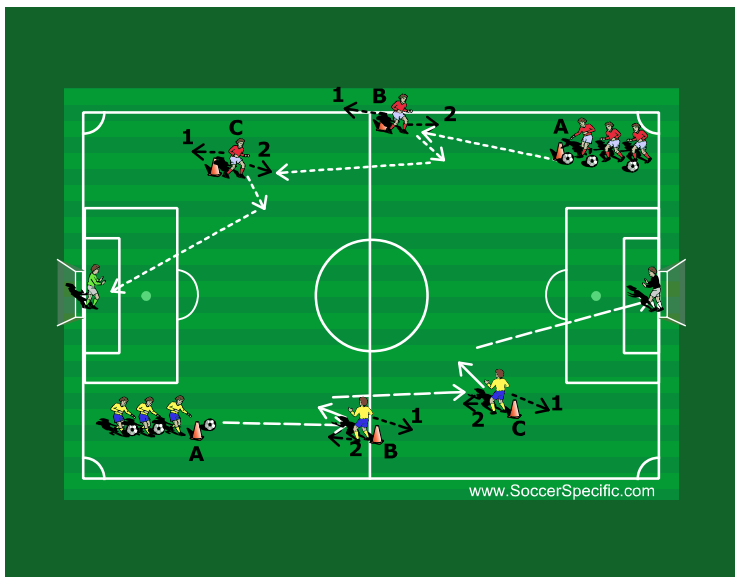


### ACTIVITY #1

**Set up:** Each player has a soccer ball, Goalkeeper in the goal, and coach as the lay of person.

**Instructions:** Players all have a soccer ball and dribble inside area (30x30). Each player has a number. When the coach calls out a number that players plays the pass into the coach, the coach will then lay the ball of to the side that the player request and then the player strikes the ball at the goal first time. The player then goes to collect the ball and joins the dribbling area again.

**Coaching Points:** The pass must be coached if not correct.  
Shooting: Accuracy before power/Eye on the ball/Head  
Steady/Part of foot/Part of ball/Follow through.



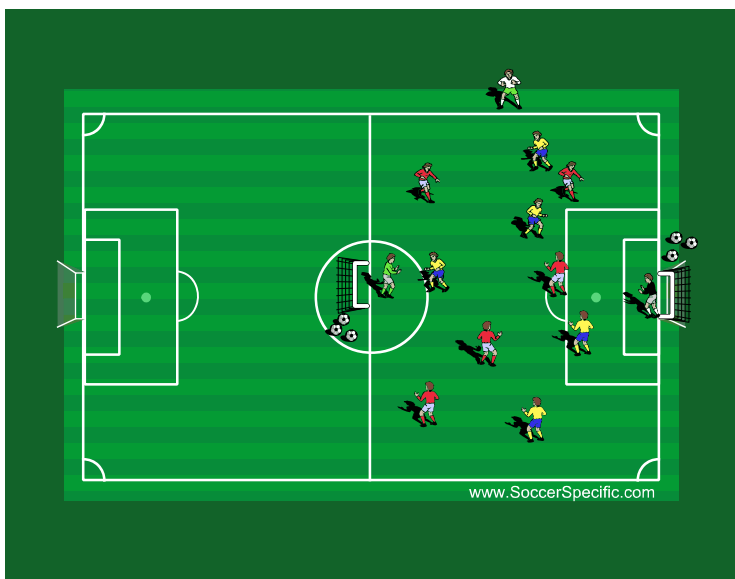
### ACTIVITY #2

**Set up:** A group of players starts on cone A with balls, One player starts on Cone B and One player on cone C.

**Instructions:** Player A takes a touch and Plays in to the player on cone B. As player A has his touch player B checks away (1) and checks back (2) Player B then receives the ball and lays the ball of first time to Player A who has followed the pass. On Player Bs touch player C checks away (1) and checks back (2) player A then plays first time to C and C then lays the ball of for Player A to shoot. After shot player C goes and get ball and goes back to the start, Player B becomes Player C and Player A becomes player B. Sequence continues at speed.

**Coaching Points:** The pass and movement of all players need to be correct before we can coach the shot. The set up passes set the striker for a good shot.

Shooting: Accuracy over power/Eye on the ball/head steady/Part of foot/part of ball/follow through.



### ACTIVITY #3

**Set up:** Play 4v4 or 5v5 on half the field to encourage lots of shooting (favor your session)

**Instructions:** Aim of the game is to create a positive mentality to get a shot of at goal as fast as possible

**Coaching Points:** Movement to create space and first touch may need to be coached

Shooting: Accuracy over power/Eye on the ball/Head Steady/Part of foot/part of ball/Follow through.