

## CUTTERS COMMUNITY SOCCER PRACTICE PLAN 6a: More goal scoring

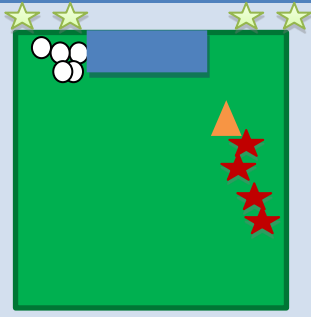
### Coaching Points

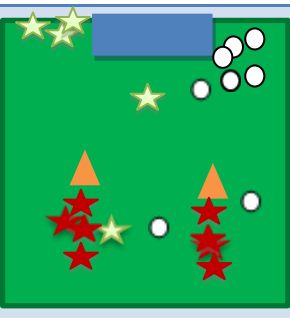
- Placement (accuracy) vs. Power
- Approach ball at slight angle
- Use laces (not toe) for shooting
- Keep body over the ball (momentum going forward)

**6-6:10 p.m.**

<b>1. Warm Up:</b>	<ul style="list-style-type: none"> <li>• Everyone will have a ball</li> <li>• Toss ball to self, kick the ball upward and catch it</li> <li>• Use laces to pass to a partner (1 point if they catch it)</li> </ul>	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**

<b>2. Side Net Shooting</b>	<ul style="list-style-type: none"> <li>• Divide players into 2 teams</li> <li>• Place a cone approximately 10 yards from goal, just outside goal post</li> <li>• Coach will pass balls in from end line to the first person in line (keep the balls moving quickly here!)</li> <li>• Team gets 1 point if they hit it in goal, but 2 points if the player scores in the side net</li> </ul>		<p><b>Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• Placement</li> <li>• Get head up to see the goal</li> <li>• Approach at slight angle</li> </ul> <p>Variation: switch cone to the opposite side of the goal (encourage players to practice shooting using each foot)</p>
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<b>3. 2 vs 1</b>	<ul style="list-style-type: none"> <li>• Begin with defenders on end line and offense in 2 lines outside of the box</li> <li>• Coach passes the ball into one of the offensive players</li> <li>• One Defender steps out and plays defense against 2 offensive players</li> <li>• Offense receives 1 point for each goal.</li> </ul>		<ul style="list-style-type: none"> <li>• Try to shoot early</li> <li>• When shooting from far use laces</li> <li>• When shooting close to goal use inside of foot</li> </ul> <p>Play multiple rounds.</p>
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**6:45-7 p.m.**

<b>4. Scrimmage</b>	Divide group into even teams (no subs) and play on the width of each field.	<ul style="list-style-type: none"> <li>• Reinforce lessons from training during the scrimmage.</li> <li>• Use this time to ask trainers questions about game tactics, if needed.</li> </ul>
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**Homework:** Find a wall where you can kick the ball with your laces to practice shooting from a distance. Also, practice your technique like we did in warm up today.