



Curriculum - Tier 3 - Shooting - Breakaways

Category: Technical: Shooting

Skill: Mixed age

Pro-Club: Red Bulls New York Academy
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Description

Warm-up

Organization:

30x30 yard grid

3 pinnies

2 balls (extras on outside of grid)

Instructions:

3 Players start off as defenders holding a pinnie each in there hand.

Defenders must look to simply touch a ball or force a ball out of play via a bad pass/touch from an attacker, if they do this the attacker who lost possession takes the pinnie and becomes a defender and the previous defender becomes an attacker.

Attackers must help each other to keep possession of both soccer balls.

Coaching Points:

Communication

Awareness of space/pressure etc.

Try to play to back foot and turn to switch ball in other direction when receive it if possible

Quality/weight of passes.

Angles/distances of support

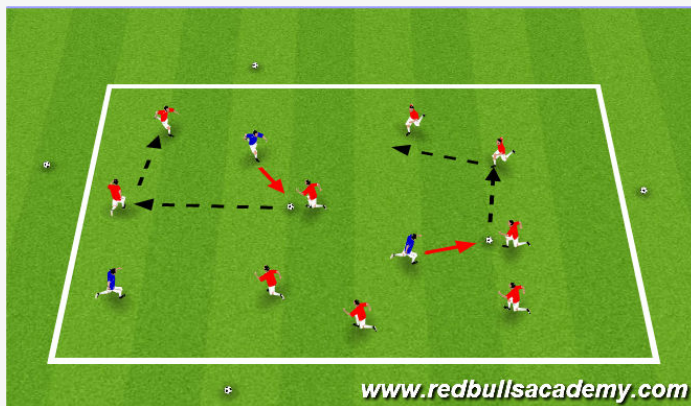
Speed of play

Can you combine or switch play to relieve pressure

Constantly re-evaluate your position (can I be in a better position?)

Progressions:

Simply add/remove balls/defenders until have the correct balance between challenge/success



Technical

Organization:

Goals 20yds. away from each other

5yds space in between goals

Instructions:

1. Two lines of players

2. Players A dribble in opposite directions at speed

3. Once they reach the box they can then shoot either to their left or right

4. Once players A shoot, Players B can begin and players A go behind players C

Coaching Points:

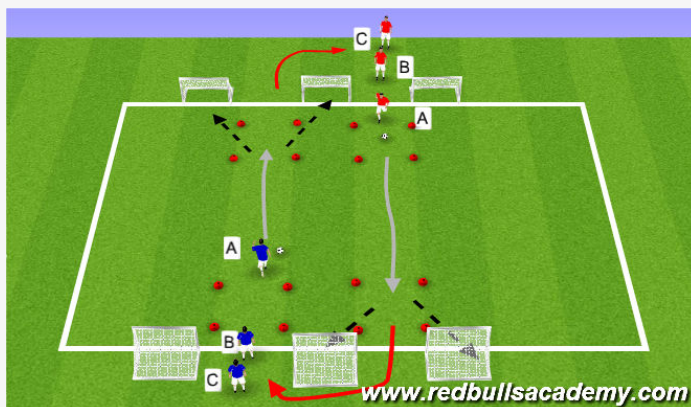
1. Head up to observe goal

2. Open up your hips for to face the goal you are shooting at

3. Technical points on the inside push pass

Progressions:

P1 - Make team or individual competition, first team or player to 10 goals wins



Opposed

Organization:

1. 2 goals with 2 lines of players.
2. Each player has a ball.
3. 2 5yd gates placed 10 yds from the goal

Instructions:

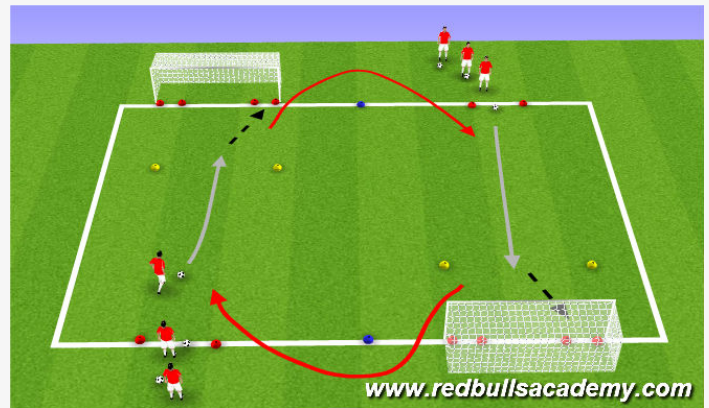
1. 2 pugg goals or gates in the corner of the big goals
2. Players dribble towards the yellow gates and shoot to score in the corners of the goals
3. Players must shoot after they pass the yellow gate
4. Once the player shoots they run around the blue cone and become the recovery defender and put pressure on the back of the new shooter

Coaching Points:

1. Head up to observe goal
2. Open up your hips for an accurate shot in the corner
3. Technical points on the inside push pass

Progressions:

- P1 - Add goalies



Conditioned Game

Organization:

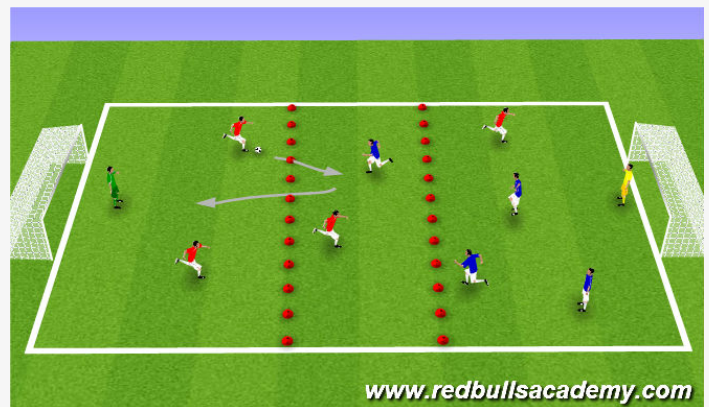
- 4v4 plus goalies
20x40, middle zone 20x10, end zones 20x15

Instructions:

1. Normal 4v4 play
2. If a player dribbles into the middle zone they have the option to continue regular play or they can turn and look to score at the goal they were just dribbling away from
3. When a goal is scored a ball starts with the other teams goalie

Coaching Points:

1. Head up to observe goal
2. Accelerate after you make the turn
3. Open up your hips for an accurate shot in the corner
4. Technical points on the inside push pass
5. Can you unbalance the goalkeeper



Free Play

Organization:

- 20x30 field
3 v 3

Instructions:

- Free play
If ball goes out, kick or dribble in

Coaching Points

1. 3 lines of attack, 1 defender, 1 midfielder, 1 forward.

