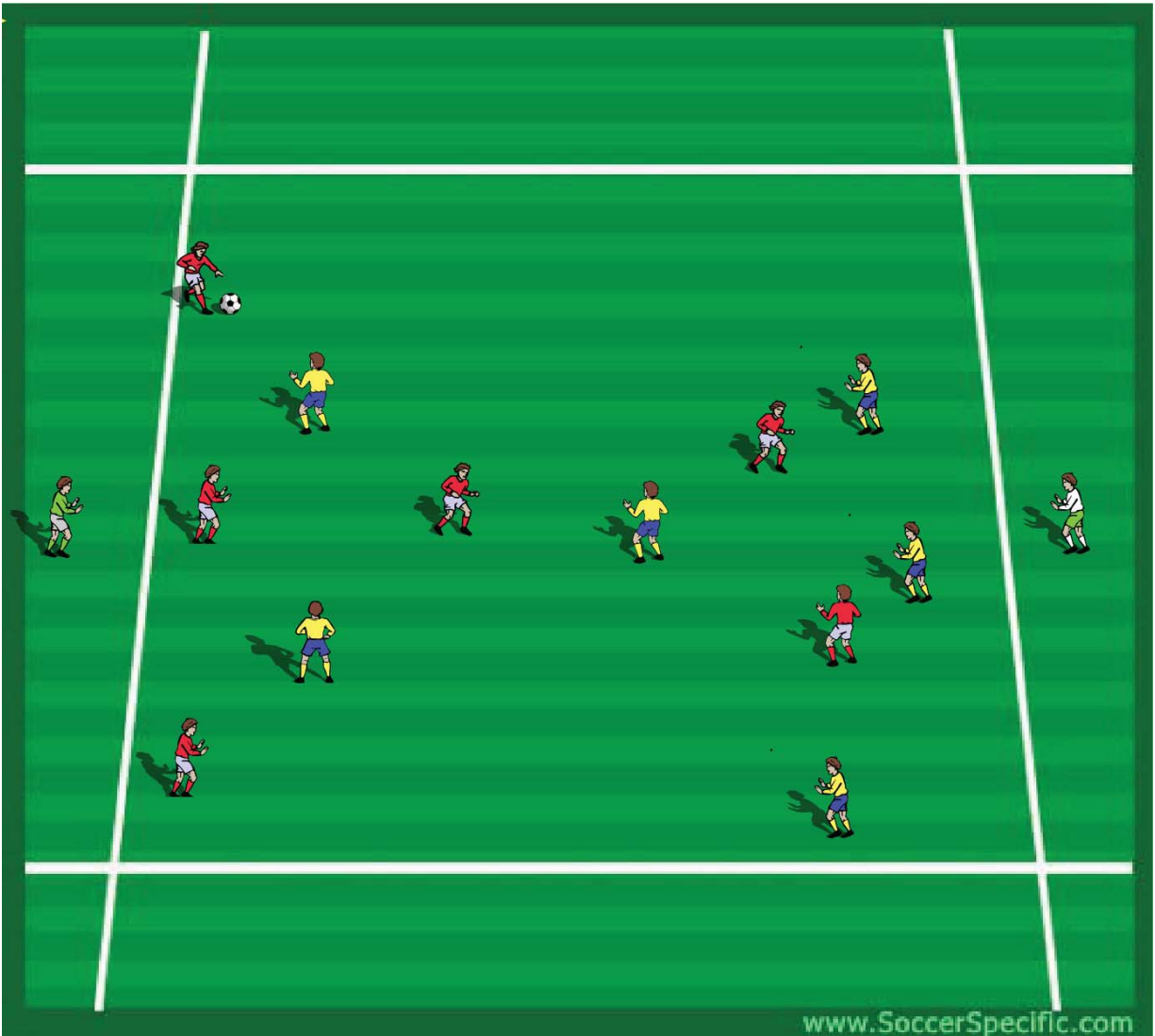


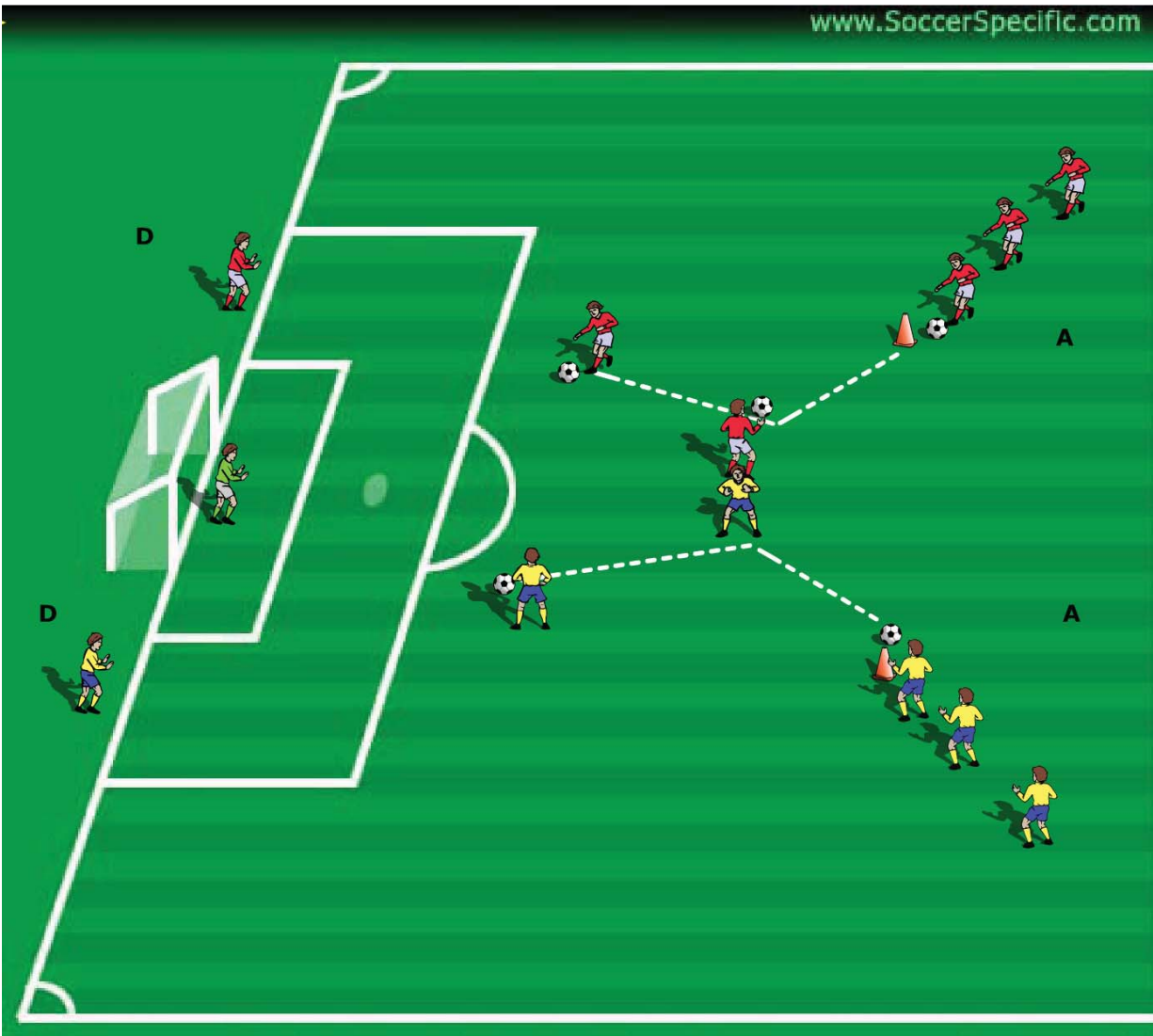
# 7v7 Scrimmage



7v7 Scrimmage Focusing on topic that has been worked on in training.

Purpose- To improve skills in game situations on topics that have been worked on previously.

# Shooting F



## Shooting F

Purpose- Shooting at goal with opposition

Organization- Use the same set up as shooting E. The only difference with this activity is when the player in line A passes to the server, the defender at the end line closes the shooter down and attempts to win the ball.

Progression- Add a second attacker on the edge of the penalty box as a target player.

