

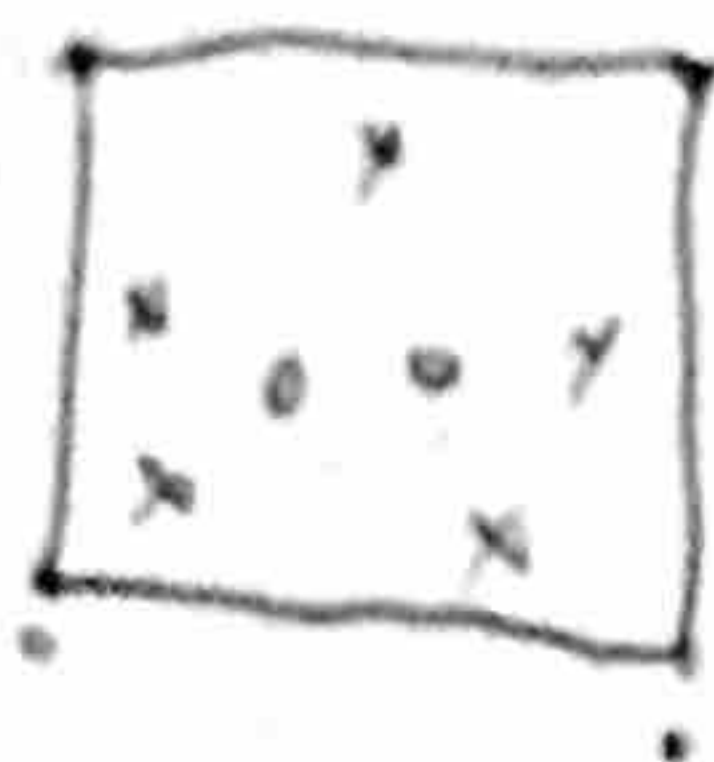
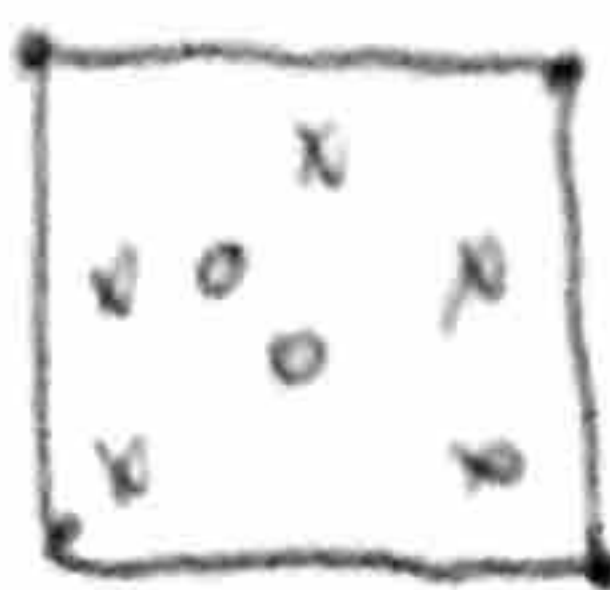
12/11/17



Shooting (from distance)

