

SESSION DETAILS

SHOOTING AND FINISHING SESSION 2

LACES STRIKE - HOW TO 3 STEPS

1. KEEP YOUR EYES ON THE BALL – WHAT PART YOU WANT TO STRIKE / BOTTOM OR MIDDLE
2. SQUARE YOUR BODY TO THE BALL
3. POINT TOES AND LOCK ANKLE
4. FOLLOW THROUGH AND STEP FORWARD

COACHING POINTS

Identify the different parts of the boot used to finish and shoot - use diagram
Encourage pointing toes down and locking ankle
No using toe to strike!



SHOOTING AND FINISHING
CLASS 2



WEEK 2 - JANUARY

LACES SHOOTING DRILL

SET UP A GRID WITH TWO CONES TO START - THEY DRIBBLE UP AROUND THE POLE AND SET UP FOR A LACES STRIKE INTO A SMALL GOAL

HOW IT PLAYS

15 MINUTES - SWITCH THE TEAMS AROUND SO THEY SHOOT WITH BOTH FEET, LEFT AND RIGHT - TRANSITION SO ONLY ONE BALL IS PLAYED IN - 1V1S AND 2V2S

COACHING POINTS

- follow the 4 steps for laces strike
- Encourage power
- No toe strikes!

