

## **SESSION PLAN: TECHNICAL**



## **STRIKING THE BALL**

### **Warmup Phase**

1. Team Jog + Dynamic Stretch Routine
2. "USA" Pasing & receiving Drill

### **Technical Phase**

1. Striking the Ball w/Side of Foot Drill:
    - > "Soccer Golf"
      - (1) 18-yard line to center circle
      - (2) center line to penalty arc
      - (3) 6-yard line to center circle
      - (4) center line to 6-yard box
      - (5) 18-yard line to 6-yard box
  2. Striking the Ball Drill #2
    - > "Lace Strikes" (from 6-yard line)
      - (1) no step: put plant foot next to ball and without taking step, strike ball
      - (2) one-step shot: first step is with plant foot
      - (3) two-step shot: first step is with kicking foot
      - (4) three-step shot: plant foot, kicking foot, plant foot
    - > "Lace Strikes" (from 18-yard line)
      - same progression as from 6-yard line
  3. Striking the Ball Drill #3
    - > "Cone Wars"
      - divide players into 2-4 teams depending on number
      - each team has its own grid with 3-4 upright cones in center of grid
      - first team to knock over all cones wins
      - start with use of right foot only or left foot only, progress to other foot
- Coaching Points:
- accuracy when striking the ball
  - playing with speed

### **Tactical Phase**

1. Scrimmage Game #1 (15 mins.)
  - > "Cone Wars" (2 teams)
    - 4-5 cones on each endline
    - first team to knock over 2-3 cones wins
2. Scrimmage Game #2 (15 mins.)
  - > "6 Goal" (2 teams)
    - 3 goals (made up of cones or flags) on each endline
3. Scrimmage Game #3 (30 mins.)
  - > regular scrimmage to goals (one on each endline)