

“Shoot Wally”

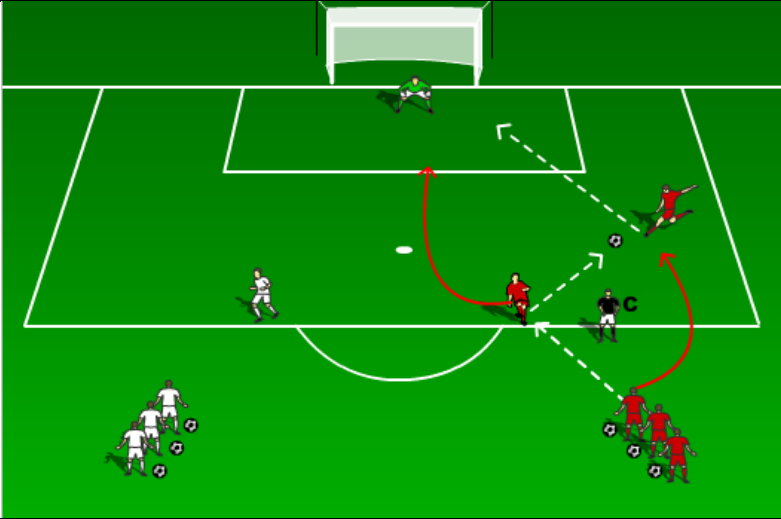
East Central Soccer District Academy Curriculum

Curriculum Topic: Shooting

Primary Objective: To pattern pass play leading to and executing a shot.

Duration: 10 minutes

The Basics



Organization

Play in full size goal box.

Separate group into 2 teams, arrange each team as pictured, w/ one player in position to make a wall pass, the rest in a line beyond the goal box with a ball each.

Additional parent coach as goalie.

Activity

The 1st player in line from the red team sends a pass to the red team’s wall passer, who lays the ball off to the side for that 1st player to follow up and shoot. The wall passer spins and checks to the goal for any potential rebounds of the shot.

The original wall passer/rebound checker collects the ball and returns to the back of her line. The shooter becomes the next wall passer.

The white team then executes the same play from the opposite side of the goal box.

Coach Pts
Mod
Prog

- To help players pattern proper timing and spacing on a wall pass, coach should spend some time standing in the middle of the wall pass area (as pictured).
- Encourage all players to work toward 1-touch: 1-touch wall pass that properly leads the shooter, and the shooter taking a single touch to shoot.
- Shooter should aim for corners. *To help players aim, put a ball in each corner of the goal mouth to use as a target. Celebrate successful shots!
- Make sure players shooting from right side of goal use their left foot.

None

Switch team sides after 5 minutes, so both teams of players work with both feet when shooting.