



Team

GU14 and BU12

Date

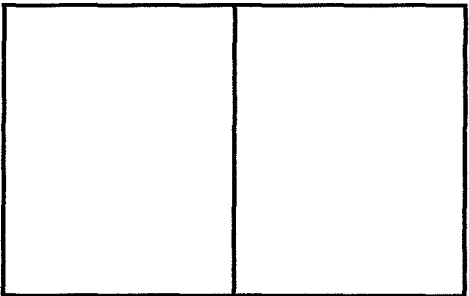
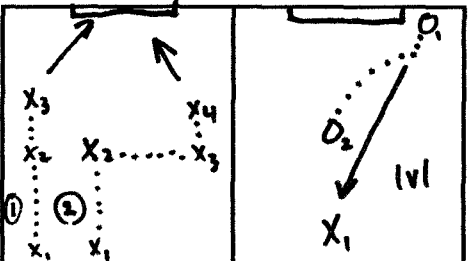
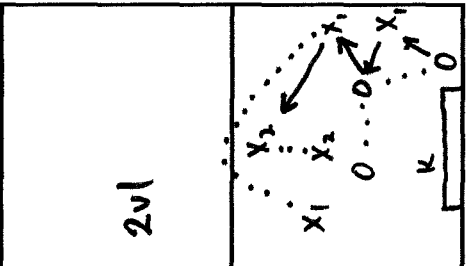
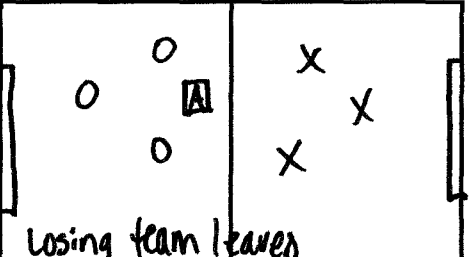
8-Aug-11

Topic/Skill

Shooting under pressure

Description

Coaching Point(s)

<p>Warm-Up Activity 10-20 mins Juggle for 10 mins before practice</p> <p>Coerver moves</p> <p>Use inside and outside of foot Scissors, single and double Step on and go Matthews Feints Cruff Roll-overs Maradona</p> <p>Bring it all together with combos</p>	<p>Field Size, L x W open field</p> 	<ul style="list-style-type: none"> - Keep the players moving - focus on doing the move correctly, not fast - Do the "Beat an Opponent" moves - Encourage improvement - Have each player show you their best move
<p>Individual</p> <p>5-10 1 players dribble out 10-15 yards make a coerver move and shoot on goal</p> <p>5-10 2 dribble out 10-15 yards make a move and turn 90 degrees dribble another 10 yards, make another coerver move toward goal take 1 or 2 touches and fire shot on goal</p> <p>5-10 3 O passes to X and play 1v1</p>	<p>Field Size, L x W 20x30 yards</p> 	<ul style="list-style-type: none"> - Player should be at game pace - Player must do different move each time - 3/4 speed or game pace - on 2nd move put the ball on shooting foot - set it up. - Explode after the move - light defense 1st, then game pace
<p>Small-Sided</p> <p>1 3 starting places. just to the right of the goal for Defender 10 yards up and to the right for X1 25 tards out in front of goal for X2</p> <p>20-30 mins</p> <p>O take a touch and pases to X1 A simple wall pass back gets it started. X1 then passes to X2 and sprints up and around X2 for support It is now 2v1 with a quick pace and shots often.</p>	<p>Field Size, L x W 20 x 30 yards</p> 	<ul style="list-style-type: none"> - Mix up passing and shooting - 2nd player should vocalize and be in position - good passes with good fakes - correct form on shot. - lock the ankle, point the toe - strike on laces - placement of the shot in corners away from keeper - Shoot often.
<p>Game Condition</p> <p>Could play 4v3 with 1 all-time offensive player.</p> <p>Need 2 goals 40 yds ↔</p>	<p>Field Size, L x W Scrimmage U13 girls</p> 	<p>All time player must hustle. This in endur- ance as well as team- work, shooting under pressure - New team comes in after a goal.</p>
<p>Do Something Fun!</p> <p>World Cup. Shoot-n-Save</p>	<p>Field Size, L x W Shoot-n-Save</p> 