***Session: shooting***

***Objective: To teach technique for shooting with laces (power) and inside of the foot (finesse)***

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| ***Warm Up:10 Minutes*** 1. ***Passing inside of the foot 2 players 1 ball***
2. ***Knock out pass to hit players***
 | ***Coaching points******1.focus on technique and accuracy*** ***2.focus on passing accuracy*** | ***Progression*** |
| ***Education: 15Minutes******If fence is available have players strike stationary ball with laces and inside foot … 5 yards from fence 2 steps*** ***No fence players face each other 5yards .. drop kick ball then place ball on the deck***  | ***Coaching points*** ***Laces: ankle locked, toe down through shot, land on shooting foot, plant foot beside/behind ball*** ***Plant foot “points to where the ball will go”******Proper strike there will be no spin***  | ***Progression*** |
| ***Reinforcement Games 15 Min******Pass ball from goal line directly at shooter*** ***Pass ball from goal line diagonal at shooter*** ***Player dribbles at cone makes move and shoots*** | ***Coaching points******Proper technique******Multiple touches*** ***Teach players to recognize poor technique from the flight of the ball***  | ***Progression:******1.Begin keeping score when maturity and competency are at appropriate levels*** ***2. adjust pressure based on proficiency go 1 v1, server flighted balls*** |
|  ***Games 15 Minutes******1.Play soccer game*** | ***Coaching points******1.Utilizing passing in game situation*** ***2. stimulate thought process through giving points and praise creativity*** | ***Progression:******1.Begin keeping score when maturity and competency are at appropriate levels***  |
| ***Warm down/Discussion 5 min*** ***1.Review session stressing no more than 3 points*** | ***Coaching points******1.attempt to get as much feedback from as many kids as possible***  | ***Progression:******1.As maturity exists ask players their perception of 3 most important points***  |