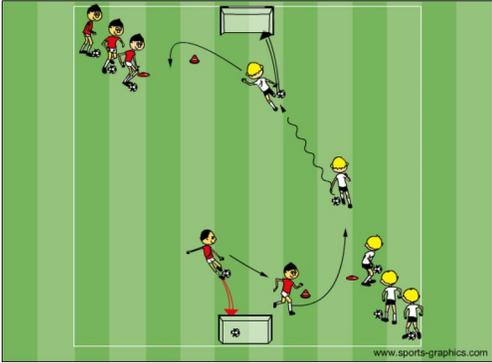
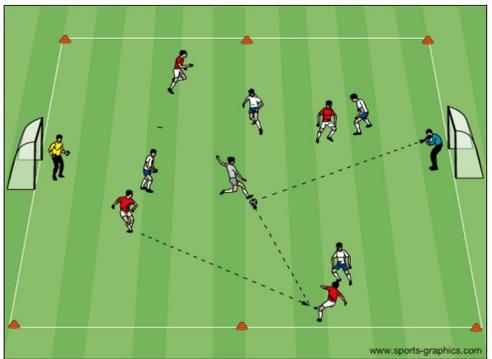


SKILL	Step Over	TOPIC	Shooting and Finishing
8-10 mins	Play- as players arrive have them join in a small sided game	Set up multiple fields if needed (20yds X 20yds). 3V3 or 4V4 small games. No goalies, no throw-ins, kick ins only	Let them play
	<u>Activity Description</u>	<u>Set Up Diagram</u>	<u>Coaching Points</u>
#1 15 mins	<u>Chase & Shoot:</u> Split players into 2 groups each player has a ball. Set up two goals with each group next to a goal. The first player from one group starts by dribbling to the opposite goal and takes a shot. Immediately after taking a shot the first person in line from the other group dribbles towards the opposite goal as the shooter chases them to add pressure. The chaser must run through the gate then chase. The new dribbling player now shoots and chases and this continues back and forth. Players end up back in their original line after they chase & take a ball out of the net.		Transition from shooter to defender must be quick Dribble with speed but under control Shoot for the corners Defenders should not catch the attackers it is the added pressure of them chasing. Compete to see which team scores 5 goals first.
#2 15 mins	<u>Shooting race:</u> Two teams with two small goals. Line up next to each goal each player with a ball. The first player in each line starts at the same time and dribble around the top cone for a shot on goal. The second player in line starts when the player in front takes a shot. See who scores 10 goals first. Add GK's .		Proper technique and body control Placement vs. power Quality preparation touch Proper selection of contact surface Quick dribble
#3 15 mins	<u>5v5+1/6v6+1 (includes GK's):</u> Two teams of 5 players each plus a neutral will play to score as many goals as they can, taking as many shots and creating goal scoring opportunities. The neutral player will play with the team in possession and he can also score. Encourage players to shoot from distance.		Proper technique and body control Placement vs. power Quality preparation touch Proper selection of contact surface Timing and shape of attacking runs Creativity and deception
<u>PLAY</u> 20 mins	<u>Small Sided Games</u> Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.).		Let them play