***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*** |