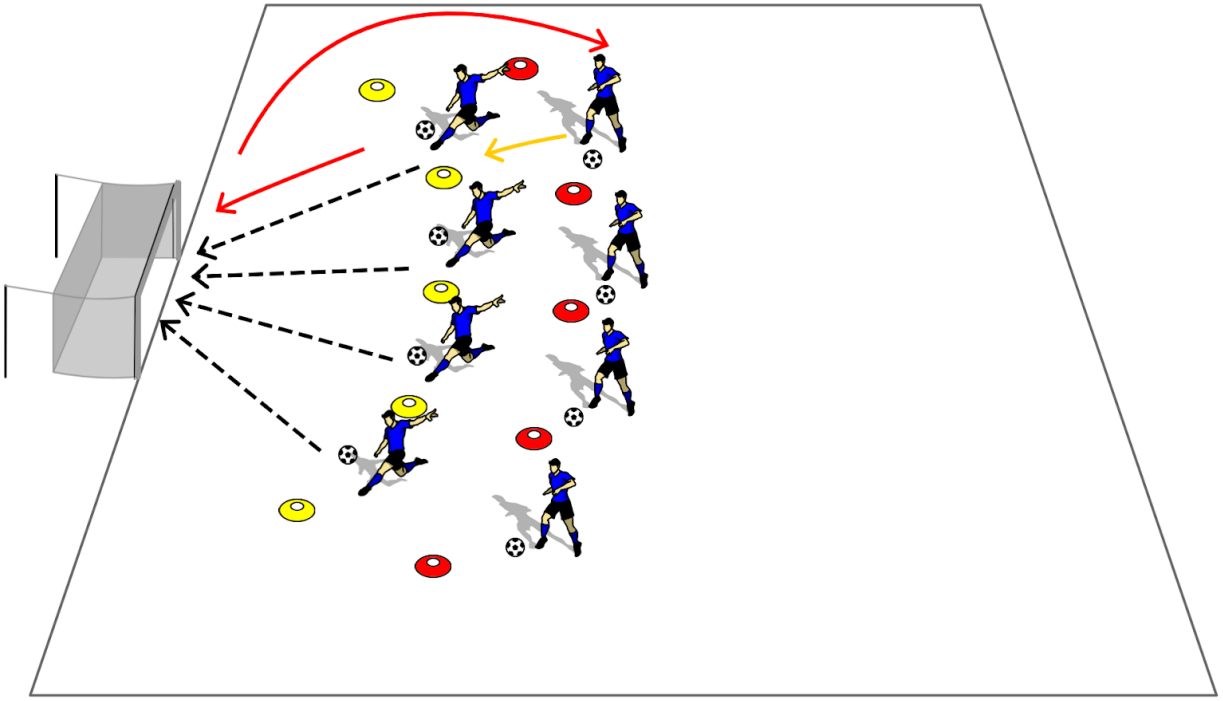
ALL SHOOT IN GOALS WITH LACES



Objective

The aim of this exercise is to improve shooting technique with both feet, using all the variations of laces, inside and outside of the foot. This allows repetition for players to perfect their technique unopposed.

