

CUTTERS COMMUNITY SOCCER

Practice Plan 6: Goal Scoring

Coaching Points

- Stay on your toes- shoulders forward
- Hit ball with laces- NO toe balls
- Land past the ball for power

7:30 - 7:40 p.m.

1. Warm Up:

- Everyone will have a ball
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 following two activities split into two groups 7:45-8:10 p.m

2. Shooting Technique

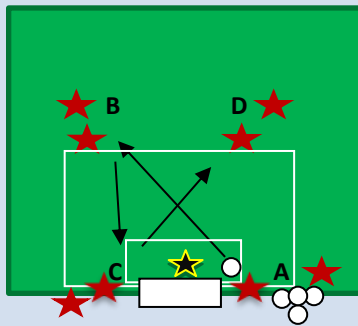
- Create two lines, each player has a ball.
- Coach and trainer each take a line.
- Player passes the ball to coach/trainer.
- Coach/trainer passes the ball back to the player who has to shoot using proper technique.



- Emphasize coaching points and proper technique.
- Players retrieve their balls and switch lines (so they can practice shooting with either foot).
- Can progress to volleying the ball (coach picks up the pass and tosses it for the player to volley).

3. Star Pass Shooting

- Have players get in four lines (see A, B, C, D in diagram)
- Place all balls in line A
- Players pass ball from A to B to C to D – D takes a shot on goal
- Rotate lines in a clockwise order
- Shooting player should retrieve his/her ball.
- Players can take turns as goalkeeper.



- The players should practice proper shooting techniques.
- Also, players in lines A, B & C should try to pass quickly and accurately.
- Work on skills introduced during warm up.
- **Variations:** start balls in line C (pattern C to D to A to B) – will encourage players to use their left-foot to shoot.

8:15 - 8:30 p.m

4. Scrimmage

Divide group into even teams (no subs) and play on the width of each field.

- Reinforce lessons from training during the scrimmage.
- Use this time to ask trainers questions about game tactics, if needed.

Homework: Wall Ball: Kick a ball against an outside wall. Practice shooting balls that bounce or are in the air.