

ACTIVITY PLAN

Week 6
Striking the ball.

Warm up

Objective:

To improve general coordination.

Organization:

20 yard x 20 yard area. All players have a ball.

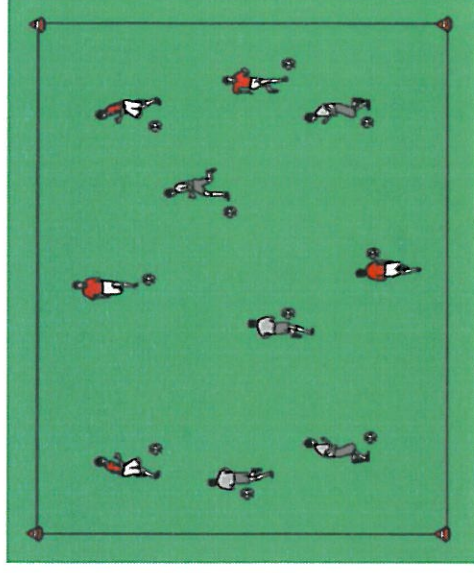
Procedure:

Teach player tries to pass and hit another players ball while they are moving. For every successful hit the player gets 1 point.

Progression: Split into 2 teams, 1 designated as the passing team the other as the dribbling team, how quickly can you hit all the other teams balls

Key Coaching Points:

- Lock Ankle
- Eyes on the ball
- Instep: Toe down strike through the laces
- Use all surfaces of the foot
- Accuracy over power



Week 6
Striking the ball.

Individual

Activity

Objective:

To improve Individual Shooting.

Organization:

30 yard x 30 yard area split into 2. 5 v 5
Divide into 2 teams, each team goes to a half and both have 3 balls each.

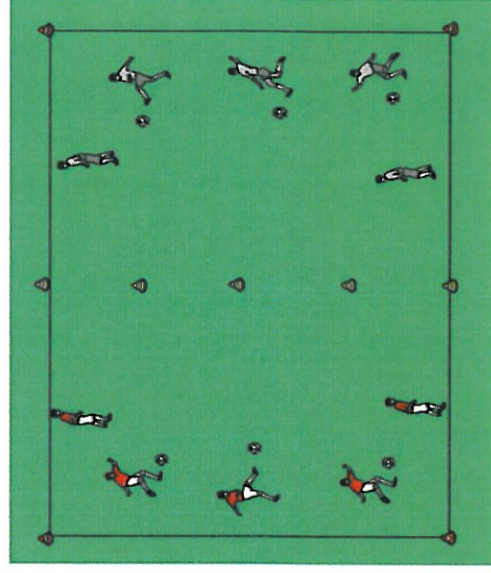
Procedure:

The objective is to strike the ball into to the other teams half. Each team wants to get rid of their balls when the coach calls time (1 Minute)
The team with the fewest balls in their half gets a point, 1st team to 5 points wins.

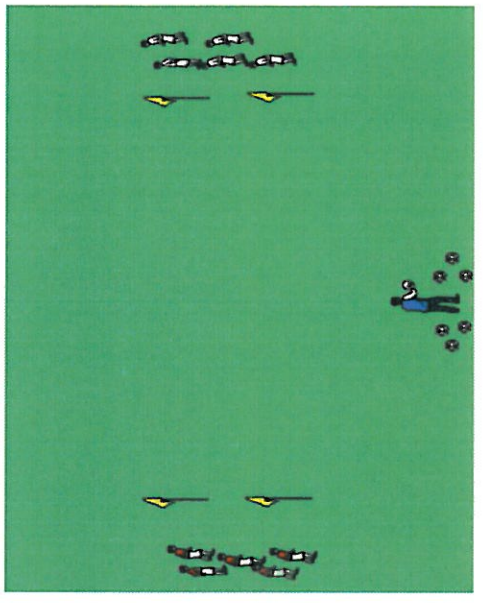
Progression: Give extra points if a players strikes the ball past the oppositions back line of the playing area.
Also work on players having to pass to a team member before striking the ball.

Key Coaching Points:

- Lock Ankle
- Eyes on the ball
- Instep: Toe down strike through the laces
- Use all surfaces of the foot
- Support each other
- Have fun



ACTIVITY PLAN

<p>Week 6 Striking the ball. Small Group Activity <u>Objective:</u> To improve Individual Shooting Skills Under Pressure.</p>	<p><u>Organization:</u> 20 yard x 20 yard area. With a 2 yard goal at each end. Split into 2 teams one behind each goal.</p>	<p><u>Procedure:</u> The coach will yell out a number of players and a direction like "Right 2". Two players from each team run by the right side of the goal and into the playing area where the coach plays in a ball. The two teams now compete 2 v 2.</p>	<p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> - Speed and reaction time - Eyes on the ball - Look to win the ball and shoot ASAP - Striking technique - Use all surfaces of the foot - Support each other - Have fun - Be Confident 	
<p>Week 6 4 v 4 Small Sided Game <u>Objective:</u> To improve Individual & Small Group Game Understanding.</p>	<p><u>Organization:</u> 30 x 35 yard area Play a 4 v 4 match 6ft x 6ft Goals Size 3 ball</p>	<p><u>Procedure:</u> Free Play!</p>	<p><u>Key Coaching Points:</u></p> <p>Summation of all challenges for the players. Stay out of their way and let them play.</p>	