

SESSION PLAN: TECHNICAL



STRIKING THE BALL

Warmup Phase

1. Team Jog + Dynamic Stretch Routine
2. "USA" Pasing & receiving Drill

Technical Phase

1. Striking the Ball w/Side of Foot Drill:
 - > "Soccer Golf"
 - (1) 18-yard line to center circle
 - (2) center line to penalty arc
 - (3) 6-yard line to center circle
 - (4) center line to 6-yard box
 - (5) 18-yard line to 6-yard box
 2. Striking the Ball Drill #2
 - > "Lace Strikes" (from 6-yard line)
 - (1) no step: put plant foot next to ball and without taking step, strike ball
 - (2) one-step shot: first step is with plant foot
 - (3) two-step shot: first step is with kicking foot
 - (4) three-step shot: plant foot, kicking foot, plant foot
 - > "Lace Strikes" (from 18-yard line)
 - same progression as from 6-yard line
 3. Striking the Ball Drill #3
 - > "Cone Wars"
 - divide players into 2-4 teams depending on number
 - each team has its own grid with 3-4 upright cones in center of grid
 - first team to knock over all cones wins
 - start with use of right foot only or left foot only, progress to other foot
- Coaching Points:
- accuracy when striking the ball
 - playing with speed

Tactical Phase

1. Scrimmage Game #1 (15 mins.)
 - > "Cone Wars" (2 teams)
 - 4-5 cones on each endline
 - first team to knock over 2-3 cones wins
2. Scrimmage Game #2 (15 mins.)
 - > "6 Goal" (2 teams)
 - 3 goals (made up of cones or flags) on each endline
3. Scrimmage Game #3 (30 mins.)
 - > regular scrimmage to goals (one on each endline)