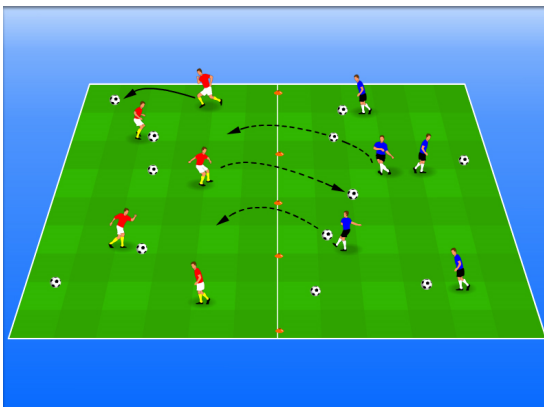


Date: 23/Aug/2017
Time: N/A
Duration: N/A
Age/Level: U5 - U10

Session Improving shooting (crossing & passing) with
Objective: repetition & fun

Clean Up Your Yard - (3 versions)

Clean Up Your Yard!



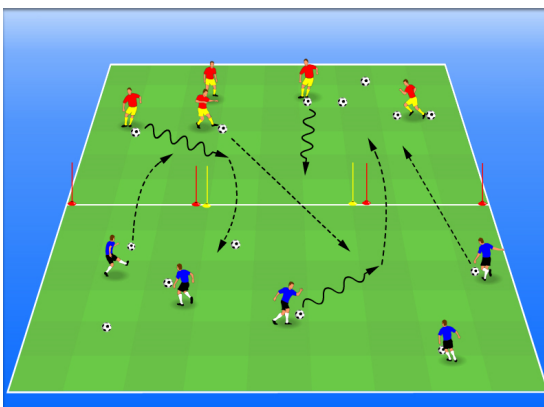
Description:

For passing, shooting or pass by crossing. Teams play by time. Basic concept is that each team wants the soccer balls out of their area and into the opponents area.

Coaching Points:

Standing foot is a big factor on the direction the ball will travel after the kick. Kicking foot... *When passing needs to have the contact point hit the equator of the ball and toe out wide so the foot (not the toe) makes contact with the ball. *Shooting, laces and a locked ankle. Follow through and hit the equator of the ball. *If crossing, the standing foot rule still apply. Lean back a little bit and hit just under the equator of the ball with the laces.

Clean Up Your Yard (With Gates for Goals)



Description:

Clean up your yard with a twist. A team must pass or shoot the ball through the middle gate/goal, and the opponent must pass or shoot the ball through outside gates. This makes the challenge more difficult and a little bit more realistic. The challenge is now moving a ball into the shooting lane vs a ball sitting still. (Make sure both teams get the same challenges)

Coaching Points:

Use prep touch skills. Ex: Outside of the foot or inside of the foot to dribble to the area near a gate/goal. Push the ball enough to be able to take a look up to see where the kick will be intended to be placed. Standing foot pointing at the target to allow the hips to square up. Hit the center of the ball to keep the ball low and just under the equator of the ball to lift the ball.

Clean Up Your Yard (With Channels)



Description:

A challenge for the players to go to a ball, turn the ball and dribble the ball into a space that will allow them to shoot the ball through the gate/goal to the other side. The play area is really 4 sections. Each team has two sections to clean up... There is a left and a right channel. The teams will have a left side to collect the soccer balls from and dribble to the right side and kick the ball back to the other side. Then of course, the same idea but in reverse. Make sure the players work on both left side and right.

Coaching Points:

Use prep touch skills. Ex: Outside of the foot or inside of the foot to dribble to the area near a gate/goal. Push the ball enough to be able to take a look up to see where the kick will be intended to be placed. Standing foot pointing at the target to allow the hips to square up. Hit the center of the ball to keep the ball low and just under the equator of the ball to lift the ball.