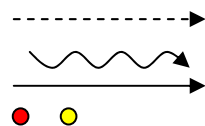




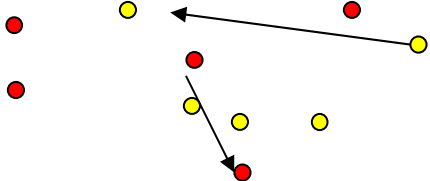
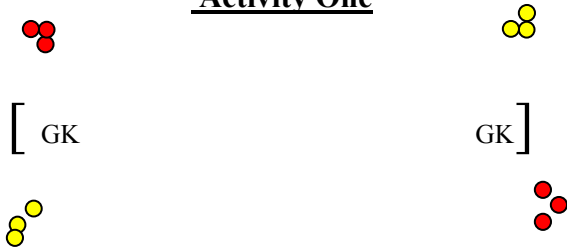
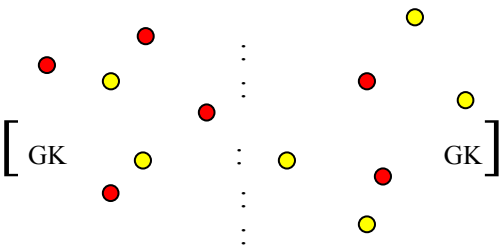
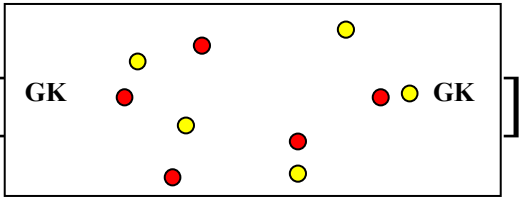
Key:

Running without the ball
 Running with the ball
 Pass
 Players



TOPIC: FINISHING 2

DATE:

<p><u>Technical Warm-up</u></p> 	<p><u>Organization</u></p> <ul style="list-style-type: none"> • Groups of 3 or 4 • Everybody moving • One ball per group • Start with passing/moving in the area • Progress to striking the ball with laces 	<p><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Lock ankle/point toe down • Plant foot next to ball • Body over ball/look at ball on contact • Strike through middle of ball with laces • Follow through
<p><u>Activity One</u></p> 	<ul style="list-style-type: none"> • Technical shooting activities • Four groups. Reds working to one goal/yellows to the other • Vary serves: Diagonal pass Pass from behind Pass to receive and turn • Shooting from various areas 	<ul style="list-style-type: none"> • Toe down/strike with laces • Weight forward over ball • Hips square • Follow through low
<p><u>Activity Two</u></p> 	<ul style="list-style-type: none"> • Half Field Game • Players must stay in designated half • 4v2 in own half • Can only shoot from own half 	<ul style="list-style-type: none"> • Recognize when to shoot • Be direct • Shape of team • Shooting technique as above
<p><u>Game</u></p> 	<ul style="list-style-type: none"> • Scrimmage • Shorter Field to encourage more shooting 	<ul style="list-style-type: none"> • Finishing mentality • Confidence to take chances • Shooting technique as above