Objectives

To develop ball striking skills. To develop shooting technique and accuracy. To develop individual attacking. To introduce goalkeeping shot stopping.

4 Corners Dribbling Game

- **8 Players**
- **Cones, Balls**
- **Intensity: 4**
- **10:00 min**
  - (x 00:00 min, 00:00 min rest)

**Coaching Points**
- Head up to see the field
- Use both feet to dribble
- Use different surfaces of your foot to dribble
- Accelerate towards grid.

**Description**
- 30x30m square with 4 5x5 meter boxes. Color coordinate or number the boxes. Players dribble in middle of the grid. When the coach calls out a color/number the players dribble to the specific corner box. 1st player to stop their ball in the correct corner wins. Progression players perform a skill when they reach the corner box (toe taps, inside touches, make a circle).

Shooting Pairs

- **8 Players**
- **Cones, Balls**
- **Intensity: 4**
- **10:00 min**
  - (x 00:00 min, 00:00 min rest)

**Coaching Points**
- Plant foot next to ball
- Angle of approach
- Body over ball
- Strike with laces or instep
- Follow through towards target

**Description**
- Players are in pairs and stand opposite of each other in goals. They are 8m away from each other in a 3m wide goal. Players look to strike the ball past their partner. Each time a player scores they earn 1 point. After 5 shots the players rotate positions. Progression have players practice shooting with both feet.

Shooting Pairs Cone Targets

- **8 Players**
- **Cones, Balls**
- **Intensity: 4**
- **10:00 min**
  - (x 00:00 min, 00:00 min rest)

**Coaching Points**
- Plant foot next to ball
- Angle of approach
- Body over ball
- Strike ball with laces or instep
- Follow through towards target

**Description**
- Players are in pairs and stand opposite of each other in goals 8m away. Goal is 3m wide. Players look to strike the ball past their partner. Each time a player scores they get 2 points. If the players strike the ball sitting on the cone they score 3 points. After 5 shots players rotate positions. Have players practice shooting with both feet.

Small Sided 1v1 games to goal

- **12 Players**
- **Cones, Goals, Pinnies**
- **Intensity: 6**
- **10:00 min**
  - (x 00:00 min, 00:00 min rest)

**Coaching Points**
- Shoot to score
- Shooting technique
- Shoot with both feet

**Description**
- Players placed into groups of 3. They play 1v1 to goal. GK rolls ball out the two players play 1v1. After a goal is scored the player who scored becomes the GK.