

## Striking Clinic Activities

Date : 29/Mar/2013

Duration : N/A

Session

Different Activities to incorporate

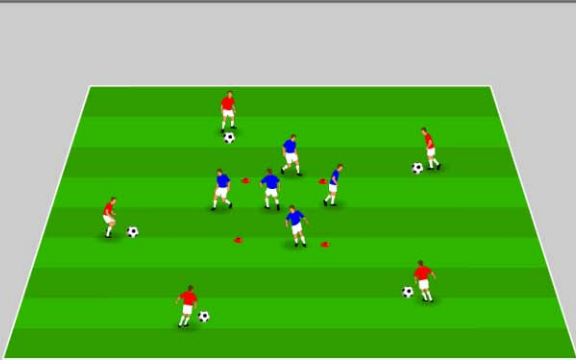
Time : N/A

Age/Level : U8 - 18+

Objective:

striking and finishing

### TOD (Technique On Demand) In Groups



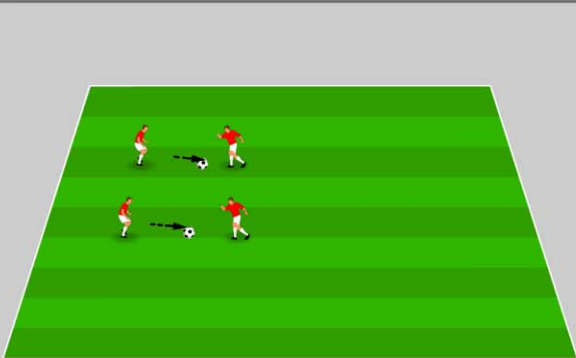
**Description :**

Half the players on inside of grid, half on outside with balls.  
Players on inside "check to" the players with the balls who pass to them on the ground.  
The player returns the ball using preferred surface.  
Player on inside must come back to middle before going to another person with a ball.  
Switch after 30 seconds

**Progression :**

Use both feet  
Inside of foot  
Laces (instep)

### TOD (Technique on Demand) With volleys



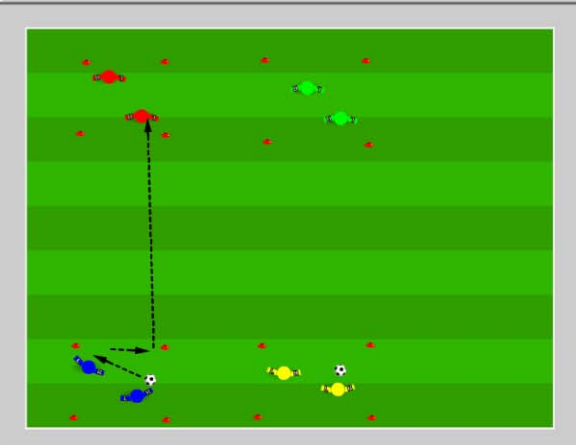
**Description :**

In pairs, 1 player tosses a ball to the partner's foot. Partner returns with one touch.  
1. Side footed volleys  
2. Laces volleys  
After 10 balls, switch

**Progression :**

Shoes can be off to help players get a feel for the ball

### Striking Boxes



**Description :**

Partners in take turns striking balls from their box into the box of the opponent. If the ball travels successfully to opponents box, they must play it back. Play continues until one of the following happens:

1. Partners do not control or lose control and it leaves box
2. Partners do not get ball to touch ground inside opponent's box
3. Ball can not stop moving

**Progression :**

Teams get points for mistakes by opponent

1. Limit the touches per person
2. Limit the touches per team

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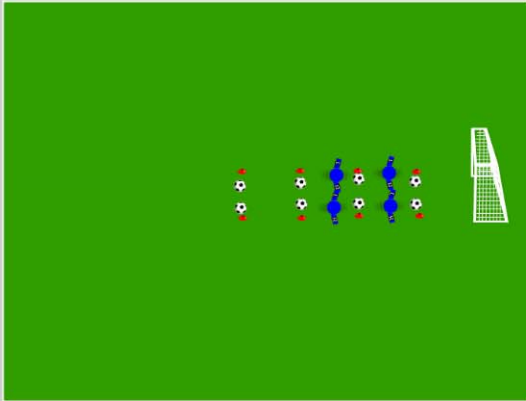
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### Distance Shooting Activity



**Description :**

Starting from the 5 yard line (distances may vary based on ability), strike a ball with each foot. You are only allowed one attempt with each foot. The ball must cross the goal line in the air in order to count. Do not count balls that miss the goal or bounce before the goal line.

