


Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p>Sharks and Minnows</p>	<p>Half the players with a ball and half without in a confined area. Players with the ball are the sharks and must use laces or side of the foot to strike the ball and hit minnows below the knees. Once they are hit they are out until you get the last player. Then change roles and stretch in between.</p>		<ul style="list-style-type: none"> • Proper Technique (side of the foot or laces) • Preparation • Placement VS Power



Lesson Plan

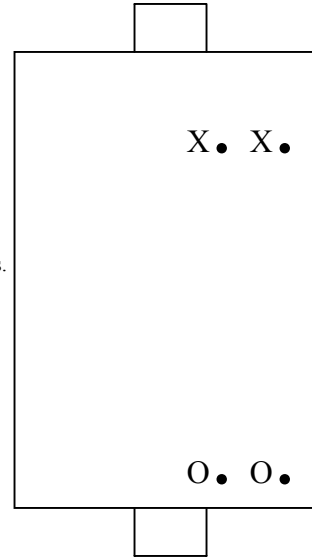
2

Shooting Gallery

- First 5 minutes players must strike the ball one or two touch using side of the foot.
- Next 5 minutes must take two touches or more and strike the ball with laces.
- Change location of players to practice different angles of approach and the using the opposite or weaker foot.

Two goals 40 yards apart. Half of the players at each goal, standing to the right of each goal, with a ball each. One player jogs out without a ball from one goal and a player from the opposite end passes a ball for the other player to strike on goal. As soon as that player plays the pass (s)he immediately jogs toward the opposite goal to receive a pass from the next player in line at the opposite goal, who in turn will run to receive a pass from the opposite end after playing a pass. Players rotate to the opposite line after they shoot and activity is continuous.

40 yds.



- Proper technique (side of the foot or laces)
- Angle of approach
- Preparation touch
- Plant foot pointing at the target
- Run through the ball
- Follow through
- Land on your kicking foot
- Placement VS Power



Lesson Plan

<p>3</p> <p>2V2+Nuetral Players to One Goal</p> <ul style="list-style-type: none"> Neutral players (6) position themselves in various spots. Two down low on the goal line, one on each side of the post, one on the side to the 18-yrd box and one on each side of the coach. 	<p>Put players into pairs. 2V2 in an area the width of the 18-yard box and the length to top of the arc of the 18. Coach stands in the middle just behind the arc with all the balls. He plays out a ball and the pairs fight to gain possession and score on goal. They can use the neutral to combine with to try and score.</p>		<ul style="list-style-type: none"> Proper Technique Placement VS Power Preparation Touch Freeing yourself up Opportunistic
<p>4</p> <p>5V5+GKS Zonal Game</p>	<p>Play 5V5 on a field that 50 X 40. Divide the field in half. Players will play 3 V 2 in each half with two attackers vs. three defenders. Each 5 must stay in their respective half. Two points for a goal scored in your own half (long range power shot) and one point for a goal scored in the attacking half (close range placement shot). The last 20-25 minutes, play 5V5 with no restrictions.</p>		<ul style="list-style-type: none"> Tactical application of the above coaching points



Lesson Plan

5 Cool Down - Light juggling and stretching

Be sure the players and coaches drink plenty of water at the end of the training session.

