

Topic: Developing the Goal scoring Predator - Realistic scoring exercise which will help players move to the next level

Area: 60x50...80x60

Objectives: Teach players how to shoot the ball from a distance and inside the box showing the technical progressive coaching methodology

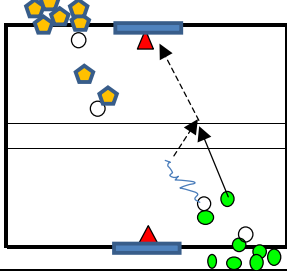
Organization and Equipment

Outfield Players: 14-16 **Goalkeepers:** 2 **Balls:** 20
Other Equipment: 8 Green bibs, 8 Orange bibs, Four Corner Flags

Paul Marco
 NSCAA Senior Academy Staff
 Binghamton University
 Men's Soccer Coach



Warm-Up Fundamental Stage-(No pressure)



Organization

In pairs- run, pass & shoot
 1st strike ball rolling forward
 2nd strike ball rolling backward
 3rd strike overlap service

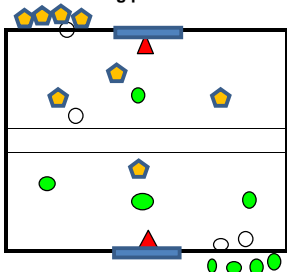
Coaching Points

Approach ball... last step power step
 Plant foot slightly behind ball pt to target
 Ankle lock toe pointing down (power)
 Hips face target when possible
 Contact on the ball
 Contact on the foot (inside lace power)
 Follow through forward

size of space 45x30
 15 minutes

Exercise 1

Match Related adding pressure & increase # of players



Organization

4v4 + Gk's w/shape of 3-1
 must stay in your half
 score from anywhere
 team is off who conceded goal or time limit...

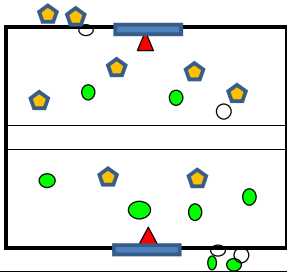
Coaching Points

Approach ball... last step power step...
 Plant foot slightly behind ball pt to target...
 Ankle lock toe pointing down (power)
 Hips face target when possible
 Contact on the ball & foot (inside lace/power)
 Follow through forward
 Power- land on kicking foot

size of space 45x30
 15 minutes

Tactical considerations
 Timing of movement (runs in box)
 "Keeping space alive"

Match Related adding pressure & increase # of players



Organization

6v6 +Gk's w/shape of 4-2
 must stay in your half
 score from anywhere
 subs change on team who conceded goal and/or time limit...

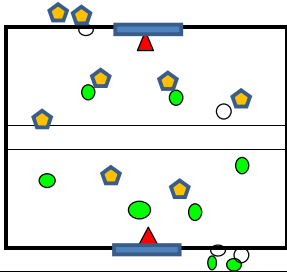
Coaching Points

Approach ball... last step power step...
 Plant foot slightly behind ball pt to target...
 Ankle lock toe pointing down (power)
 Hips face target when possible
 Contact on the ball & foot (inside lace/power)
 Follow through forward
 Power- land on kicking foot

size of space 45x35
 10 minutes

Tactical considerations
 Timing of movement (runs in box)
 "Keeping space alive"

Match Related adding pressure & increase # of players



Organization

6v6 +Gk's w/shape of 4-2
 Strikers and Cbacks must stay in half
 score from anywhere
 subs change on team who conceded goal and/or time limit...

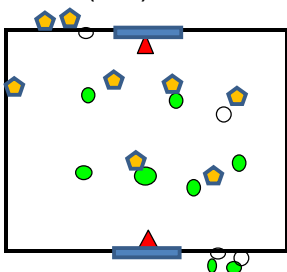
Coaching Points

Approach ball... last step power step...
 Plant foot slightly behind ball pt to target...
 Ankle lock toe pointing down (power)
 Hips face target when possible
 Contact on the ball & foot (inside lace/power)
 Follow through forward
 Power- land on kicking foot

size of space 45x40
 10 minutes

Tactical considerations
 Timing of movement (runs in box)
 "Keeping space alive"

Match Condition (Game)



Organization

6v6 +Gk's
 Free play w/minimal to no restrictions
 score from anywhere
 change the substitutes after goal or time limit

Coaching Points

Approach ball... last step power step...
 Plant foot slightly behind ball pt to target...
 Ankle lock toe pointing down (power)
 Hips face target when possible
 Contact on the ball & foot (inside lace/power)
 Follow through forward
 Power- land on kicking foot

size of space 45x40
 10 minutes

Tactical considerations
 Timing of movement (runs in box)
 "Keeping space alive"