

(Set-Up: Enough 5 yd triangles (Diagram))

Warm Up – First Touch Triangles (20 Mins)

First Touch Triangles

1. 1 touch/2 touch
2. Heads
3. Volleys
4. Chest/return
5. Thigh/return
6. Rotate
7. Count how many in a minute

BREAK (5 Mins)

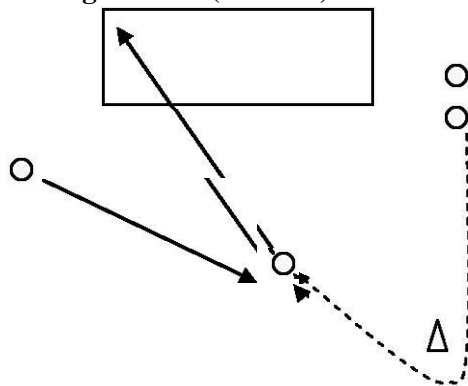
(Set-Up: Large circle / 2 cones (Diagram))

Shooting Technique (15 Mins)

Using Laces to Shoot

1. Circle around coach. Players sit in crab position. Try to kick back into coaches hands.
2. This time players are standing and drop ball onto their foot. Same objective.
3. Same but in pairs approx. 5 yds apart.
4. Now drop ball and try and get through partners legs.
5. Ball on ground. Partner approx. 7 - 10yds away. Try to get through legs.
6. Set up. Goal of 2 cones approx. 12ft. Players either side of goal approx. Emphasize: Strike middle of ball, strike with center of foot, keep ankle solid, flex from hip and knee, focus on ball only, be relaxed.

Shooting on Goal (10 Mins)



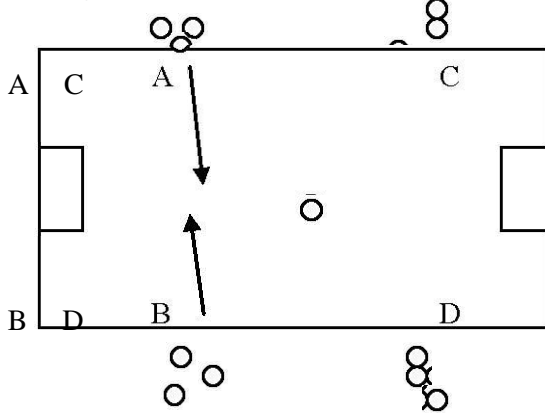
Shooting on Goal

1. 2 Lines as in diagram.
2. Player A runs around cone 10 yds away as coach passes ball.
3. One touch to control, second one for a shot.
4. Try one touch.
5. Repeat from other side.
6. Divide goal into 3rds. Extra points for corner of goal.

BREAK (5 Mins)

(Set-Up: Goals, 4 cones (Diagram) / game field)

Shooting – Numbers Game (20 Mins)



Game (15 Mins)

Numbers Game

1. Divide players into 4 groups. 2. Coach in middle with ball. 3. Coach calls out a number and plays ball to space between correct number on A & B. 4. A & B try to score on their goal. 5. Repeat other side. 6. Call out 2 numbers. 7. Use multiple balls. 8. Divide goal into 3rds as before.

Game

1. Divide goal into 3rds and award extra points for goals scored in the corners.

