# Week 4

**Shooting Warm up**

**Objective:** To improve shooting technique

**Organization:** Technical ball striking work in pairs, one ball between two. Use half a field and create numerous 4 yard wide goals with cones

**Procedure:** Begin with passing through the cones to your partner. Go to a different set of cones each time. Focus only on inside, instep and bending balls on the ground.

**Key Coaching Points:**
- Body mechanics and Control
- Body position and Balance
- Eye on the ball
- Quality of preparation touch
- Proper selection of contact surface

---

**Week 4 Shooting Individual Activity**

**Objective:** To improve shooting technique

**Organization:** 2 v 2 + 1 with Goalkeepers Two large goals 20 x 25 yard area. Neutral player plays for team in possession.

**Procedure:** Rotate attack between the X’s and O’s each time. Example: X’s attack and O’s defend, once X’s shoot, score, etc., the O’s receive another ball and attack while two new X’s enter the field to defend – flying changes.

**Key Coaching Points:**
- Aggressive and positive mentality to go to goal
- When to shoot, pass or dribble
- Supporting angle and distance to ball
- Combination play
- Unbalancing the defense
<table>
<thead>
<tr>
<th>Week 4</th>
<th>Organization:</th>
<th>Procedure:</th>
<th>Key Coaching Points:</th>
</tr>
</thead>
</table>
| Shooting                      | 4 v 4 with goalkeepers (5 v 5) 2 large goals. 30 x 30 area | No restrictions – Improve attitude towards shooting. | - Correct attacking shape and balance of team  
- Frame the goal with shot  
- Find a way to score  
- Resiliency – rebound  
  - All of the above |
| Small Group Activity          |                |            |                                                              |
| Objective: To improve shooting technique & understanding |                |            |                                                              |
|                               |                |            |                                                              |
| Week 4                       | Organization: | Procedure: | Key Coaching Points:                                           |
| 8 v 8 Small Sided Game       | 30 x 50 yard area 2 Goals Size 5 ball | Free Play! | Summation of all challenges for the players. Stay out of their way and let them play. |
| Objective: To improve individual & small group game understanding. |                |            |                                                              |