

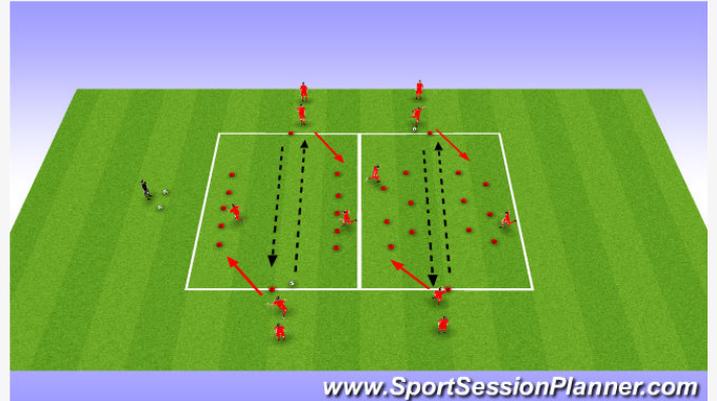
## Description

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 !

