

ACTIVITY #1

Set up: Set up a field 30yd long by 20yd wide. Use goals where available (can also use cones, discs, flags, etc).

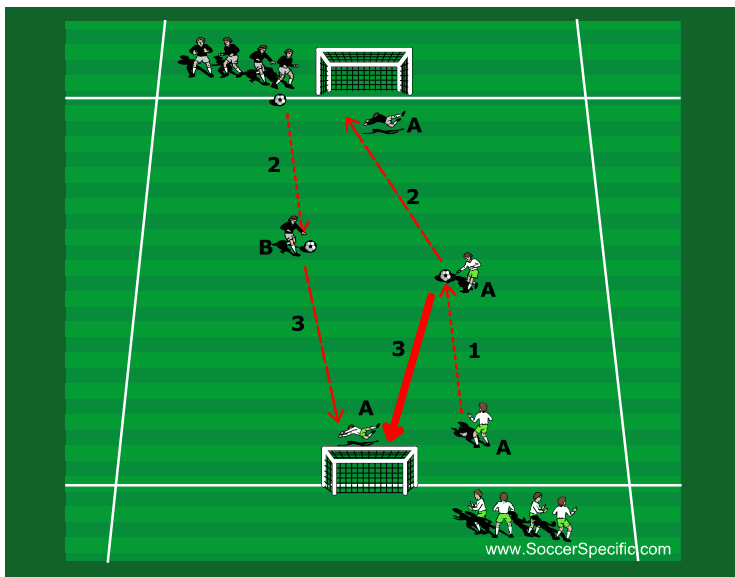
Instructions: WARM-UP:

Have players shoot to both goals and score as many goals as possible in 1 minute. Players cannot shoot to the same goal over and over (must alternate goals). Stretch between rounds. Play 3-5 rounds.

Players lose a point if their ball touches someone, and if they touch someone elses ball.

Progress to goals only count if the ball hits the net in the air.

- Coaching Points:**
- 1) Strike the ball with your instep (laces).
 - 2) Plant foot toe should be pointing in the direction of your target.
 - 3) Strike through the center of the ball for maximum power.
 - 4) Follow through- players should land on their kicking foot after striking the ball.



ACTIVITY #2

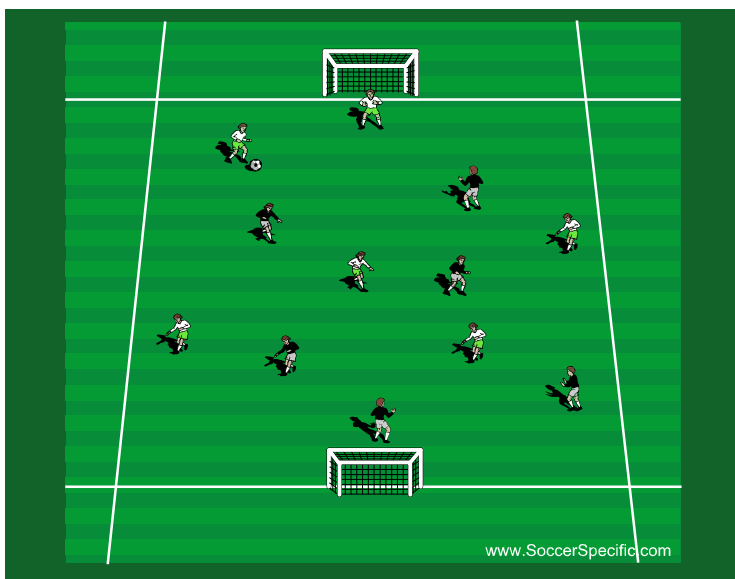
Set up: Same field as before... 30yd long by 20yd wide.

Instructions: SMALL GAME:

Divide players into 2 teams. White Player dirbbles toward opponents goal (1) and shoots (2). As soon as White Player shoots he must recover and become the next goalkeeper for his team (3), as soon as White Player shoots (2), next Black Player dribbles (2) and shoots (3). After each shot the goalkeeper shags the ball and returns to the end of his line. Play a game to 7-10 goals- (as you see fit).

Coaching Points: Same Technical Points as above:

- 1) Strike the ball with the instep.
- 2) Plant Foot pointing towards the target.
- 3) Strike through the center of the ball.
- 4) Land on your kicking foot.



ACTIVITY #3

Set up: Same field as before 30ydx20yd

Instructions: Big Game:

Keep the same teams and play a scrimmage- White v Black. With a smaller field ecourage players to shoot as much as possible. Every shot on goal=1 point. Shots that score=3 points. Rotate goalkeepers as necessary.

Coaching Points: Same as above:

- 1) Strike the ball with the instep.
- 2) Plant foot toe pointing in the direction of your target.
- 3) Strike through the center of the ball
- 4) Land on your kicking foot.
- 5) Follow your shot-- for any rebound!