### Coaching Points

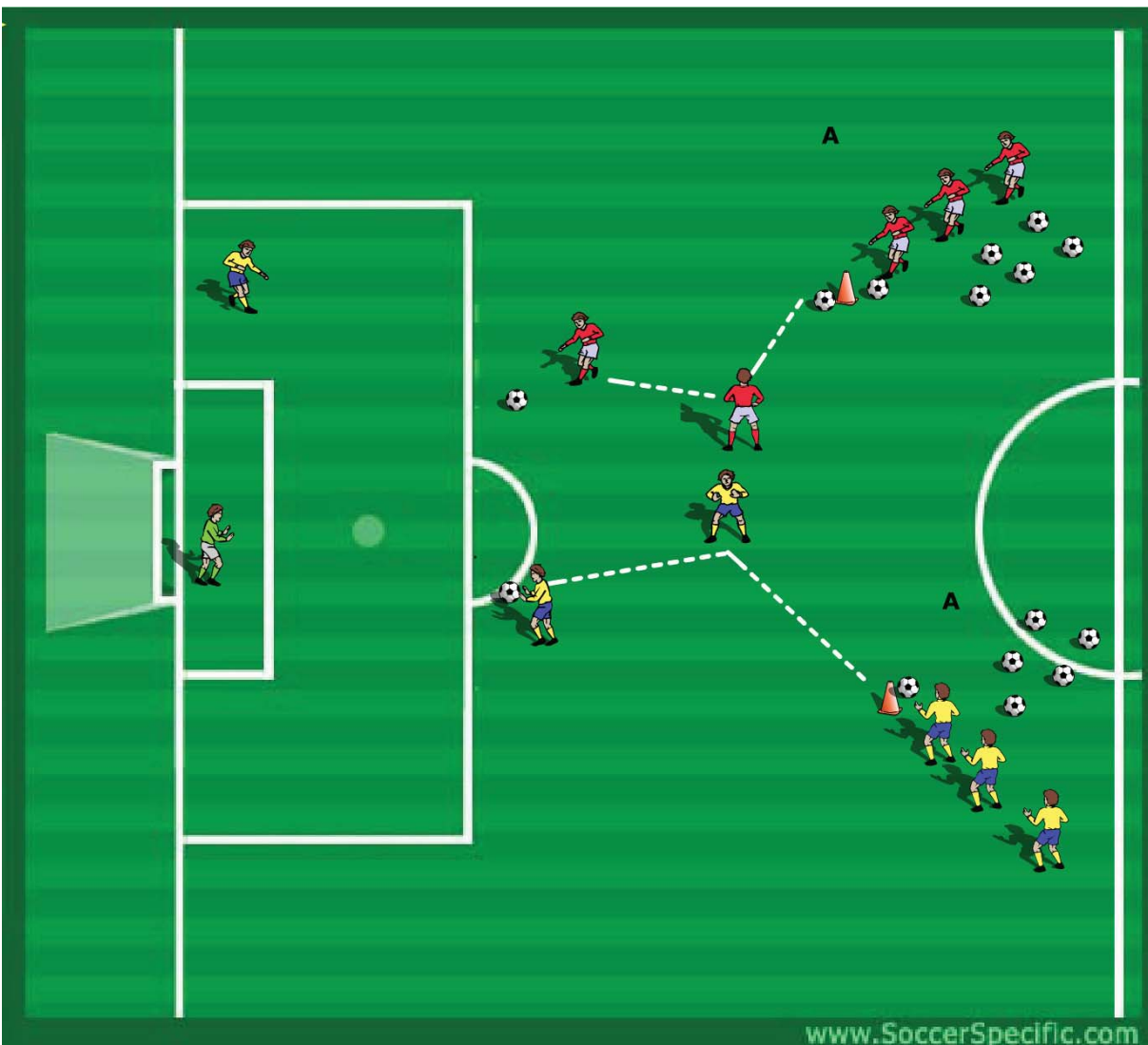
Good communication both visual and verbal

Good weight of pass

Positive attitude towards goal

Frame the goal, hit the target and follow up for rebounds

# Shooting E



## Shooting E

Purpose- Combination to Goal

Organization- Attacker A passes into target player and looks to receive a wall pass back. After receiving the pass back the player shoots at goal

