



Training Session

Finishing

Legend	Direction of Player movement with or without the ball	Pass or Shot	Additional Cones	Cone	Player	Player	Neutral Player

Key Coaching Points

Technical Warm-Up

Shoot with instep, preparation touch puts ball where we want it, follow through (One touch & Shot)

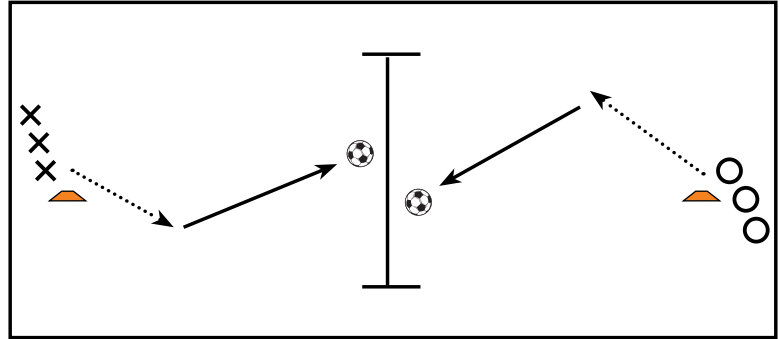
Progression

1. Shot and Rebound Shot
2. Keep Score

Key Coaching Points

1. Good preparation touch toward strong foot.
2. Strike through the center of the ball.
3. The rebound shot is associated with the goalie dropping the ball.

Organization



Small-Sided Activity

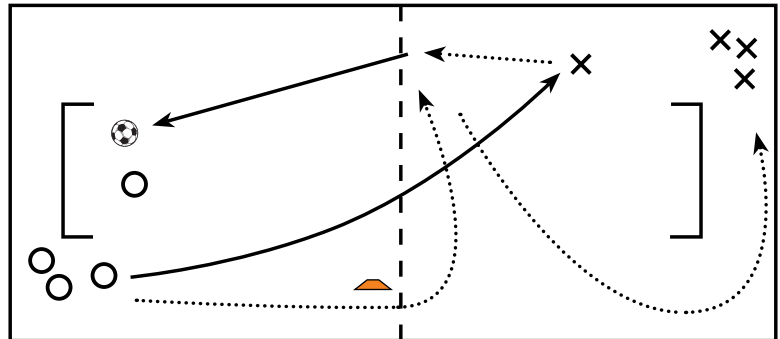
Receive ball, preparation touch, shot w/ instep.

Progression

1. Passer adds pressure.
2. Add Keeper

Key Coaching Points

1. Good preparation touch toward strong foot.
2. Strike through the center of the ball.



Expanded Small-Sided Activity

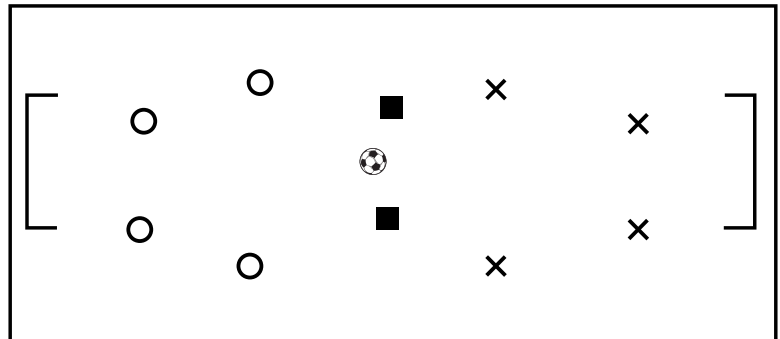
4v4 + 2 neutral players

Progression

1 point for trying / 2 points for scoring

Key Coaching Points

1. Good preparation touch toward strong foot.
2. Strike when open, pass to teammate when not.



6v6 to Big Goals

Scrimmage 6v6

Key Coaching Points

1. Get the ball into the box "Danger Area."
2. Aggressive mindset.
3. Find the player that has a good chance to score.

