

ACTIVITY PLAN

<p>Week 8 Shooting. Warm up</p> <p>Objective: To Improve Shooting.</p>	<p>Organization: 20 yard x 20 yard area</p>	<p>Procedure: Each player has a ball. As they move around the grid they try to hit another players ball with their own ball. 1 point for each successful try. Who can get 5 points? 1 minute rounds – include stretching movements.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Accuracy of pass - Weight of pass - Timing of pass - Disguise your pass - Inside of foot - Use the inside part of the foot - Push through the ball - Outside of foot (Good for disguise) 	
<p>Week 8 Individual Activity</p> <p>Objective: To Improve Individual Shooting Skills.</p>	<p>Organization: 20 yard x 30 yard area. Split into 2 teams. Each team has the same amount of balls to start with.</p>	<p>Procedure: The coach shouts go & each team try's to kick as many balls into their opponents half as they can. After 1 minute the coach counts how many balls are in each half. The team with the least balls wins. The ball must land in the other end to count.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Positioning of the non-kicking foot - Part of the kicking foot - Angle of Approach - Body & Head over the ball - Toe pointed down (instep) & Follow through 	

ACTIVITY PLAN

Week 8

Small Group
Activity

Objective:

To improve

Individual Skills
Under Pressure.

Organization:

30 x 30 yard area.

Players are put into
pairs.

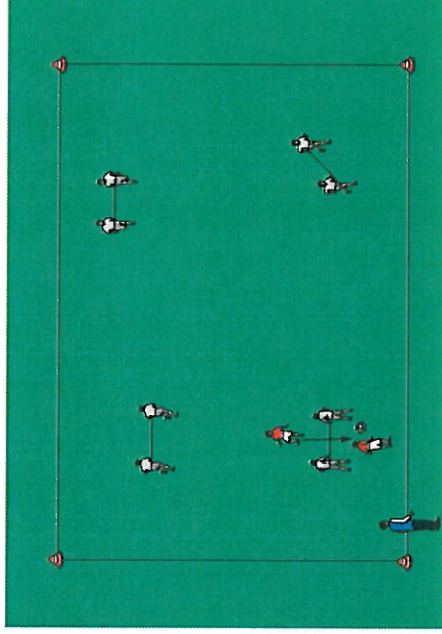
Moving goals are
made up of two player
holding a training bib.

Procedure:

1 pair have 1 minute to
score as many goals as
possible by shooting the ball
through any of the moving
goals. The rest of the
players act as the moving
goals. The moving goals
must always be walking
around.

Key Coaching Points:

- Positioning of the non-kicking foot
- Part of the kicking foot
- Angle of Approach
- Body & Head over the ball
- Toe pointed down (instep) & Follow through



Week 8

3 v 3

Small Sided
Game

Objective:

To improve
Individual &
Small Group
Game
Understanding.

Procedure:

Free Play!

Key Coaching Points:

- Summation of all challenges for the players.
- Stay out of their way and let them play.

