

“Fast Break”

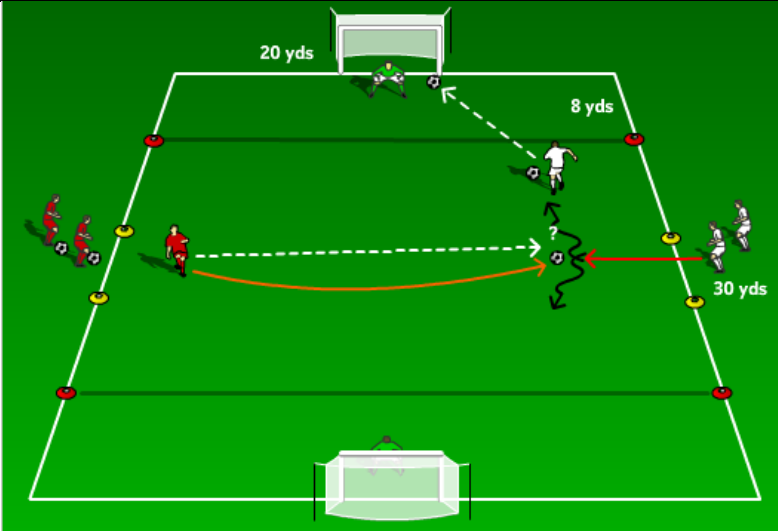
East Central Soccer District Academy Curriculum

Curriculum Topic: Shooting

Primary Objective: To improve speed and urgency building to a shot on goal

Duration: 10 minutes

The Basics



Organization

20yd x 30yd grid w/ cones at corners and cones demarking attacker/defender entry points (yellow) and shooting lines (red).

2 small goals. Parent goalies, if available.

Divide group into 2 team (w/ pinnies), 1 team a supply of balls. Line teams up behind each middle gate as pictured.

Activity

At the coach’s signal, 1st player on red team serves a pass to 1st player on white team and then defends white team’s attack, trying to prevent or at least hurry the shot. Player on white team can score in either goal.

Play until attacking team scores 5 goals, then switch roles, attackers/defenders.

Coach Pts

- Encourage attacking players to feint, tricking defender with which way she thinks the attacker will go.
- Encourage a positive first touch when attacker checks to the ball.
- Encourage a minimum of touches before shooting.
- Players should be getting their head and knee over the ball for a low, driving shot.

Mod

None

Progression

- Attacker can only shoot inside the shooting line.
- Attacker can only shoot outside the shooting line.
- 1A v 2D, shoot anytime.
- 2 v 2, shoot from a pull-back & cross (dribbler executes pull back move once within shooting line to create space, crosses to teammate who must 1-touch the shot).