Main Coaching Points

Warm Up



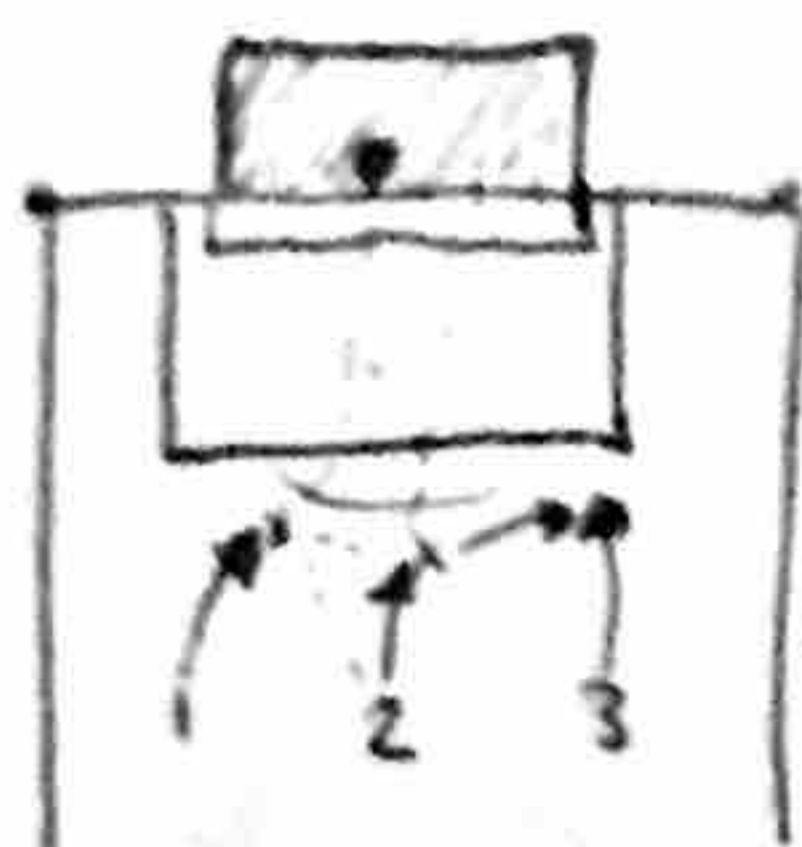
Rondo

- 5 v 2
- 2 touch

- On 'shoot' players switch boxes.
- Last 2 are defenders.

Dynamic Strakes
Multi functional
Rondos.

Main Session



- Players at 3 stations.
- ① Take touch and shoot
- ② Play wall pass with '1' and shoot
- ③ 2 v 1 (3+1 attacks)

Prog ①

Strike with laces - Plant foot

Prog ②

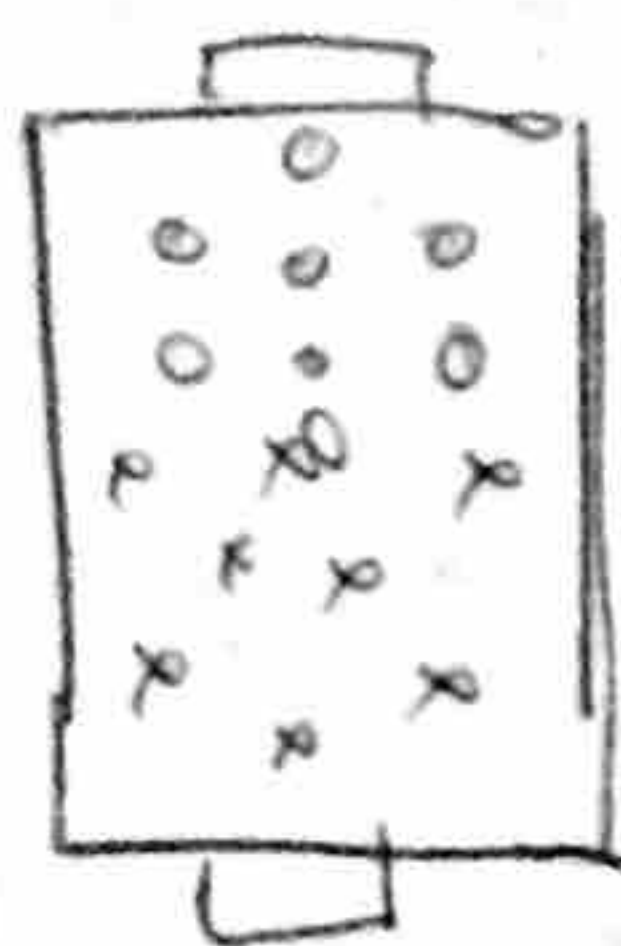
Finesse (Pass into corner) - TOE
- KNEE
- CHIN (Tong chin).

Prog ③

- Stab below ball
Chip - Lean back.

- ① Head up!
- ② Big touch out of feet.
- ③ Technique
 - Laces?
 - Placement?
 - Chip?
- ④ Execution
- ⑤ Follow through.

Small Sided Game



- Normal 9 v 9 game.
- Team gets 2pts for scoring outside the box