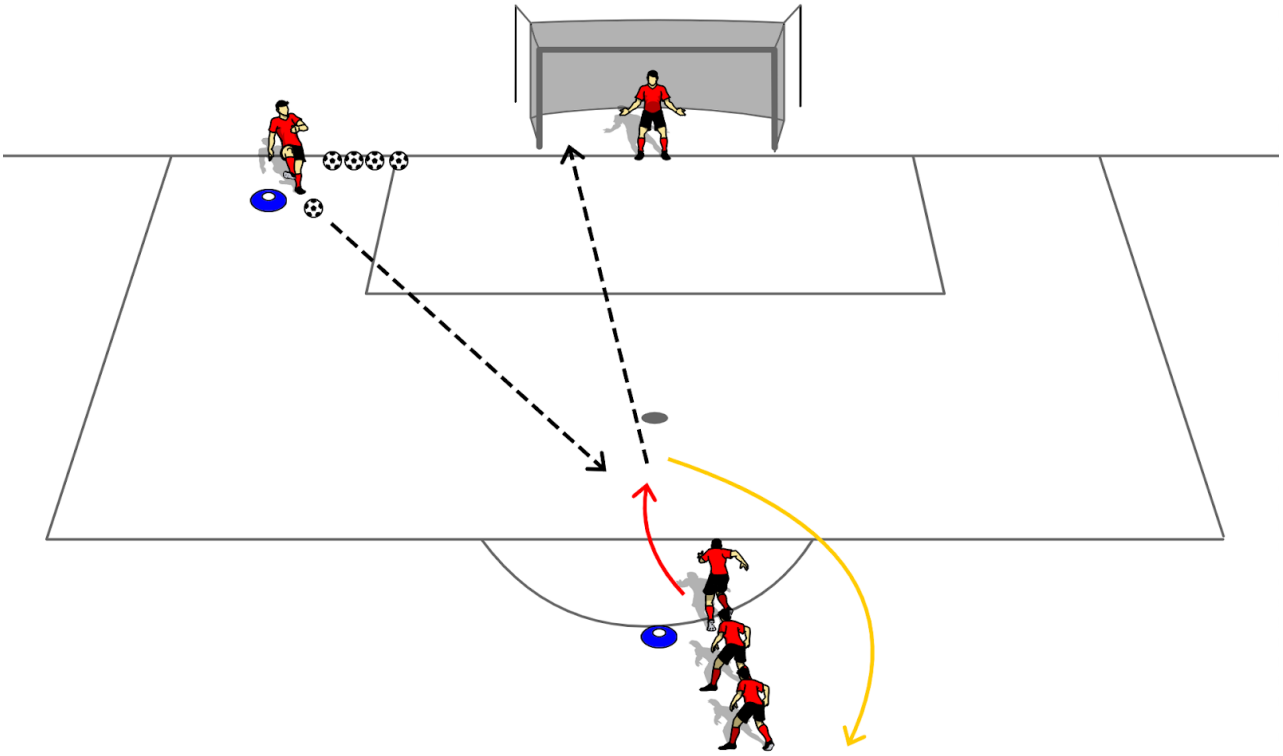
Explanation

The coach will demonstrate how to strike the ball using the laces to generate power. Players will shoot all at the same time, then collect their balls, reposition it back on their spot and get ready for the next shot. The coach should continue to demonstrate the technique and reinforce the points. Progressing onto the other shooting techniques.

Coaching Points:

- ✓ *Non-kicking foot plants next to the ball.*
- ✓ *Kicking leg sharp knee bend.*
- ✓ *Toes pointed / Ankle locked.*
- ✓ *Contact centre of the ball.*
- ✓ *Follow through.*
- ✓ *Ensure both feet are used to shoot.*

⚽ LIGHTNING SHOOTING



Objective

The aim of this fun practice is to refine a players shooting ability using first time finishing.

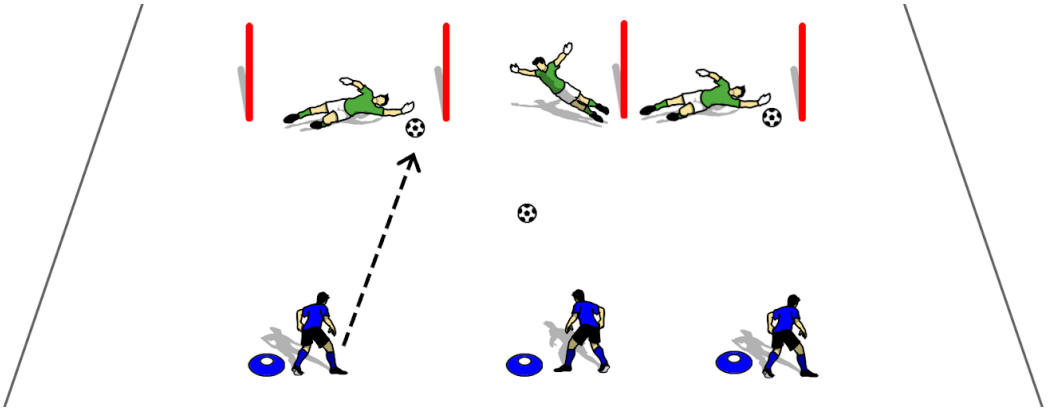
Explanation

The practice starts with one player alongside the goal "feeding" the balls to other players. The ball will be served on the ground to shoot first time. If the player scores they move to the back of the shooting line and the goalkeeper will stand next/behind the goal. As soon as someone scores and the goalkeeper moves away the first player waiting on the finishing line will sprint towards the goal and become the next goalkeeper receiving the shot from the next player on the finishing line. If the goalkeeper saves or the shot is missed this player becomes the goalkeeper, the goalkeeper joins the shooting line. The "feeder" needs to play the balls fast in order to provide a more dynamic and successful game. For the players standing next/behind the goal they are still actively involved in the game trying to get back in the shooting line. This will happen if they manage to catch a ball coming from a wide shot or someone hits the crossbar. The shooting technique is used upon players choice. The game will be over when we have two players left.

Coaching Points:

- ✓ *Shooting with laces for power.*
- ✓ *Precision shooting with inside foot.*
- ✓ *Locking ankle.*
- ✓ *Follow through.*

⚽ GOALKEEPER SPECIFICS: DIVING EXERCISES - BASIC TECHNIQUE



Objective

The aim of this exercise is to develop basic goalkeeping dives.

