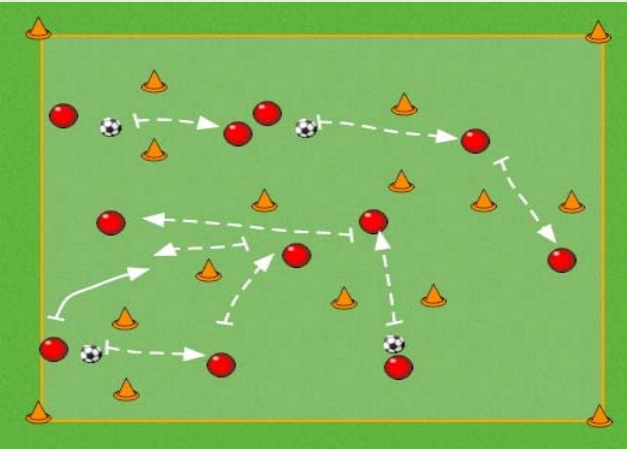
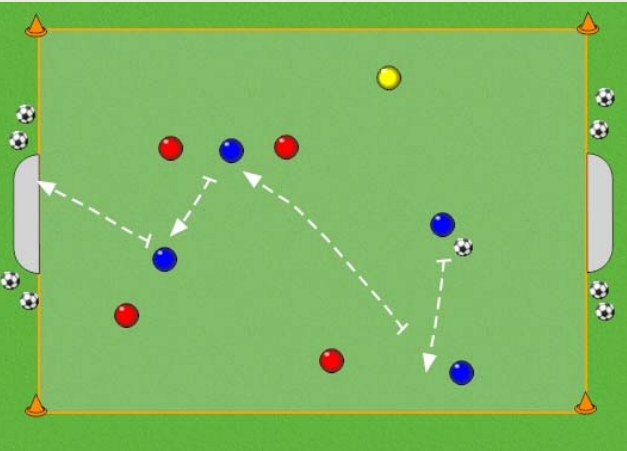
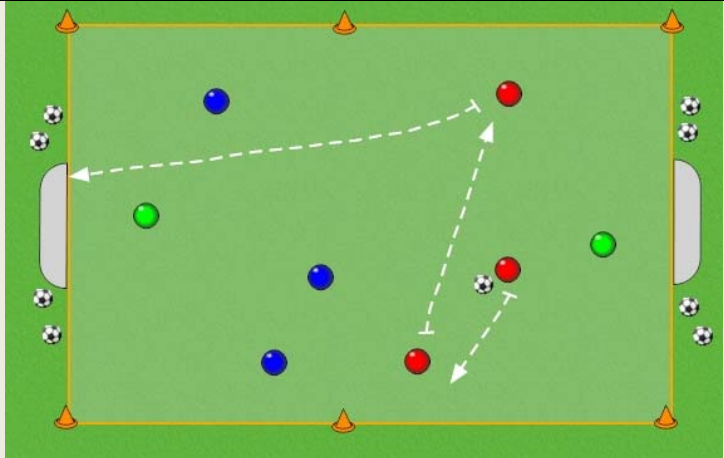


<p><b>Week 8</b></p> <p>Finishing Warm up</p> <p><b>Objective:</b> To improve general coordination.</p>	<p><b>Organization:</b></p> <p>In pairs one ball per pair. 40 x 40 grid with six goals scattered around the area.</p> <p>All groups attempt to kick the ball with inside of foot through one of the goals and score.</p>	<p><b>Procedure:</b></p> <p>All pairs attempt to shoot the ball through one of the goals and score, they try to shoot through every goal, using various techniques.</p> <p>The coach can turn it into a game as a progression, the team with most goals in 1 minute wins.</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Placement of the plant foot</li> <li>- Knees bent</li> <li>- Lock ankle &amp; strike w/the arch of the foot</li> <li>-Shoot through the middle of the ball</li> <li>-Head over the ball to keep it low</li> </ul>	
<p><b>Week 8</b></p> <p>Finishing</p> <p>Individual Activity</p> <p><b>Objective:</b> To improve Individual finishing skills.</p>	<p><b>Organization:</b></p> <p>4 v 4 in a 40 x 25 yard grid with two small goals. No proper goalkeepers.</p>	<p><b>Procedure:</b></p> <p>Each team attacks the opponent's half, trying to score goals. The defending team may not defend in the normal manner. Only the path of the attacker or ball may be blocked.</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Encourage a variety of shooting techniques since there is little pressure from the opponent</li> <li>-Eyes on the ball w/mental focus</li> </ul>	

<p><b>Week 8</b> Finishing Small Group Activity <b>Objective:</b> To improve Individual finishing skills under pressure.</p>	<p><b>Organization:</b> Two teams of 4 including GK.  40 x 40 yard area.  Two large goals.  Center line marked.</p>	<p><b>Procedure:</b> Each team must shoot from inside its own half. The players in possession try to work themselves into a good shooting position while the opposition tries to block shots.</p>	<p><b>Key Coaching Points:</b>  -Shooting while shielding -Spinning off a player &amp; shooting</p>	
<p><b>Week 2</b> 8 v 8 Small Sided Game <b>Objective:</b> To improve group game understanding.</p>	<p><b>Organization:</b> 30 x 50 yard area Play a 8 v 8 match  2 Goals  Size 5 ball</p>	<p><b>Procedure:</b> Free Play!</p>	<p><b>Key Coaching Points:</b>  Summation of all challenges for the players.  Stay out of their way and let them play.</p>	