



Curriculum - Tier 3 - Shooting - Driven

Category: Technical: Shooting

Skill: Mixed age

Pro-Club: Red Bulls New York Academy
Abigail Katz, Livingston, United States of America

Description

Warm-Up

Organization:

All players with a ball

Instructions:

Try to juggle ball without making it spin

Coaching Points:

1. Lock ankle
2. Toe pointed down
3. Contact with laces

Progressions:

Play the rocket ship game



Technical

Organization:

Gates of cones 2 yards apart as shown

2 players per soccer ball

Players are 20 yds. apart, 10 yds away from middle gate

Instructions:

1. 2 players will play against each other and try to score more passes through their gate in the allotted time
2. 1 point is scored for every successful pass to a partner through the gate

3 Play for 2 minutes. Make it Tournament style: Player who won moves up a game towards the top; and player who lost moves down a game)

OR

4. Players across from one another can also play as a team and combine points to vs. other teams next to them

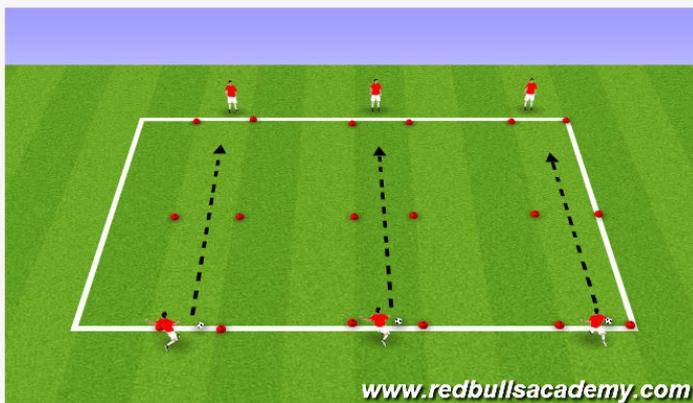
Coaching Points:

1. Angle of approach
2. Head up to observe target
3. Placement of non-kicking foot
4. Hitting ball slightly off center – opposite to kicking foot
5. Body weight over ball (this is effected by placement of non-kicking foot)
6. 2nd knuckle of big toe
7. Follow through
8. Land on striking foot

Progressions:

P1- Create a longer distance to pass

P2- Force players to take a first touch into space before passing



Semi - Opposed

Organization:

As many balls as possible for quick rotations

2 goalies

2x2 yard starting gates

2x10 yard shooting gate (15-20 yards away from goal)

Instructions:

1. First player dribbles out and shoots as close to shooting gate/line as possible, after shooting they go to the back of the opposite line of the shooter, next in line repeats for continual rotation.

2. Both lines go at the same time

Coaching Points:

1. Head up on approach to observe goal

2. Placement of non-kicking foot

3. Hitting ball slightly off center – opposite to kicking foot

4. Body weight over ball (this is effected by placement of non-kicking foot)

5. 2nd knuckle of big toe

6. Follow through

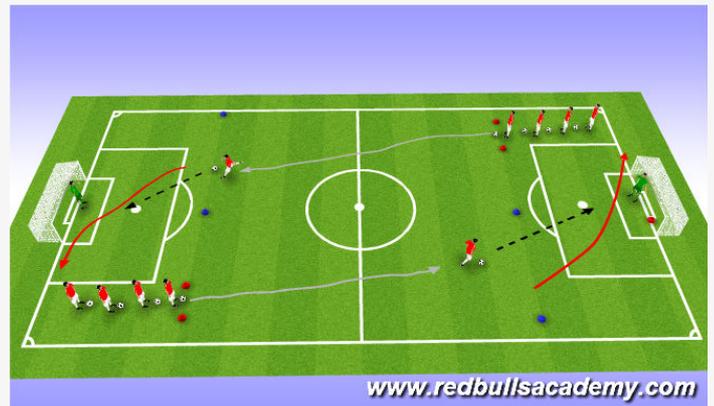
7. Land on striking foot

Progressions:

P1 - Make individual competition (first player to 10 goals)

P2 - Split players into two teams make a team competition

P3 - Add defender by shooting line to make it a 1v1 before trying to score



Conditioned Game

Organization:

5v5, including goalies

20x45, each zone 20x15

Instructions:

1. Normal 4v4 play

2. Each zone that is further away from the goal you are scoring on counts as more points if you score

3. First zone is 1 point, next is 2 and furthest zone is 3

4. Play to a certain number (first team to 10 points wins)

Coaching Points:

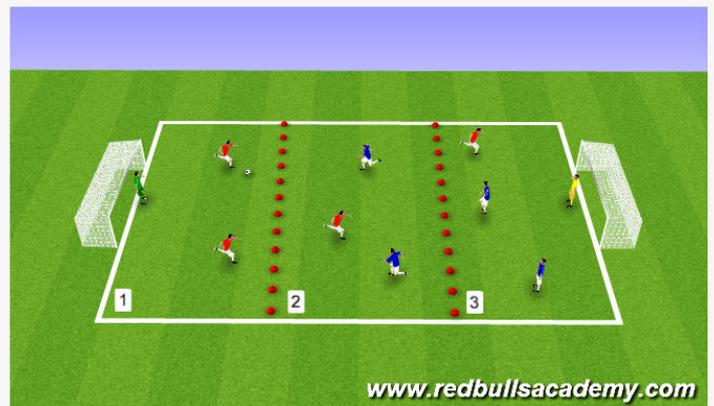
1. Head up to view the field

2. Accuracy of 1st touch to set yourself up for shot

3. Technical coaching points of shot as in previous activities

Progressions:

Game has to be won on the exact number. For example if team has to get to 10 and they have 8 points, they have to score in the 2 point zone to win



Free Play

Organization:

20x45 field with big goals

5v5

Instructions:

Free Play

If ball goes out, kick in

