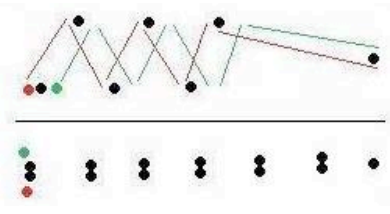
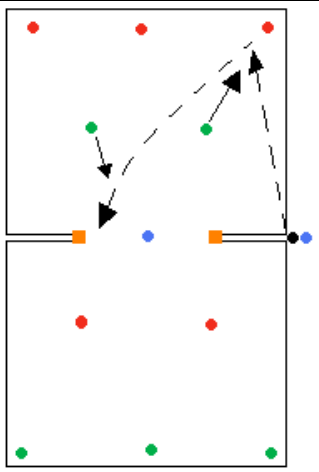


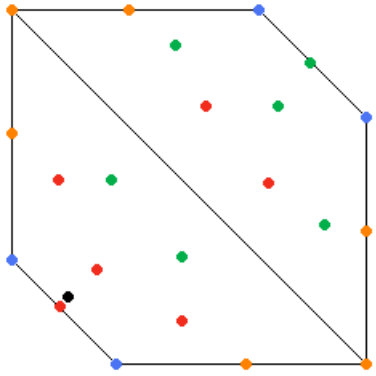
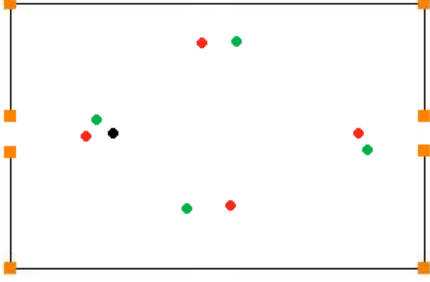
COACHING SESSION PLAN

Session Type	U14 week 8, practice 2
Theme of Session	SHOOTING FROM DISTANCE

Key phrases for today's theme;

- *Strike through the ball with power and accuracy, strike it with your laces/sweet spot, keep the body over the ball to keep it low*

Focus <i>Key points and things to watch out for.</i>	Diagram <i>Equipment and example</i>	Timing <i>Minimum time to be spent on exercise</i>
<p>Basic fast feet; paired work</p> <p>The following exercises should be done in pairs, and with the younger players, they should be done as 'mirroring' exercises not races.</p> <p>The top exercise involves one player (green) doing a backwards zigzag, changing direction, with the other (red) doing a forwards zigzag, attempting to mirror the movements of the green player. When they reach the end of the zigzag the green player should turn and get to the end cone quickly with the red player.</p> <p>The second exercise should involve the two players working together. They should go to the second double cone and then go backwards, back to the first. They then go the third cone, and go back to the second, then the fourth going backwards to the third, and so on. In other words, going two steps forward and then one step back.</p>		<p>10mins</p>
<p>Shooting; shoot on sight</p> <p>Set up a 50x30 yard area with a 9 yard goal in the middle as in the diagram, right. The players should be split up so there are two goalkeepers (rotating between one playing and one as a server), and then there should be two teams of five (creating two 2v3 situations in each half). Players stay in their half.</p> <p>The server should play the ball into one of the teams of three (played to the red three in the diagram), the goal for them being to try and shoot (and score!) with a first time shot. One of the greens in that half should close the ball down quickly while the other should be ready to pounce on any rebound off of the goalkeeper. If the ball goes through the goal then the players in the opposite half should try to react to it, with the goalkeeper turning to face strikes from that half too. If the goalkeeper catches or pushes the ball out of play, then play stops and the server should play a new ball in to the first set of players that are set up as in the diagram.</p> <p>Players should be rotated so they all get a chance to be part of the back three strikers, and all get a chance to be defenders-come-rebound-strikers.</p>		<p>15mins</p>

<p>Shooting; diamond strikes</p> <p>Set up a 45x45 yard area, cutting off two corners to make them 7 yard long goals (marked out by the blue cones in the diagram).</p> <p>Players should stick to their own half until they are told to rotate around the different positions. The teams are split into teams of five (plus one goalkeeper for each). Each team is then split up so that there are three players in one half and two in the other (making a 3v2 in each half. The players should not go over half way).</p> <p>The half with three players on should take up the role of strikers, aiming to score in the goal in the opposite half. The opposite side, with two players in, act as defenders to the oppositions three 'strikers' but also take up the role of rebounding strikers, following up on any spill by the opposing keeper.</p> <p>The idea of the game is to take a shot as quickly as possible, with the goalkeeper rolling the ball to a striker in their half, who should either strike the ball immediately or pass if they are closed down instantaneously.</p> <p>Key points for shooting;</p> <ul style="list-style-type: none"> • <i>Use the passing technique</i>- players should aim to place their shot, like a pass • <i>Head over to keep it low</i>- players should get over the ball to keep it low • <i>Eyes on the target area</i>- players should pick the exact spot they aim to hit • <i>'sweet-spot'</i>- strikers should look to use the largest surface area on the top of the foot, known as the sweet-spot. The area is that just above the big toe. With the striker hitting the ball with this part of their foot, they will have their body over the ball, and will be able to hit the ball with more power without losing accuracy. 		<p>15mins</p>
<p>Small sided games; regular mini game</p> <p>Maximum of 4v4 players for U14s. Regular games should be played after other controlled small-sided games.</p> <p>The aim for the players is to score in their target goal.</p> <p>The set up should be a 30x40 yard area, with two 3 yard goals (no keepers), placed at either end.</p>		<p>Until practice ends</p>