


Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1 WARM-UP FUNDAMENTAL</p> <p>Players get into pairs with one ball per pair. One partner starts as the server and the other is the player.</p>	<p>The player hits the ball back to the server one touch. In this order:</p> <ul style="list-style-type: none"> ❑ Rolling ball w/feet ❑ Bouncing ball w/feet ❑ Air ball w/feet or head <p>Stretch and then switch roles. Repeat the procedure.</p> <p>Variations:</p> <ul style="list-style-type: none"> ❑ Try different body angles to the ball when it is struck ❑ Feet on the ground when striking the ball ❑ Airborne when striking the ball 		<ul style="list-style-type: none"> ❑ Eyes on the ball ❑ Head steady ❑ Read the speed and spin of the ball ❑ Read the flight, bend and dip of the ball in the air ❑ In all cases try to get the body in line with the path of the ball ❑ Be on the balls of the feet ❑ Knees bent ❑ Firm striking surface level with the midline of the ball ❑ Follow through towards the target



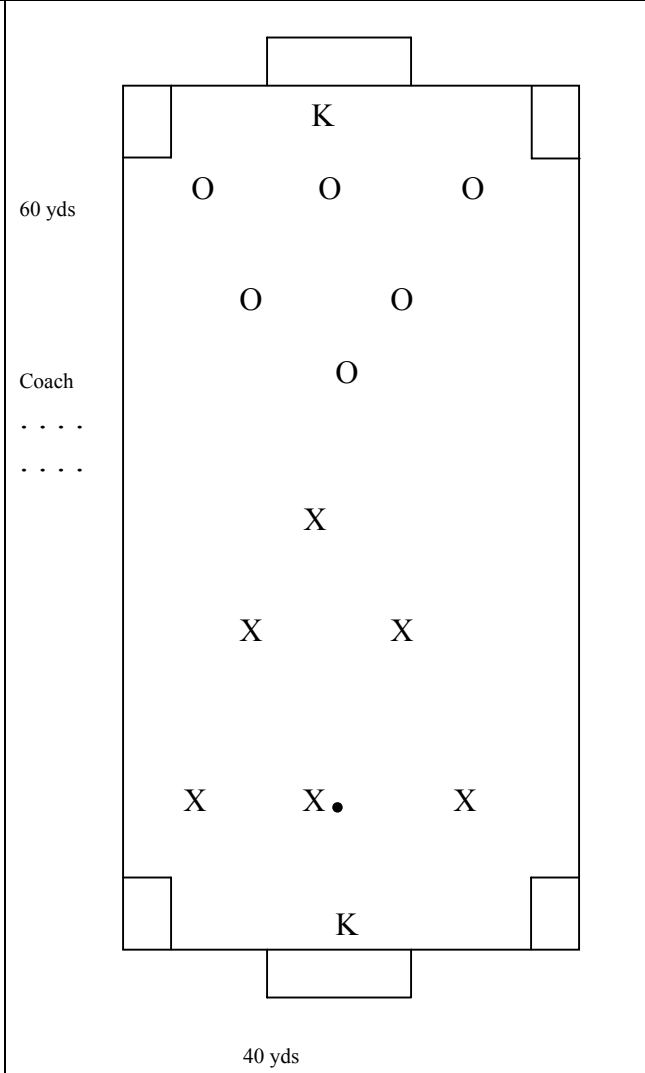
Lesson Plan



2 CROSSING/FINISHING GAME

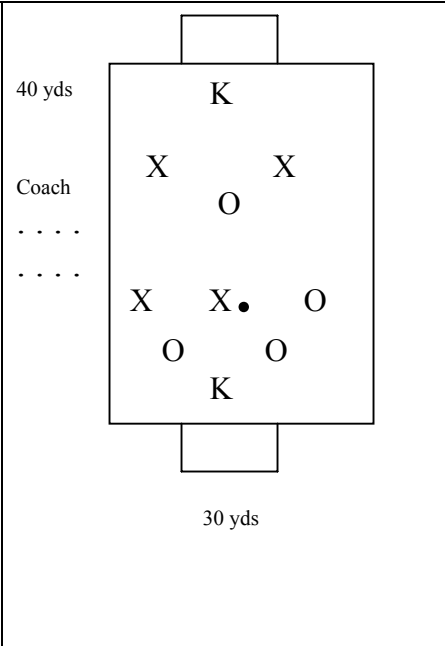
A grid 60 yards long by 40 yards wide with regulation goals at each end. Mark off a 3-yard by 10-yard grid in each corner of the playing area.

Play 6 vs. 6 plus goalkeepers. The area marked off in each corner is a free zone where no one is allowed to defend. This gives a place to get in a quality cross. Play 6 v 6 with the emphasis on build-up and attack from the flanks. Work on early crosses (those that land in front of or just inside the penalty area), crosses into the penalty area and taking the ball to the goal line and cutting it back towards the top of the penalty area. Coach finishing and how to run onto these services. Progress to removing the free zones.




- CROSSING**
- Preparation touch
 - Body angle to the ball and hips facing opposite touchline
 - Placement of the plant foot
 - Bend the knees
 - Eyes on the ball when striking it
 - Sight the target area before taking the plant step
 - Swing the kicking leg from the hip
 - Strike through and slightly under the ball
 - Follow through towards the target area
 - DRIVEN crosses
- FINISHING**
- Timing and angles of runs
 - Body posture towards the goal and ball
 - Reading the flight of the ball
 - Choosing a finishing surface, foot-which part, or head

3 4 VS. 4 + GOALKEEPERS

<p>Grid should be 40 yards long by 30 yards wide with a regulation goal at each end.</p>	<p>Have the field players divide themselves into at least three groups of four. Each group should be in a different color-training bib. Play a four-on-four match according to the normal Laws of the Game. When a group scores they stay on. The other group immediately leaves and the reserve group immediately comes on. The ball is never dead so the group waiting to come on must be alert and ready to sprint into the field of play the moment a goal is scored. The coach is the 'Boss of the Ball.'</p>		<p>Focus on the players' attitudes towards taking chances to score. Without taking shots no goals will ever be scored and some players pass up the chance to shoot. Encourage teammates to tell the player with the ball to shoot if a chance is there. Follow-up all shots. Be hungry and a bit greedy to take the shot! From these shots will come rebounds and second chances.</p>
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4 8 VS. 8 MATCH

<p>Play eight-on-eight plus goalkeepers on a regulation pitch.</p>	<p>Play the game and observe the players' attitudes, tactical decision making towards finishing and their technical execution of the skills to finish.</p>		<p>Little if any coaching occurs now. Watch the players to see if your coaching is having a positive impact. Remember that improvement will come slowly.</p>
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5 COOL DOWN

In pairs play partnerastics with a stretch between each exercise.

During last two stretches have the players remove shoes and shin guards to increase blood circulation in the lower legs. Lots of water should be consumed during the cool-down. Get the heart rate below 100 beats per minute before the players are dismissed.



Have players help collect all of the training equipment before the cool-down is begun.