

Striking with Laces

“Technical Warm-up” (as players arrive)- -Moves to get free to shoot!

Set up-

In a technical box that is large enough for the group, have all players dribbling a ball and listening to coach’s instruction.

Play-

Work on moves to get free to shoot! Include a “Cruyff” and a “Fake shot” as well as others.

Coaching points-

Explain that being able to get just enough room to shoot is important. A shooter doesn’t need lots of space to score. Cover multiple moves to free up the shot. Quick release!



“Small Sided Activity” “Bombs Away” (3v1+3v1)

Set up-

In a 15yd x 30yd grid with goals on each end, divide field in half with a “midfield line”. Using vests, create two teams of 4 (or 5 with goalkeepers) and have each team place one player (the “striker”) over the “midfield line” on the opponent’s half of the field (essentially creating a 3 or 4v1 on each half of the field). No one may cross midfield now.

Play-

This is a goal scoring game! Teams play to goal with no one being able to cross the midfield line. Teams should attempt to possess the ball on their own half of the field while trying to set up shots on the opponents’ goal. Teams may also pass the ball into the opponents’ half of field to their “striker” who may try to score. Goals scored by the “striker” count double. Rotate strikers and goalkeepers periodically.

Coaching points-

Strikers should check back to ball diagonally to receive and turn! Make eye contact with passing player! Use a quick first touch to turn toward goal! Accelerate and shoot! All players should look to position themselves to shoot! Make your move and shoot!

Variation: Add another striker. Remove goalkeepers if scoring is too low!



“Expanded Small Sided Activity” 4v4 to goal

Set up-

On a 15ydx25yd field, divide players into two teams of four, using vests. Add cone goals (cones 4yds apart) on each end. Mark midfield with cones.

Play-

Play 4v4 (3v3+GKs) to goal. Add an “Incentive”: Goals are worth one point, but can be worth more, depending on where or how the shot was taken. Give 5 points for long shots (past midfield. Note: depending on technical ability, coach may shorten distance to achieve success) or any shot taken directly off a move to get free!

Coaching points-

Be thinking of ways to get extra points! Are you ready to score?