Can be done with 1 or more players

Award points for each successful ball in the air across the goal line

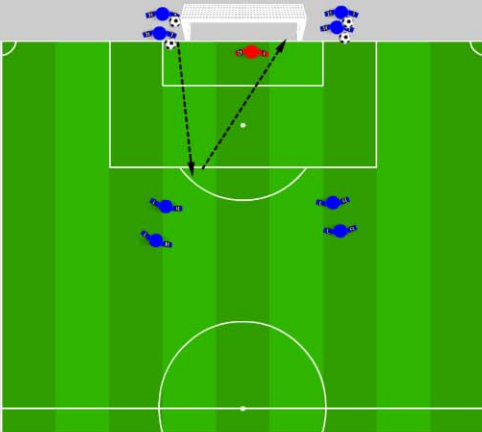
**Coaching Points :**

Leg power from proper pullback

Contacting ball through lower middle

Leg extension (and swing towards target, not across body)

### Corners Shooting



**Description :**

2 lines of players outside penalty box, 1 line of players with balls wide of each goal post. Player serves ball to teammate who must strike it first time. Then the opposite side player serves to teammate. Players rotate after each ball.

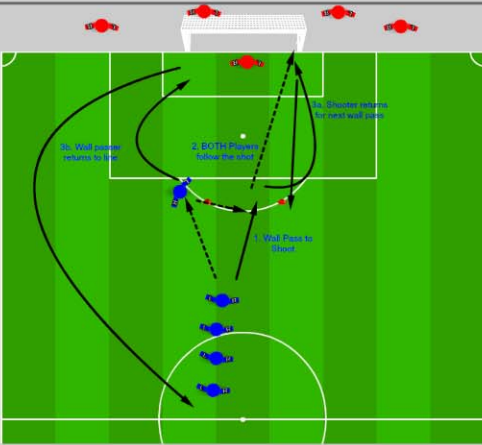
**Progression :**

Add a second touch

Incorporate bouncing balls

Add a passive defender, player must touch inside then shoot

### Follow Your Shot



**Description :**

Players divided into 2 teams. 1 team is responsible for goalkeeping and returning the balls to the shooting team. The shooting team has 1 minute to score as many goals as possible. Shots are taken after a wall pass from the previous shooter. Both players must follow the shot in order for a goal to count. If the ball rebounds off the keeper or posts, they can finish with 1 touch.

Count points for goals scored, take points away from retrieving team if there are no balls

**Coaching Points :**

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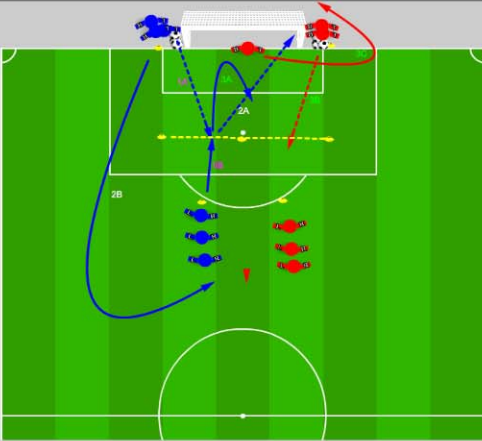
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### Fastest Game Known to Man



**Description :**

Player on Team A passes a ball across the shooting line to teammate who must shoot 1st time. After shooting the shooter goes into the goal to receive a shot from Team B (the passer goes to the shooting line). After goalkeeping for 1 shot, the GK gets ball and goes to the passing line. (Ball is dead if it stops moving. Shooter can not cross shooting line to shoot ball)

Pass from opposing team may be made once the previous team shoots requiring shooter to become the goalkeeper immediately.

**Progression :**

Switch after 5 goals scored

Move line up and work on headers (must jump from behind line) - 3 points for diving headers

### 3 Tier Shooting



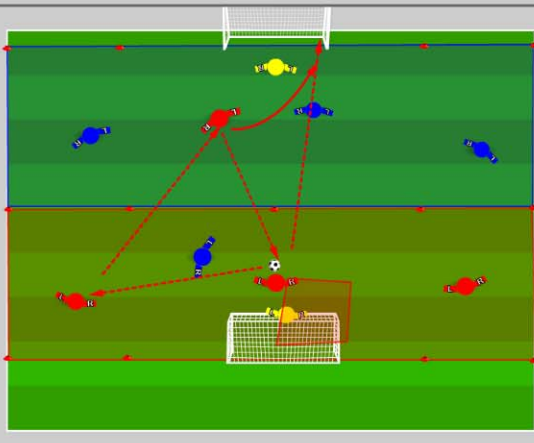
**Description :**

Players are split into 2 Teams. 1st Player in Team A dribbles to edge of box, then shoots. Shooter immediately keeps running for pass from teammate (on the ground) and 1 touches. Shooter immediately keeps running to receive ball tossed in air to head into goal.

Player on team A now becomes the goalkeeper for shooter in Team B who repeat sequence

**Coaching Points :**

### 3v1 In each Half



**Description :**

Field is slightly less than double the penalty box length and as wide as the penalty box. Field is split in half where 1 half has 3 players from Team A and 1 player from Team B (vice versa on opposite half). All players restricted to halves. The group of 3 can pass to each other and use Target player to set up shots from own half. The opponent can try to block shots from own half and the lone player can disrupt and steal ball to give to teammates.

**Coaching Points :**