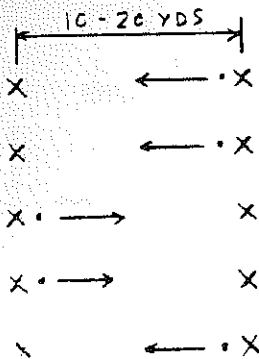


FUNDAMENTAL:



LACES DRIVE

ORGANIZATION:

- PLAYERS IN PAIRS
- STATIONARY SHOOTING

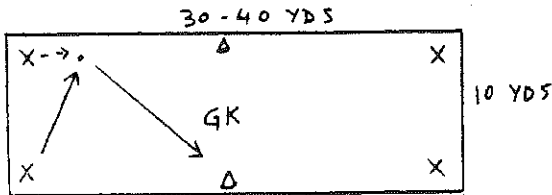
PROGRESSION:

- PLAYERS KICKING A STATIONARY BALL
- PLAYERS FIRST PUSH THE BALL FORWARD AT AN ANGLE AND THEN KICK
- PLAYERS START 40 YDS APART. PLAYER WITH THE BALL DRIBBLES TOWARDS PARTNER AND SHOOTS. THEN BACK PEDALS TO HIS POSITION.

COACHING POINTS:

- ANGLED APPROACH TO BALL
- NON-KICKING FOOT ALONGSIDE BALL AND POINTING TOWARDS TARGET
- HEAD STEADY, EYES ON THE BALL
- CONTACT BALL WITH LACES
- ANKLE FIRM WITH TOES POINTED DOWN.
- STRIKE THROUGH CENTER OF BALL AND FOLLOW THROUGH TOWARDS TARGET.
- KEEP KNEE OVER BALL.
- ACCURACY BEFORE POWER.

MATCH RELATED:



BEAT THE KEEPER

ONE PAIR PRACTICES WHILE SECOND PAIR RETRIEVE BALLS.

COACHING POINTS:

- BE AWARE OF GOALKEEPER'S POSITION BEFORE YOU SHOOT.
- ACCURACY BEFORE POWER
- SHOOT LOW
- CONCENTRATE TOTALLY ON THE BALL. DON'T BE DISTRACTED BY CHALLENGER.
- MOVE QUICKLY TOWARDS THE BALL AND SHOOT EARLY.

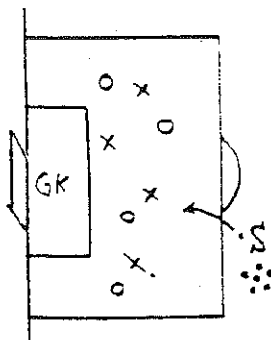
ORGANIZATION:

- GROUPS OF 5 (2 + 2 + GK)
- PARTNER SERVES BALL FOR SHOT.
- ROLLING BALL AWAY/TOWARDS/ACROSS PARTNER
- BOUNCING BALL AWAY/TOWARDS/ACROSS PARTNER.

PROGRESSION:

THE SERVER FOLLOWS UP SERVICE TO CHALLENGE THE SHOOTER.

MATCH CONDITION:



SHOOT THEM UP

ORGANIZATION:

- 3 VS 3 TO 6 VS 6 IN PENALTY AREA
- COACH SERVES BALLS INTO AREA
- BOTH TEAMS TRY TO SCORE INTO ONE GOAL.
- IF BALL IS SAVED OR SCORED OR GOES OUTSIDE AREA, COACH IMMEDIATELY SERVES IN ANOTHER BALL.

COACHING POINTS:

- GET SHOT AWAY EARLY
- DON'T PASS IF YOU CAN SHOOT
- SHOOT WITH FIRST TOUCH IF YOU CAN.
- CONTROL THE BALL ON THE TURN SO THAT YOU CAN SHOT WITH THE SECOND TOUCH.

PROGRESSION:

ADD ANOTHER GOAL ON THE OPPOSITE EDGE OF THE PENALTY AREA AND PLAY WITH TWO GOALS. KEEPERS SERVE THE BALLS TO THEIR TEAMMATES TO START PLAY.