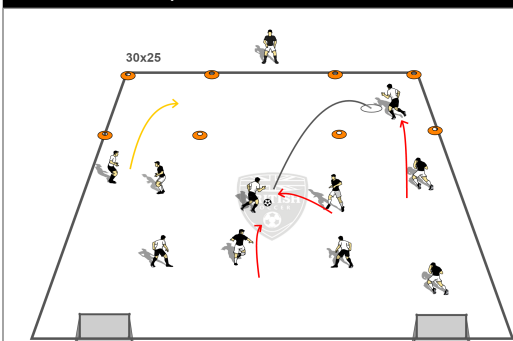
Session Part: Small Sided Game



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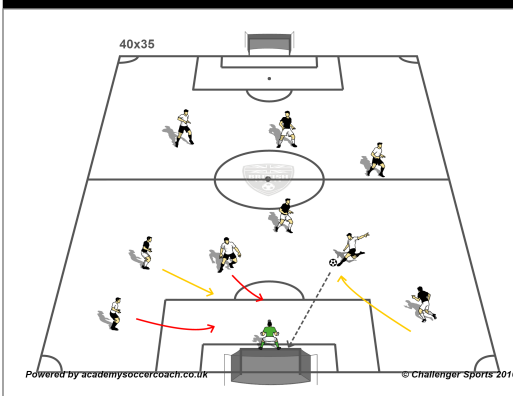
Session Part: Expanded Small Sided Game



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Session Part: Game



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Organization		Time:	10
Area:		30x25	
Numbers:		10 Players	
- 1 player - 1 ball each. - 3 gates set up in the playing area - all players are given a number 1-10. - Coach calls two numbers - those players must accelerate through a gate with their ball. - Players dribble their ball inside the playing area and perform ball mastery skills on coaches call; 1. Toe Taps moving forward. 2. Tic Tocs moving forward. 3. Drag & Push.			
Progressions		Coaching Points	
- Use of both feet. - Add additional gates/numbers called. - Increase/decrease gate sizes and area size. - Add a defender to apply pressure.		- Soft touches - close control using different surfaces of the foot. - Awareness of space and other players. - Sharp acceleration when required.	
Organization		Time:	15
Area:		30x30	
Numbers:		10 Players	
- Players in pairs - 1 ball between 2. - 1 tall cone placed 5-10 yards between 2 players. - Players take it in turns to strike the ball with the instep/laces from a set distance. - If a player knocks down the cone with their strike, they gain a point. - Play first player to 3 points is the winner.			
Progressions		Coaching Points	
- Pairs move to different cones to strike the ball on the move. - Increase striking distances. - Introduce an element of competition between pairs.		- Strike the ball with instep/laces, follow through. - Head and knee over the ball - use of arms for balance when striking. - Standing foot planted and pointed to the target. - Lock the ankle/foot, toes pointed down.	
Organization		Time:	20
Area:		30x25	
Numbers:		10 Players	
- 6v4 - 2 goals (no goalkeepers) - 10x10 grids in either corner facing the goal that one team attacks. - Team of 6 aim to strike the ball into either grid for a team mate to run onto & stop the ball in the area. - Team of 4 aim to steal the ball and score in the open goals. - Teams switch ends after 5 minutes.			
Progressions		Coaching Points	
- Increase/decrease the size of the grids. - Introduce target players into the grids. - Add a goalkeeper. - Rotate players on each team.		- Good first touch before striking. - Understand when to strike in time and w/ space. - Strike with the instep/laces for power and accuracy - toes pointed down. - Head and knee over the ball.	
Organization		Time:	15
Area:		40x35	
Numbers:		10 Players	
- 5v5 game - 1 team begins the game without a goalkeeper. - Encourage both teams to strike the ball at goal frequently. - Limit players to 3 touch to promote quick decision making. - Rotate which team has the goalkeeper.			
Progressions		Coaching Points	
- Add additional goals. - Increase/decrease field size based on success. - Both teams have no goalkeeper. - End with free play.		- Communication. - Awareness of space to receive the ball. - Quick decision making with a good first touch. - Clean ball striking technique.	