



Finishing with the laces Technique

Category: Technical: Shooting

Difficulty: Moderate

Michael Caine, derry, United States of America
Individual-Adult Member

Description

Shooting technique laces.

Warm Up (15 mins)

Organization 30 x30 square. split team into three groups.
Inside the area have players pass and move inside the square, but players can only use their laces when passing the ball.
Start at 50% building up the speed as the warm up moves on.
Add dynamic stretches into the warm up.High Kness,heel flicks, open gate kick through and windmills.



SAQ (15 mins)

Line 1 Forwards,backwards forwards
Line 2 straight sprint
Line 3side to side.



Technical (20 mins)

Organization 40 x20 square. split into 4 channels
players must Shoot the ball to each other using the laces technique.

We are focusing on the technique at the moment not power, so the balls should be going to the partner not past them.

Coaching Points

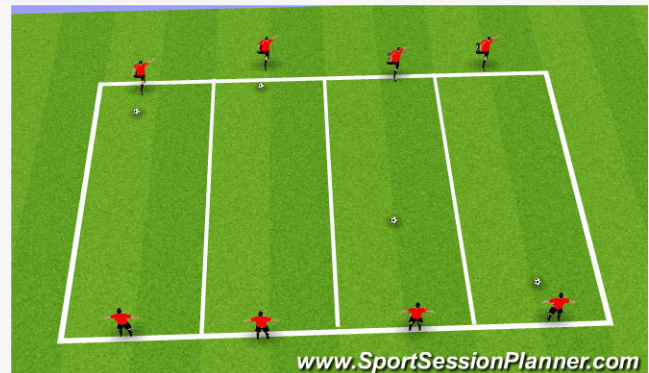
Eyes should be focused on the ball at moment of contact.

Non-Kicking foot next to the ball with toe pointed at the target.

Ankle locked, toe pointed down head and knee should be over the ball.

Follow through, ankle should still be firm ,toe pointed down and aim towards target.

Dont try and kill the ball,follow technique



Touch and finish under pressure (10 mins)

Organization 40 x 20 split into 2 channels. add goals to both ends.
Player 1 passes the ball to player 2.

player 2 can dribble the ball towards the goal or shoot straight away.

Coaching Points

Follow Technique

can we get a shot of quick?

don't give time for the defender to get their.

can we be positive and have a good first touch to set ourselves up?

if defender wins the ball can they counter attack?



Lightning (15 mins)

Lightning Game

1 touch finish from distance.

Player 1 is a server and stays there for the game. he passes the ball into player 2.

Player 2 has to shoot from distance, about 2/3 yards outside of the penalty box.

he must shoot first time.

if he scores a goal he goes to back of the line, if he misses he goes in as the goalkeeper

player 3 have to react to what has just happened. if the player in front has scored he goes in to goal if he has missed he shoots next.

Player 4 has been eliminated but can get back into the game if they catch a ball without it bouncing.

Player 5 is the GK if he saves the shot he goes to the back of the line, if he concedes he goes behind the goal and the player 3 would have to run into the goal.



Game

Organization 40 x 30, split team into two teams

Encourage shots from distance and also first time finishing.

