

Shooting

“Sponge Activity” (as players arrive)-Juggling w/ Laces

Set up-

Each player, with a ball, tries to juggle with laces

Play-

“How many juggles can you do?”

Coaching points-

Can you juggle the ball without the ball spinning?

“Small Sided Activity” Clean out your yard!

Set up-

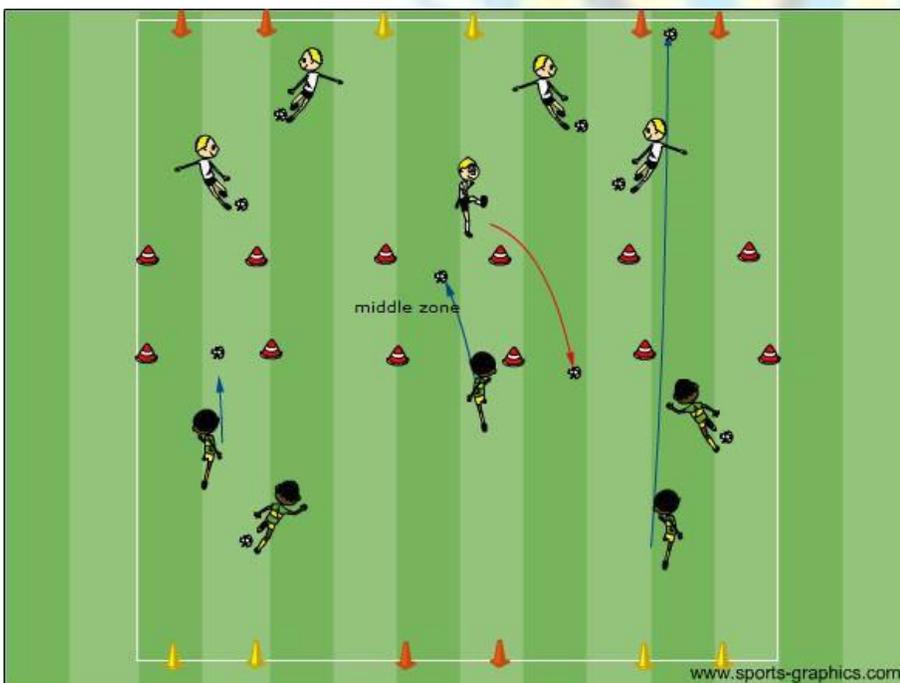
Divide players into two teams, using vests. On a large field that is wider than it is long, place three “cone goals” on each goal line and a center zone (the “sidewalk”) that will divide the field into two “yards”. All players have a ball.

Play-

Teams “shoot” their balls into the opponent’s “yard”, trying to score into one of the three goals. Players then retrieve a ball from their own yard and repeat until the coach stops play. No one may enter the “sidewalk”, except coaches.

Coaching points-

Shoot with the “laces”- Toes pointed down, ankle locked, plant foot next to ball, head over ball and looking at the ball, follow through toward the target. Take a preparation dribble before shooting (to the right for a right footed shot, left for left).



“Expanded Small Sided Activity” Rage in the Cage

Set up-

On a 12x24yd field with a net at each end, place a collection of balls next to each goal. Divide players into two teams and have them line up on opposite touch lines.

Play-

This is a GOAL SCORING game!!! Two teams play 3v3 (+keepers) to goal. Extra players (“the Cage”) on touch lines must stay vigilant. Players in middle may play balls to touchline players for a "one-touch" pass back. Likewise, keepers may play balls to touchline players who might send crosses into the "Cage". Also, any ball that gets past touchline players due to lack of vigilance results in a point for the opponent. Once a goal is scored, coach yells, "Clear!" All field players move to the touchline and are replaced by the next three players from each team (note: if there are more than three touchline players for each team, they form a line and the exiting players take their place at the end of that line and the next three players enter. Play then continues. If no goals are scored in a given timeframe, the coach may opt to yell, "Clear" and change the players to keep things moving. Teams keep score. Any ball leaving the field of play (including goals scored), return to play through the goalkeepers. Have extra balls readily available near goals!

Coaching points-

All of above coaching points plus...Shoot when you can! Be alert (everyone!) and position yourself to help your team score! NOTE: depending on numbers, coach may opt to play 2v2 and/or without goalkeepers. Object is to get lots of goals!

