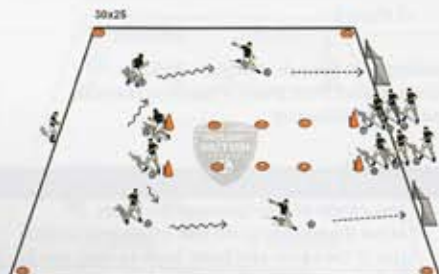


Topic: **Ball Striking and Accuracy**

Objective: **To develop good technique when striking the ball.**

### Session Part: Warm-up



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Organization Time: 10

Area: 30x25  
 Numbers: 12 Players

1 Player - 1 Ball each split into 2 groups.  
 First player in each group dribble through disc cones and turn around the tall cone.  
 Once around the tall cone, players push the ball ahead of them and strike at goal 10-15 yards out.  
 Players perform ball mastery skills through disc cones;  
 1. Toe Taps Forward. 2. Tic Tocs Forward. 3. Side Rolls.

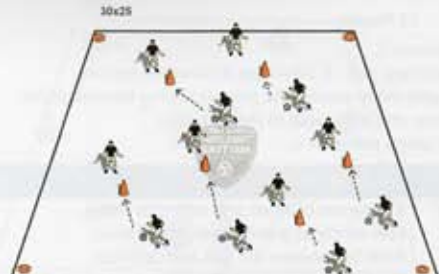
#### Progressions

Add a goalkeeper in each goal.  
 Groups switch sides.  
 Encourage to use both feet.  
 Add a passive defender - unopposed.  
 Increase striking distance.

#### Coaching Points

Good touch ahead and slightly to the side to build momentum into the strike.  
 Big final step - plant non kicking foot.  
 Knee and head over the ball.  
 Toes down - strike with the laces - follow through.

### Session Part: Technical Fundamentals



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Organization Time: 20

Area: 30x25  
 Numbers: 12 Players

Players in pairs - 1 ball between 2 - number player 1 & 2.  
 Tall cone placed in the middle of the pair 5-10 yards apart.  
 Player 1 begins attempting to knock down the cone using correct ball striking technique.  
 Player 2 then takes their turn to strike the ball to the cone.

#### Progressions

Increase/decrease ball striking distance.  
 Add a second tall cone if needed.  
 Add a first touch in front before striking.  
 Use of both feet.

#### Coaching Points

Approach to the ball.  
 Use of standing foot - pointing towards the cone.  
 Clean connection with center of the ball - laces.  
 Knee and head over the ball.  
 Foot/ankle locked - follow through for power.

### Session Part: Game Scenario



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Organization Time: 15

Area: 30x25  
 Numbers: 12 Players

Players are split into 3 equals groups - 1 goalkeeper in goal.  
 Player 1 passes the ball left to player 2 who returns the pass ahead of player 1.  
 Player 3 on the right becomes as defender as soon as the first pass is played.  
 Players 1 & 2 attempt to play around player 3 to get a strike on goal.  
 Players rotate positions - alternate left/right each time.

#### Progressions

Players decide which side to pass to first.  
 Defender attempts to score in either of the 2 gates if they steal the ball.  
 Add a second defender to make it 2v2.  
 Set a time limit to get the strike off.

#### Coaching Points

Fast combination play from players 1 & 2.  
 Create space/half a yard to get the strike off.  
 Clean connection with the strike.  
 Encourage a positive attitude.

### Session Part: Small Sided Game



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Organization Time: 15

Area: 50x40  
 Numbers: 12 Players

4v4 with 1 setter for each team at the side of the goal - 2 goalkeepers.  
 Create an area in front of goal with cones that players cannot enter to encourage striking from distance.  
 Players must make a minimum of 3 passes before striking at goal.  
 Players can use the support players at the side of the goal to set the ball - these players cannot be tackled.

#### Progressions

No goalkeepers to increase striking opportunities.  
 Remove support players from side of the goal.  
 No set amount of passes before striking.  
 Restrict number of players allowed in each half to enable more time and space to strike.

#### Coaching Points

Create space for yourself and team mates.  
 Encourage wall passes to move defenders.  
 Strike as often as possible.  
 Aim low and hard - difficult for goalkeeper.