

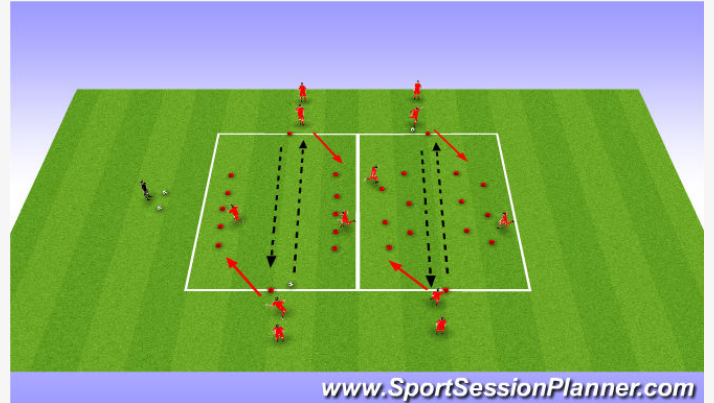
Description

Striking on Goal from Distance

Warm Up

Organization

Set up 2 channels with a group of players at each end
Players strike the ball over distance then perform a variety of dynamic movements through the cones and join the back of the opposite start line
Players rotate through both exercises
Encourage players to use the top of the foot or 'laces' to strike the ball
Encourage players to use both feet



Striking Techniques

Organization

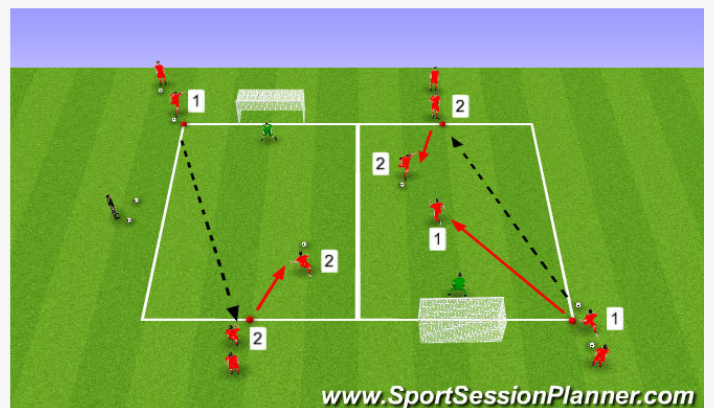
Player 1 plays a long pass to player 2 who takes an attacking touch out of their feet to set up a strike from distance
Player 1 goes to player 2's spot
Player 2 collects a ball and joins the back of the start line
Encourage players to use the top of the foot or 'laces' to strike the ball into the net
Accuracy PLUS Power !
Encourage right and left foot opportunities
Create teams and keep score to make it a competition

Progression

After the pass player 2 defends and puts pressure on player 1

Competencies

- Head up to look at target
- Recognize GK's position
- Head down to see the ball
- Lock ankle with foot pointing diagonally across the middle back part of the ball
- Top of foot or 'laces' or accuracy PLUS power
- Follow through before the head comes up



Small Sided Game

Organization

2 teams with a field split into 2 large ends
Players must stay in their own end
Encourage striking from distance at every opportunity
If a team scores they start with the ball again
Each team has a striker who can score by picking up rebounds or pressing the defenders into making mistakes



Small Sided Game

Organization

4 v 4 or 5 v 5

Encourage shooting at every opportunity

Encourage proper technique when striking from distance

Accuracy PLUS Power !

