

CUTTERS COMMUNITY SOCCER PRACTICE PLAN 6a: More goal scoring

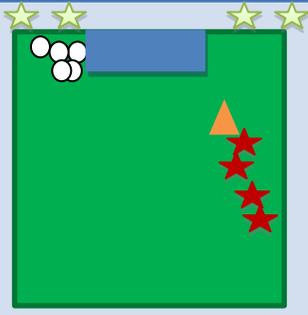
Coaching Points

- 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.

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