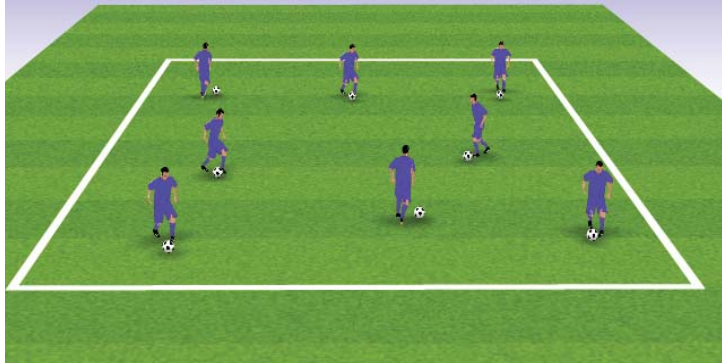


# TRAINING SESSION 7

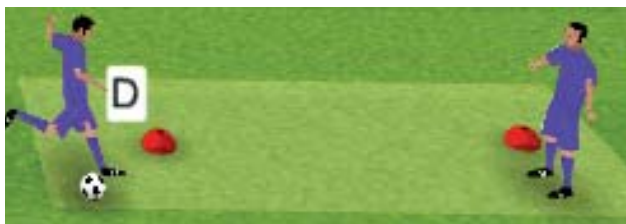


## Technical Warm-Up: 3 Lives Game

Players dribbling in a 10x10 grid. Progression of touches.

- 1: 50 touches w/any foot, any part of foot.
- 2: 50 touches w/outside of right, then 50 w/ outside of left.
- 3: 50 touches w/inside of right, then 50 w/inside of left.

Players have 3 lives. They lose a life if they dribble out of grid, running into someone, or letting the ball stop. If they lose all 3 lives, they have to do 50 foundations to get back in game.



## Activity 1: Barefoot Training (Session from Gene Baker)

Players will take their shoes for the next part of practice.

Shooting technique to be trained.

- \*Approach the ball, put the plant foot next to and slightly behind the ball (helps to keep the ball low)
- \*Toe is pointed down, and strike the ball with the instep.
- \*Toe stays down through the ball.
- \*Strike the middle-middle of the ball.

### How to train the technique

A: Each player has a ball in their hands. One foot is elevated slightly above the ground, sole parallel to ground. Ankle locked. Player throws the ball at foot. The object is to keep the ball close after it hits the foot.

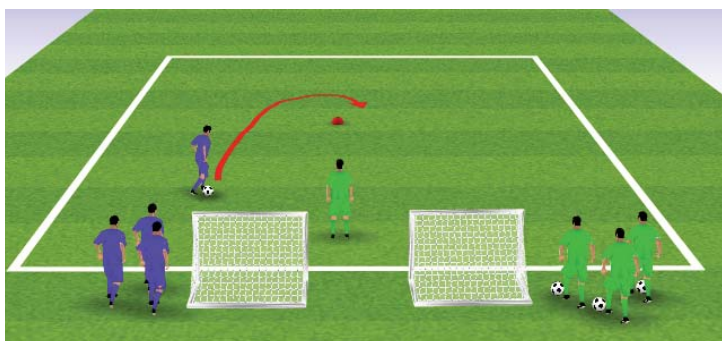
B: Player is serving on one knee. Player who is working is on the ground, on their side. Ball is rolled to the feet. Player bends at the knee and strikes through the ball.

C: Player is serving on one knee. Player who is working is sitting, knees up. One foot is elevated, ankle locked, toe pointing towards ground. Player serves, and again, only the knee is moving when player strikes the ball. To check that technique is right, the player should not show the bottom of the foot to the server.

D: Two players 5 yards apart. Pass the ball using toe-down and instep.

Note: Give players ample time to go through each progression.

Note: Shoes are off to give players a better feel of technique.



## Activity 3: Shooting Competition

Split group into 2 teams. Players dribbles around a cone 15 yards away from 2 small goals. When you get around cone, player gets their head up locates the GK and shoots at either small goal using the technique showed through the session. The shooter becomes the GK for the player on the other team to shoot.