

Cutters Community Soccer Practice Plan 6: Scoring!

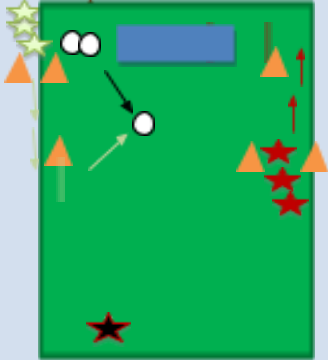
Coaching Points

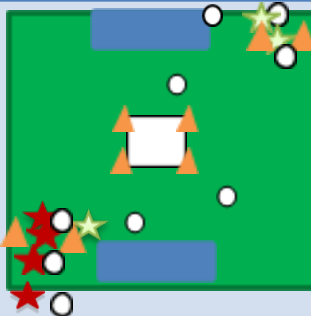
- Placement (accuracy) vs. Power
- Approach ball at slight angle
- Use laces (not toe) for shooting
- Keep body over the ball (momentum going forward)

6-6:15 p.m. OR 7:30-7:45 p.m.

1. Warm Up:	<p>Everyone will have a ball</p> <ol style="list-style-type: none"> 1. Start sitting, progress to standing Toss ball to self, kick the ball upward and catch it 2. Use laces to pass to a partner (1 point if they catch it) 	The trainers will run this activity with the assistance of the parent coaches and trainers.	Emphasize coaching points (above).
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The following two activities split into two groups 6:15-6:40 p.m./7:45-8:10 p.m

2. Keepers & Strikers	<ul style="list-style-type: none"> ● Divide players into 2 teams ● Place cones as shown in diagram. ● Coach will pass balls in from end line to the first person, who makes a run from the end line (keep the balls moving quickly here!) ● The defending team (red in diagram) runs around the cones to get in a position to save the shot. ● Offensive team gets 1 point if they score a goal. Defensive team gets a point for a save. ● Teams switch after everyone shoots two or three times. 		<ul style="list-style-type: none"> ● Placement ● Get head up to see the goal, then eyes on ball ● Approach at slight angle <p>Variation: switch cones/lines to the opposite side of the goal (encourage players to practice shooting using each foot)</p>
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3. Striker Wars	<ul style="list-style-type: none"> ● Setup field as shown. Create two teams with lines outside of the goal area (think safety here). ● Every player has a ball ● Players dribble alternately to the "striking zone" and shoot ● After players shoot they become their team's goal keeper and retreat back to their goal ● The other team may send their "striker" as soon as their opponent shoots 	 <p>White box = striking zone</p>	<ul style="list-style-type: none"> ● Try to dribble fast to catch keeper out of position ● Last dribble "prep touch" creates angle of approach ● Strike with laces, head down, eyes on ball ● Point toe to lock ankle for power ● Common mistakes: No angle of approach Leaning back when striking the ball
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	<ul style="list-style-type: none"> • Fast continuous action 		
6:45-7 p.m. OR 8 – 8:15 p.m.			
4. Scrimmage	Divide group into even teams (no subs) and play on the width of each field.		<ul style="list-style-type: none"> • Reinforce lessons from training during the scrimmage. • Use this time to ask trainers questions about game tactics, if needed.
Homework: Find an outside wall where you can practice proper goal scoring technique			