



Interactive Session Plan™



Coach Ryan Puntiri

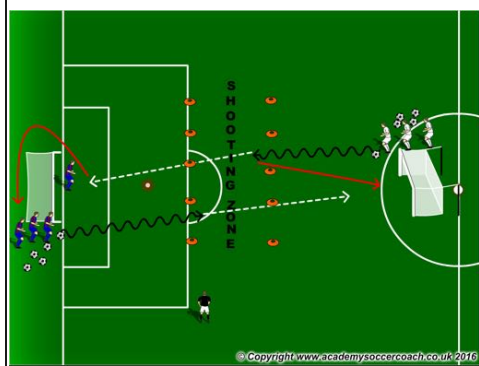
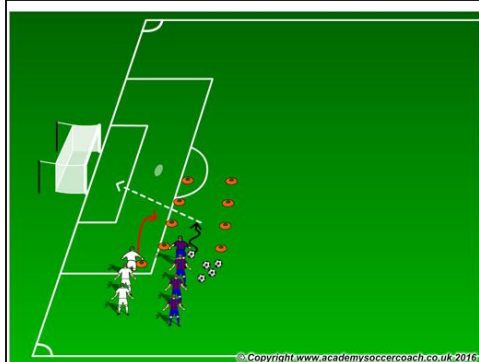
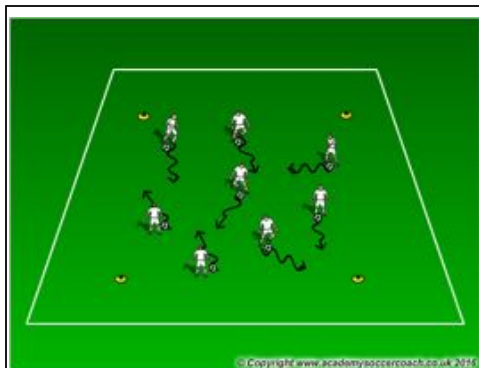
Session date Week 3

Team/Age Group U14s

Theme Shooting and Finishing

Time available

1.5 Hours



NOTES

Ball Mastery Warm Up (5-10 Minutes)

Work in dribbling, add preparation touch in your tasks. Preparation touch is the key in shooting. Refer to reference sheet in explanation and importance of preparation touch. It can be worked into dribbling by having coach yell preparation while the players are dribbling. Players instead of a scissor fake or a step over, etc. they will prepare the ball as if they were going to strike it. Players with their partners work on shooting technique. Explain to players how sit down juggles basically as if a person was in a striking position, but sitting down, also helps to lock the ankle.

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

1v1 Shooting along 18 (10-15 Minutes)

Players line up along 18 yard line, this can be adjusted based on the level of your team. Using the 18 yard line create a shooting zone, where players must stay in when attempting to take a shot. Defenders also have a zone where they need to be in while defending blocking the shot. Have the line of defenders start a few yards back to give players striking the ball a bit of a head start. Players have 5 seconds to try and get shot off. Players switch lines afterwards.

Coaching: Stress to defenders not to cross line. Encourage players striking the ball to get the shot off quickly and to turn their hips.

2 Goal Shooting (15 Minutes)

Have 2 goals facing each other about 30-35 yards apart. Players should line up at opposite posts facing each other. Instruct players to take 1 or 2 dribbles and pass the ball across to the oncoming player. Player needs to collect the ball, take a preparation touch and strike on goal, staying at the line they took a shot at.

Progression: Players follow the directions above, but now when they receive it they must turn towards the goal they came from and shoot.

Coaching: Placing cones as a visual guide where to pass the ball really helps players to make the correct pass. This also helps when you move to the progression, as it keeps them from turning and shooting right in front of the goal. Make players go to the cone meet the ball and turn. Challenge players to take a touch to turn, prepare and shoot.

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

Scrimmage 7v7, or 8v8 in 55x80 area (25-30 Minutes)