

Week 5: Goal Scoring!

May 23, 2011

Community Soccer U-14 Coed

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Coaching Points

Stay on your toes- shoulders forward


Hit ball with laces- NO toe balls

Land past the ball for power

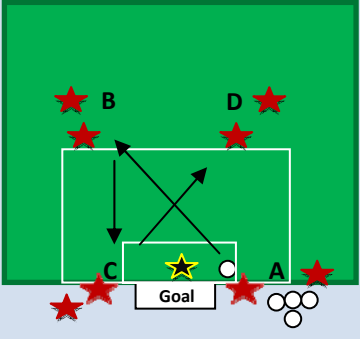
7:15 - 7:25 p.m.

1. Warm Up:	Coach Michael will demonstrate appropriate technique shooting.	Coach Michael will run the warm-up activity on Field 8 with the help of the age group trainers and parent coaches.
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7:30-7:40 p.m.

2. Shooting Technique	<ul style="list-style-type: none">• Create two lines, each player has a ball.• Coach and trainer each take a line.• Player passes the ball to coach/trainer.• Coach/trainer passes the ball back to the player who has to shoot using proper technique.		<ul style="list-style-type: none">• Emphasize coaching points and proper technique.• Players retrieve their balls and switch lines (so they can practice shooting with either foot).• Can progress to volleying the ball (coach picks up the pass and tosses it for the player to volley).
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7:40-7:50 p.m.

3. Star Pass Shooting	<ul style="list-style-type: none">• Have players get in four lines (see A, B, C, D in diagram)• Place all balls in line A• Players pass ball from A to B to C to D – D takes a shot on goal• Rotate lines in a clockwise order• Shooting player should retrieve his/her ball.• Players can take turns as goalkeeper.		<ul style="list-style-type: none">• The players should practice proper shooting techniques.• Also, players in lines A, B & C should try to pass quickly and accurately.• Work on skills introduced during warm up.• Variations: start balls in line C (pattern C to D to A to B) – will encourage players to use their left-foot to shoot.
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7:50-8 p.m.

4. Rapid Fire Shooting	<ul style="list-style-type: none">• Place a few players behind the goal to retrieve balls.• One player is the shooter; remaining players each have a ball and form a semi-circle.• The shooter checks (runs) toward one of the players who has a ball. That player passes the ball to the shooter, who turns and takes a shot on goal.• The shooter repeats this process with each player in the semi-circle.• Then pick a new shooter and repeat. Each player should get a turn as the shooter.		<ul style="list-style-type: none">• players should try to place their shots in the corners or side panels of the goal• shooter should move quickly from shot to shot• keep the ball low and on goal
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8-8:15 p.m.

5. Scrimmage	Divide group into even teams (no subs) and play on the width of each field. Play against same color team or switch & play against your "practice partner's" team.	<ul style="list-style-type: none">• Reinforce lessons from training during the scrimmage.• Use this time to ask trainers questions about game tactics, if needed.
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Homework: Wall Ball: Kick a ball against an outside wall. Practice shooting balls that bounce or are in the air.