Progression- Rotate server, vary the angle of the serve, left, right, in front

### Coaching Points

Awareness- check the goalkeeper position and aim low into the corners

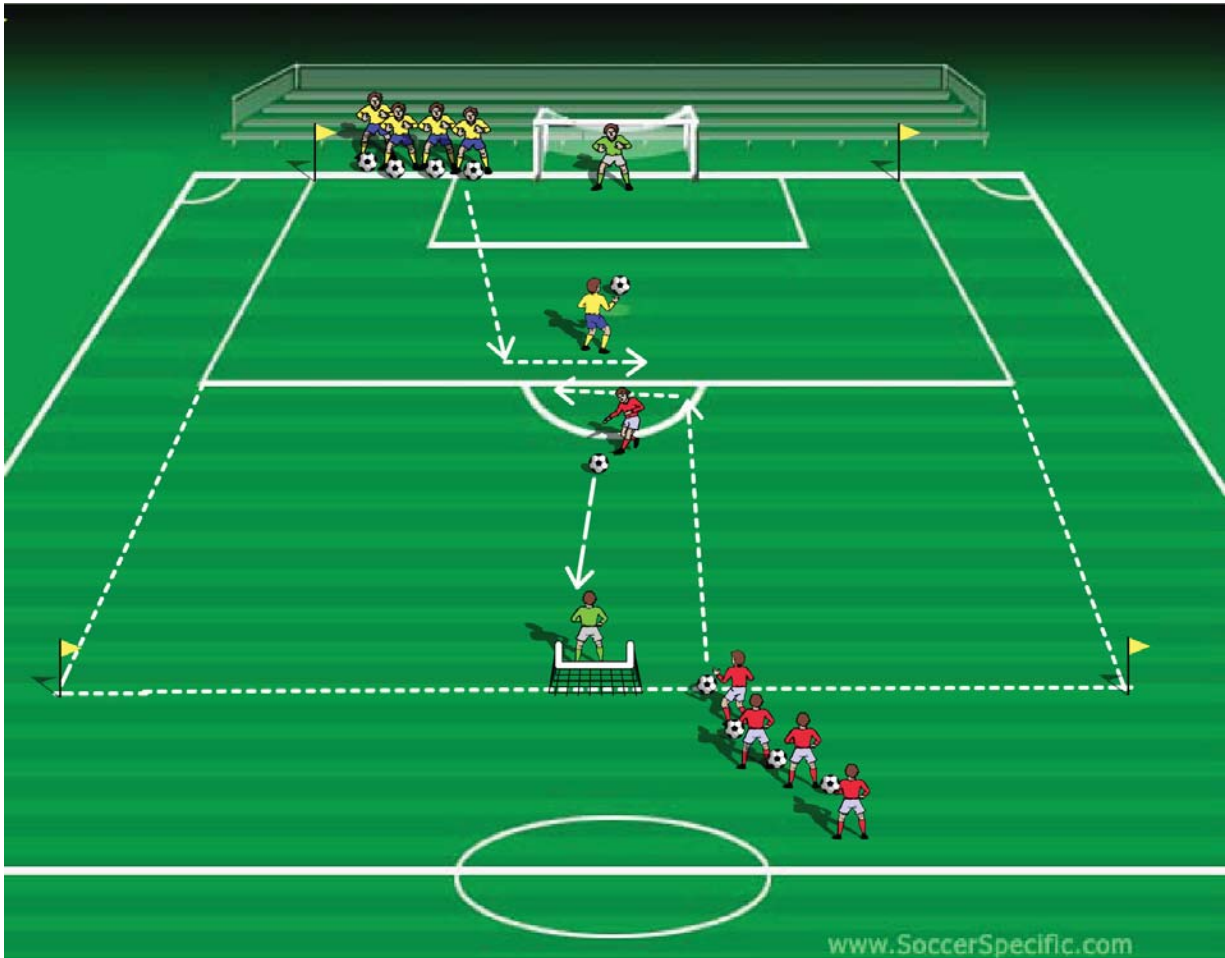
Relax- Compose yourself and stay balanced.

Head down- Focus on the ball at the moment of contact

Body over the ball and aim for corners

Follow through to the target

# Dribble, Swap, Turn & Shoot



## Dribble, Swap, Turn and Shoot

Purpose- To improve dribbling at speed, turning quickly and good technical finishing.

Organization- Place two goals approx 40 yards apart. Place a goalkeeper in each goal. Split players into two teams and put them on the side of a goal with multiple soccer balls. The first player in each line dribbles towards the goal. Just before the attackers reach the midway point, they lay the ball off for the other person. The attacker must then perform a fake shot, a turn and shoot on the goal they came from. After the shot has been taken, the players go to the back of the goal they just shot on. On the Coaches command, the next two players repeat the same sequence.

### Progression

Ask players to use weaker foot only.

