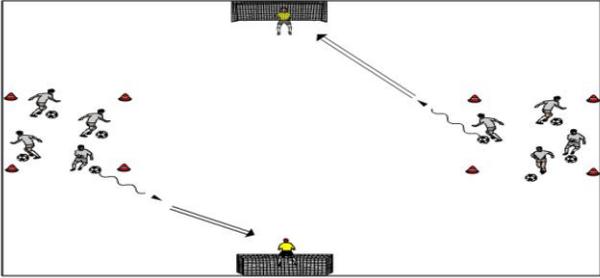
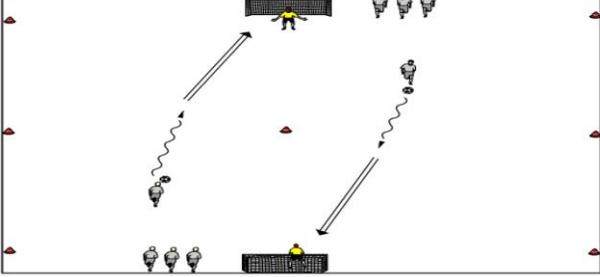
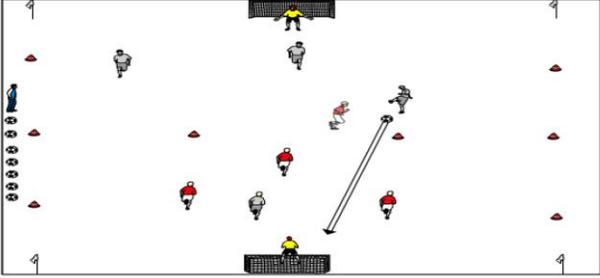
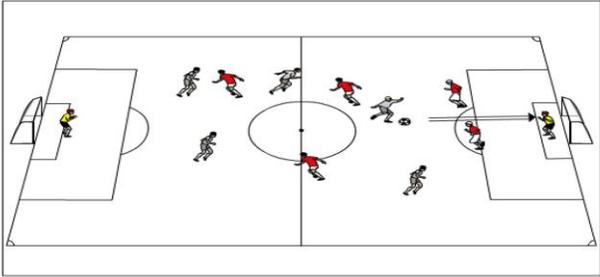


<p>Technical Warm Up</p> 	<p>Organization</p> <ul style="list-style-type: none"> • Two goals and two 10 x 10 yard boxes 15 – 20 yards out from the goals • Divide the players into two teams of four in each box with GKs and number them 1-4 • The players dribble in their respective boxes until the coach calls out a number • Those players then dribble towards their designated goal and the first one to score wins 1 point. • First team to five wins the game • Conditions – Specify which foot to shoot with 	<p>Key Coaching Points</p> <ul style="list-style-type: none"> • Selection of surface - Inside – placement v instep -power • Position of non kicking foot • Ankle locked • Hips to goal • Follow through to goal • Body weight over ball
<p>Small Sided Activity</p> 	<ul style="list-style-type: none"> • Double penalty box training area • Each player with a ball • Groups of players at each diagonally opposite post • Train different kinds of shot: 1 v 1, distance, off the dribble, off the turn, combination play etc 	<ul style="list-style-type: none"> • Finish quickly but be composed • Power v Placement • Vision and awareness – GK position
<p>Expanded Small Sided Activity</p> 	<ul style="list-style-type: none"> • Double penalty box training area • 3 v 1 in each half • Players must stay in their own half of the field • The 3 try to score on the GK at the opposite end • If the defender wins the ball they must pass to their teammates in the opposite half • Defenders cannot score • Condition - 2 touch • Condition - defenders can score • Condition - no zonal restrictions 	<ul style="list-style-type: none"> • Preparation touch • Recognize shooting opportunities • Body shape facing goal • Quality of pass to set up teammate • Combination play to set up yourself
<p>Match</p> 	<ul style="list-style-type: none"> • 4 v4 - 5v5 + Keepers • Encourage a shooting mentality 	