

Rec Curriculum Week 8

Session 1 & 2

Speedwork	10 Min	Side to Side	www.youtube.com/watch?v=hw3kTnj_7V8
Skills Warm UP	10 Min	Shooting	
		Partner and a ball	<p>Players should be about 25 yards apart. Have them strike the ball at each other, making sure that they are using their laces.</p> <p>Teach players to strike the ball with the top of their foot, toe down ankle locked, placement foot beside the ball.</p> <p>Make sure they step into to the ball. With younger players I often have them jog in place a yard or so behind the ball and on the whistle, step into the ball with their placement foot beside the ball and their heel pulled back to their bum.</p>
Activities	20 Min	Shooting	Choose from a couple of these each session this week based on your group.
		3 Line Shooting	http://www.youtube.com/watch?v=rZB1g7-19pA
		Finishing Game	http://www.youtube.com/watch?v=DDUmagB8Mq4
		Power and Finesse	(still uploading, but should be up soon) http://www.youtube.com/watch?v=h88bEsFCshA&feature=youtu
Scrimmage	30 Min		<p>Set up a scrimmage with goals close enough to always be in shooting range.</p> <p>I like to play the 3 team shooting game. 2 teams play while one rests. Each game is 3 minutes long.</p> <p>Team with the most shots wins and stays on. Resting team is chasing balls.</p>