



## Interactive Session Plan™



Coach **Ryan Puntiri**

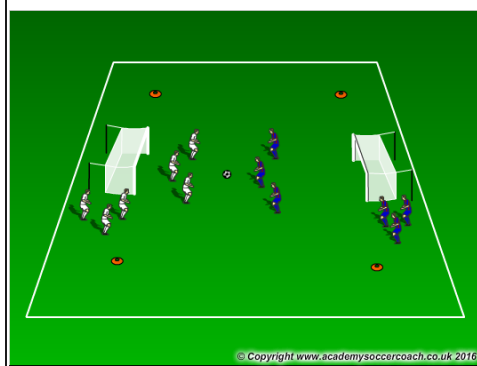
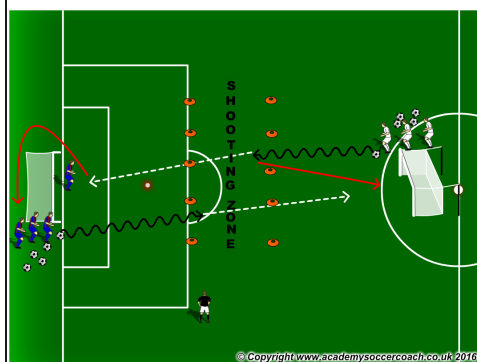
Session date **Week 3**

Team/Age Group **Juniors/Seniors**

Theme **Shooting**

Time available

**1.5 Hours**



### NOTES

#### Ball Mastery Warm Up, Shooting Technique: (10-12 Minutes)

Placement of foot not striking the ball, keeping toe down, lock ankle, preparation touch, follow through: Refer to striking the ball explanation on information page

**Sit Down Juggles w/Partner:** One player is sitting on the ground with non striking foot extended, and striking foot slightly bent

Partner is standing over their striking foot with a ball in their hand

Player with ball drops the ball down softly to the players striking foot

Player on the ground tries to pop the ball up to their hands, keeping their ankle locked

One player does 5 with both feet, then switch

Challenge players to perform sit-down juggles on their own, trying to use both feet

**Coaching:** Remind players who are popping the ball up to just meet the ball, it is not a hard swing

#### Shooting Though the Cones (15 min):

Arrange players in 4 lines with a ball between them about 20-30 yards apart from each other. Place two cones representing a goal between each group about 6 yards apart. Players shoot the ball and follow their shot to the opposite side.

##### Coaching

- Body position and balance
- Eye on the ball at moment of contact
- Strike ball with ankle locked and hard bone on top of foot
- Non-kicking foot directed at target
- Strike the center of the ball and follow through towards target landing on shooting foot

#### Greatest Game(20 Minutes)

Exact same set up as above. This time walk off 18-20 yards from the goal, make a line straight across. From there walk off 5 more yards and make another line across(shooting zone). After you walk off the 5 yards count off another 18-20 yards and place the goal there.

Start off with one side putting a goalie in the net. Opposite side player now dribbles towards the shooting zone, and once in takes a shot at goal. After they strike the ball, they must retreat and cover the goal they just came from. The player in front of the other line takes off as soon as the oncoming player strike the ball. After they shoot in the shooting zone, they must retreat.

**Coaching:** Stress to players that when they enter the shooting zone to take a preparation touch and shoot while in the shooting zone

#### Continuous 3V3 to Goal: (20 Minutes)

Players will be broken down into teams, depending on numbers 2V2, 3V3. Goals should be set up 15-20 yards apart. The idea is for it to be somewhat a tight space. 2 Teams at each end, no goalies. Players will try to score with no restrictions. If a team gets scored on they are replace by the team waiting on either side of the goal. If teams are not scoring, change it to if the ball goes out off the end line, the team gets replace.

**Cage Matches:** Set up in a similar way, but can be 2v2, 3v3, Create as many teams based on the number of players you have. Time games for 3 minutes. GK's are optional

**Scrimmage 3v3, 4V4 (25x25), 6v6 (35x50 yards)30 Minutes Set up multiple fields when playing 3v3 or 4v4 in order to keep everyone playing**