

ACTIVITY #1

Set up: Small goals are set up 10 yards from each other.

Instructions: Players begin by striking ball to partner at opposite end. Players roll ball out and strike towards partner. Emphasis is on technique and not power

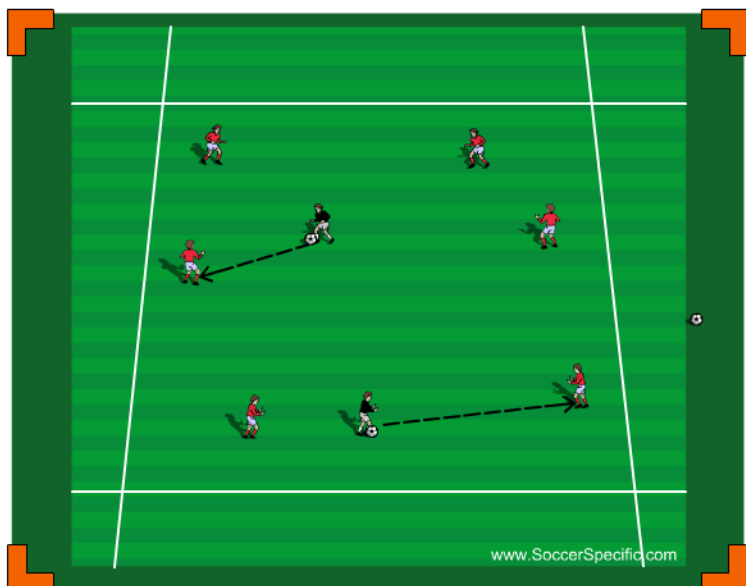
Progressions: 1) Use weaker foot, 2) 15 yards, 3) 20 yards

Coaching Points:

Toe down and lock ankle

Hips towards target

Low follow through



ACTIVITY #2

Set up: 15 x 20 area. Bulldog, two players with a ball

Instructions: Players with a ball attempt to strike it below the knees against the other players without a ball. If a player is hit, they get the ball and become it. The player who is left at the end is the winner.

Progressions: 1) Decrease size of grid, 2) Use weaker foot only

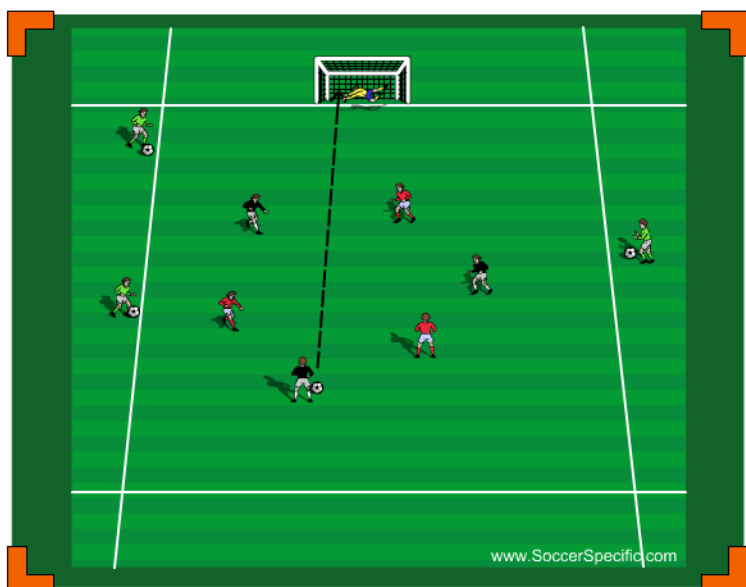
Coaching Points:

Inside of the foot when close, laces when further away

Non-kicking foot beside ball

Low follow through

Toe down, lock ankle



ACTIVITY #3

Set up: 3 v 3 shooting on one goal 25 x 30 yard grid

Instructions: Teams of 3. Two teams are working inside the grid and the remaining players are on the outside of the grid with a ball. If a ball goes out, one of the outside players immediately plays a new ball in to the opposite team that kicked it out.

Coaching Points:

Shoot at every opportunity

Get the ball out of your feet

Head up