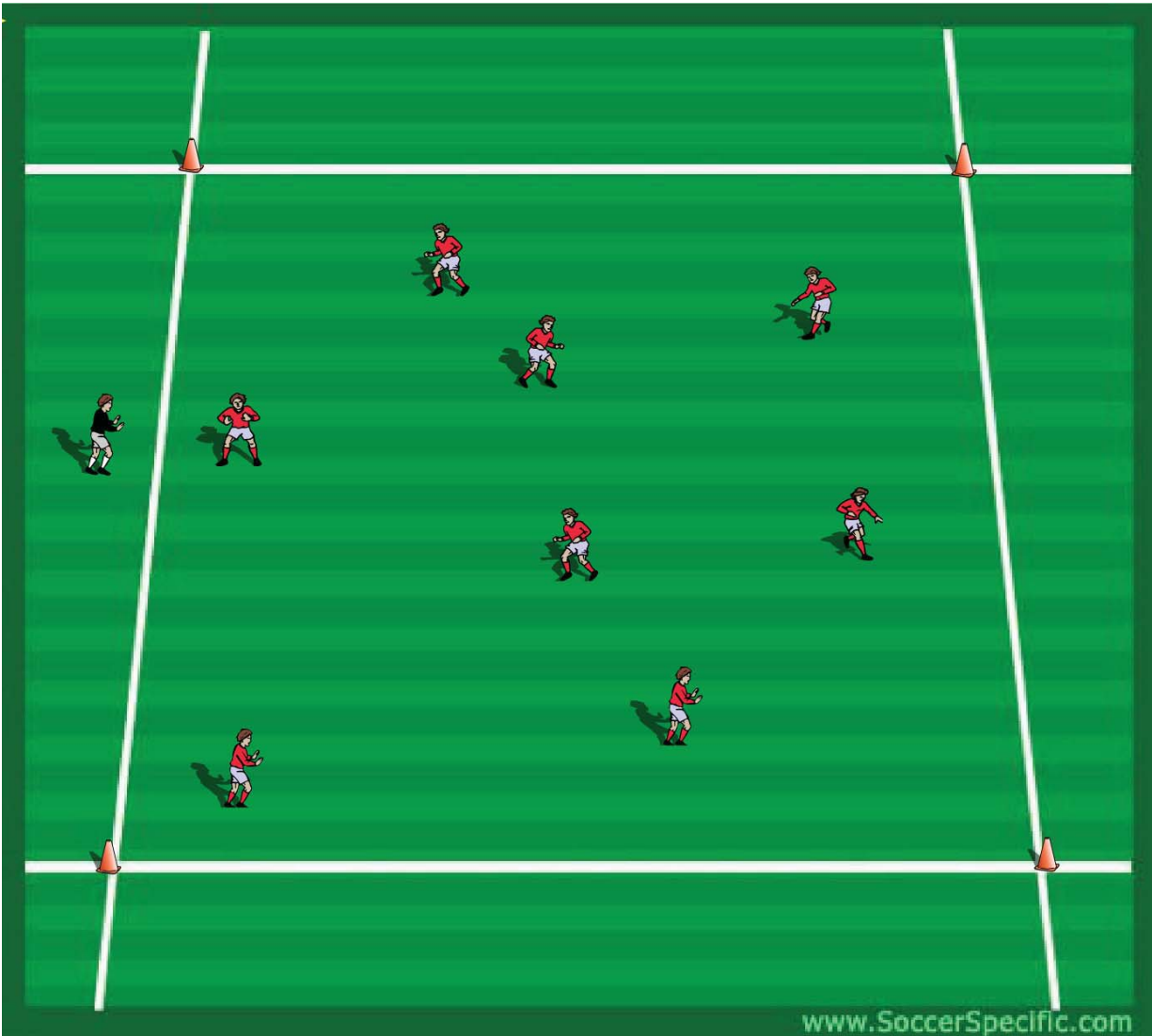
### Coaching Points

Use the inside and outside of the foot to perform turns.

Shooters must have a quick release.

Focus on accuracy over power (hit the target).

# Warm Up



## Warm Up

Purpose- To get the blood circulating around the body and muscles warm for exercise.

### Organization

Ask players to jog forwards, backwards, sideways, skipping, karoke

Stop to stretch and also include exercises such as open and closing the gate, lunges and twists.

### Progression

Add soccer related movements, sit down, right foot volley, left foot volley, up and head the ball.

Add fun, ask players to make groups of 3 minus 2 etc

Ask players to get in wheelbarrows and piggy backs