

PLAN 5- SESSION #5

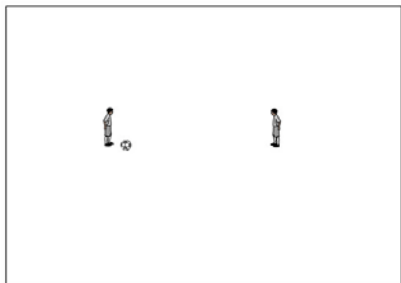
Shooting

A. Warmup : Dribbling

SETUP :

-1 ball each

ORGANISATION :



-begin with 1 ball each dribbling
-move into 2's with 1 ball approx. 5-7 yds apart

Key Coaching Points:

-toes down
-laces
-follow through
-arms for balance

B. Numbered shooters dribbling at half

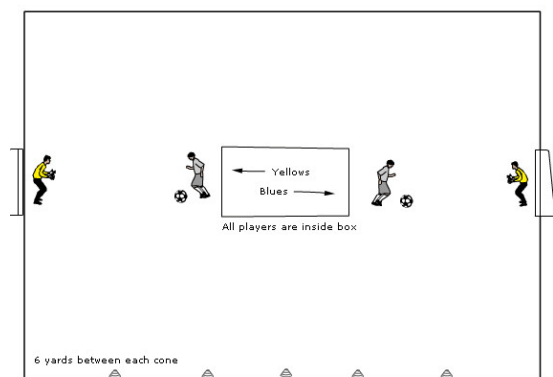
SETUP :

-2 teams

-each player with ball

-6 yards between each cone = 60 yard long field

ORGANISATION :



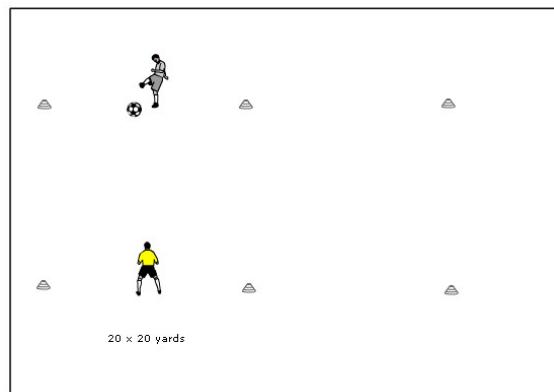
-all yellows are numbered 1-7
-all blues are numbered 1-7
-all players are dribbling inside box in middle of field
-when number is called, that number from each team simultaneously dribbles out of grid toward net for shot
-player returns to box

C. Shooting on goals

SET UP :

-20 x 20 yard fields

ORGANISATION :



-players are across from each other
-when one player is shooting, the other is the GK

1. player touches ball forward and strikes with laces
2. player rolls the ball forward to herself from her hands and shoots first time
3. shooter turns her back to the net and uses her hands to roll the ball through her legs, turns, and shoots first time

Key Coaching Points:

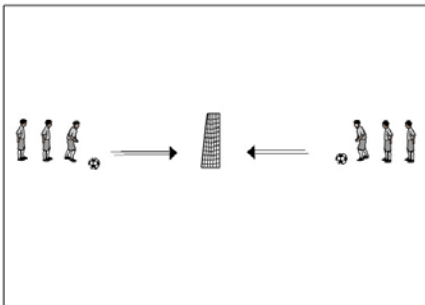
-“picture” of goal
-eye on ball as it is struck
-use laces
-shoot for post

D. Bump

SETUP :

-players divided on either side of the goal

ORGANISATION :



-players are in a line one behind the other
-1st player shoots, 2nd player shoots using the rebound of the 1st player's shot, 3rd player shoots using 2nd player's rebound

Key Coaching Points

-strike with laces
-as ball rebounds adjust feet
-eye on ball
-knee over ball to keep it low

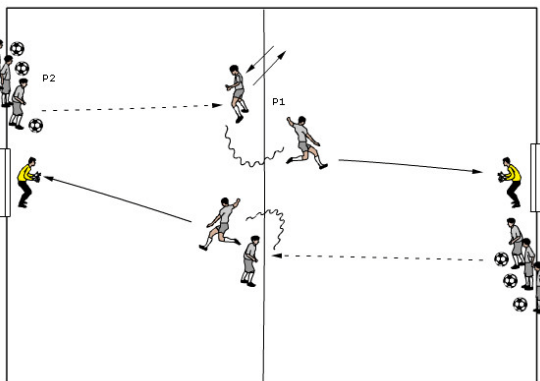
C. Turn and Shoot

SET UP :

-36 yard long field

-players divided on one post opposite of each other

ORGANISATION :



-P1 checks out and in

-P2 plays ball into P1

-P1 ½ turns on left foot to take weight off pass and set up strike on goal

-aims for post/low/power

-progress to have a defender put pressure on P1

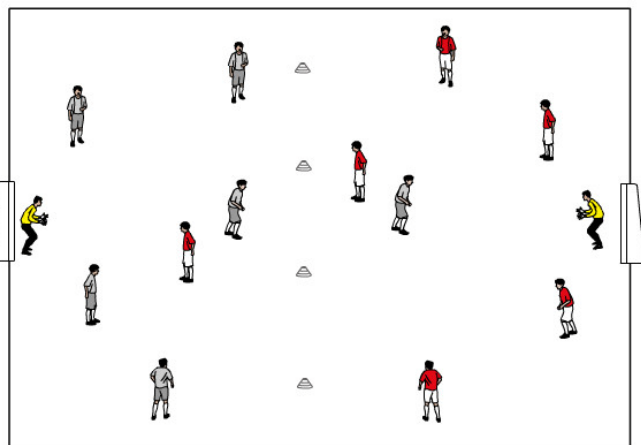
-re-arrange for left footed shot

D. King Louis

SETUP :

-ensure GK have ample supply of balls and keep game moving quickly

ORGANISATION :



-play ball 2 touch

-4 passes then strike at goal

-began 6v6

-progress to add 1 "sniffer" (defender) (5v1)

-progress to add 2 "sniffers" (therefore 4v2 on each side)

Key Coaching Points:

-take shot when open