Explanation

Divide the group into pairs with 1 ball between them. Coach demonstrates the technique of diving. The pairs will practice this technique for 10 repetitions. Once mastered technique can progress to multiple reps and sets. E.g touch cone, dive, get up and repeat.

Progression 1

Players start sitting down with legs behind body. Server will roll ball straight at them, or pass the ball straight at them.

Progression 2

Players start with 1 knee bent, in lunge position. Chest over the front knee. As ball is played dive forward, head and hands must go to the ball. Variation from ground ball, to mid-height.

Progression 3

Players standing, stepping diagonally forward towards ball. Chest over the front of the knee. Head and hands must go towards ball. Take the ball and secure in your hands.

Coaching Points:

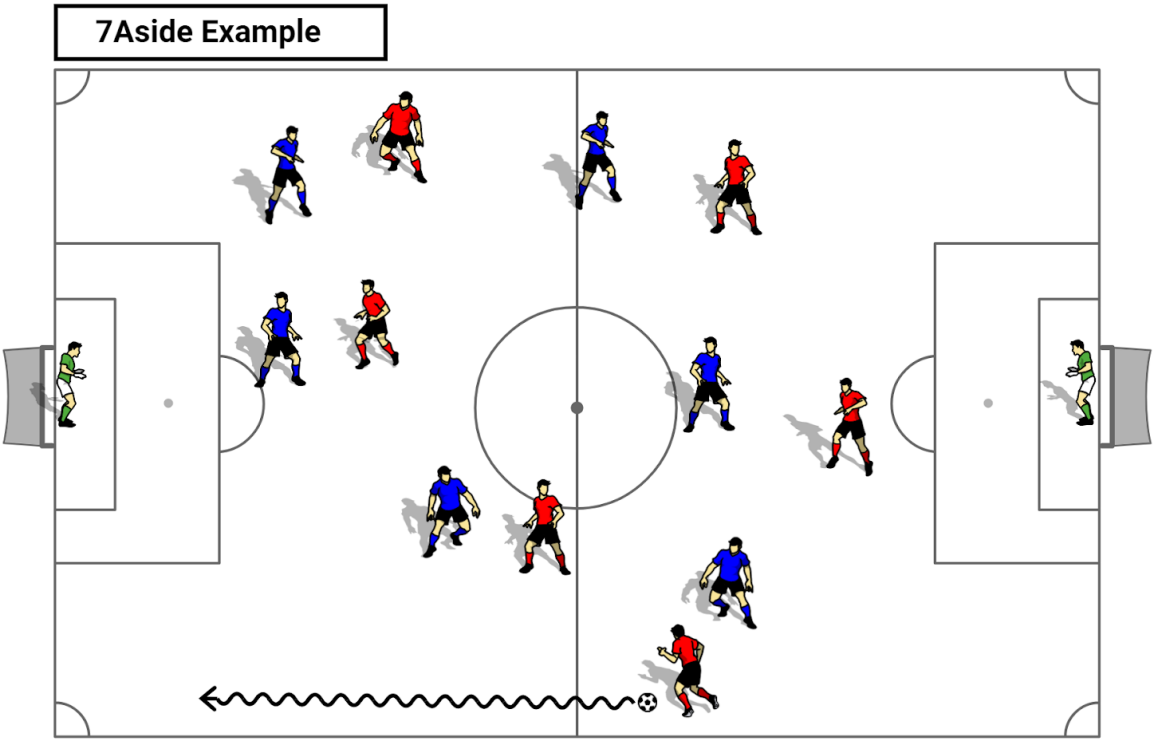
✓ Ball is played straight towards goalkeeper along the ground.

✓ Head and hands simultaneously meet the ball as far forward as possible.

✓ Step diagonally forward.

✓ Always land on leading leg side.

⚽ GAMEPLAY FOCUS: 7 v 7 - FOCUSING ON DRIBBLING TO FREE SPACE



Objective

The aim of focusing on dribbling to free space is to encourage running with the ball and 1 v 1 situations. Also to enable a player to recognise when they have free space to dribble the ball and when they do not have free space to pass.

Explanation

Focus the player's attention on the key coaching point of dribbling into free space, to get their head up and recognise that they can exploit this free space. The coach should demonstrate this and stop the play if an opportunity to dribble into space occurs. The coach may progress this to focusing on dribbling with weaker foot only. Ask open questions to the players to encourage the answers that you are looking for.

Coaching Points:

- ✓ *Inside foot control before dribbling.*
- ✓ *Head up before dribbling.*
- ✓ *Small touches, using inside and outside of the foot.*
- ✓ *Dribble into space as quickly as possible.*
- ✓ *Use on the ball skills to beat defenders.*