



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

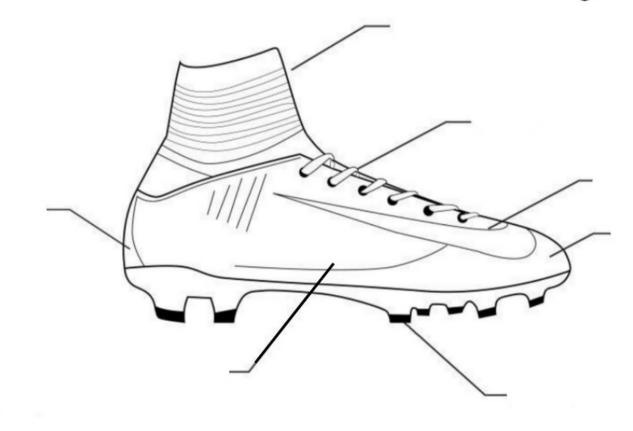
Identify the different parts of the boot used to finish and shoot - use diagram
Encourage pointing toes down and locking ankle
No using toe to strike!

PRE ACTIVITY



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!

DRILLS

