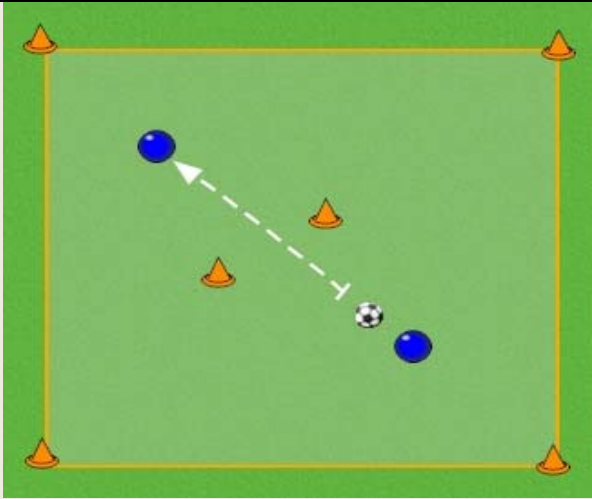
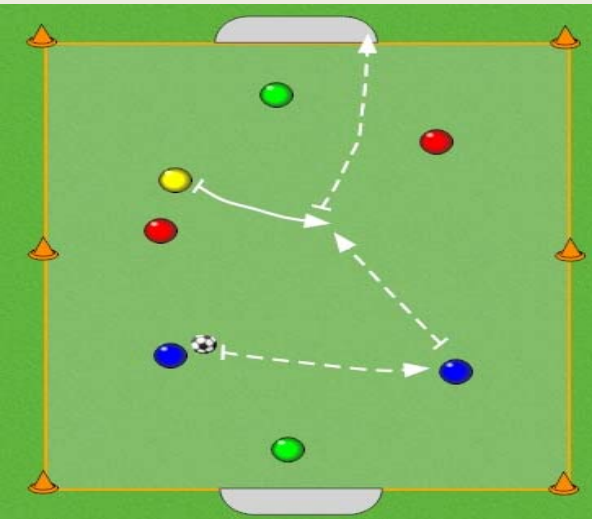
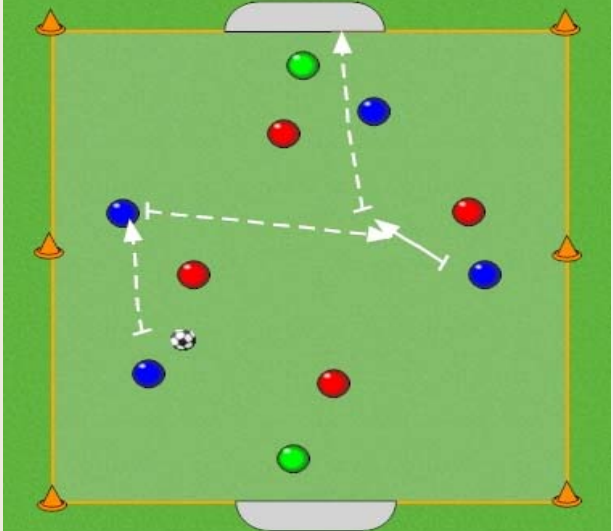


<p><b>Week 4</b> Shooting</p> <p><b>Warm up</b></p> <p><b>Objective:</b> To improve shooting technique</p>	<p><b>Organization:</b> Technical ball striking work in pairs, one ball between two. Use half a field and create numerous 4 yard wide goals with cones</p>	<p><b>Procedure:</b> Begin with passing through the cones to your partner. Go to a different set of cones each time. Focus only on inside, instep and bending balls on the ground.</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Body mechanics and Control</li> <li>-Body position and Balance</li> <li>- Eye on the ball</li> <li>-Quality of preparation touch</li> <li>-Proper selection of contact surface</li> </ul>	
<p><b>Week 4</b> Shooting</p> <p><b>Individual Activity</b></p> <p><b>Objective:</b> To improve shooting technique</p>	<p><b>Organization:</b> 2 v 2 + 1 with Goalkeepers Two large goals 20 x 25 yard area. Neutral player plays for team in possession.</p>	<p><b>Procedure:</b> Rotate attack between the X's and O's each time. Example: X's attack and O's defend, once X's shoot, score, etc., the O's receive another ball and attack while two new X's enter the field to defend – flying changes.</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Aggressive and positive mentality to go to goal</li> <li>-When to shoot, pass or dribble</li> <li>-Supporting angle and distance to ball</li> <li>-Combination play</li> <li>- Unbalancing the defense</li> </ul>	

<p><b>Week 4</b></p> <p>Shooting</p> <p>Small Group Activity</p> <p><b>Objective:</b></p> <p>To improve shooting technique &amp; understanding</p>	<p><b>Organization:</b></p> <p>4 v 4 with goalkeepers (5 v 5)</p> <p>2 large goals.</p> <p>30 x 30 area</p>	<p><b>Procedure:</b></p> <p>No restrictions – Improve attitude towards shooting.</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Correct attacking shape and balance of team</li> <li>- Frame the goal with shot</li> <li>- Find a way to score</li> <li>- Resiliency – rebound Mentality</li> <li>- All of the above</li> </ul>	
<p><b>Week 4</b></p> <p>8 v 8</p> <p>Small Sided Game</p> <p><b>Objective:</b></p> <p>To improve individual &amp; small group game understanding.</p>	<p><b>Organization:</b></p> <p>30 x 50 yard area</p> <p>Play a 8 v 8 match</p> <p>2 Goals</p> <p>Size 5 ball</p>	<p><b>Procedure:</b></p> <p>Free Play!</p>	<p><b>Key Coaching Points:</b></p> <p>Summation of all challenges for the players.</p> <p>Stay out of their way and let them play.</p>	