



## Practice Plan

Team: ODP Academy  
 Location: Sports Quest (Richmond, VA)

Attendance: 25?  
 9/23/11 @ 6:00 P.M.

**Topic:** Shooting

**Organization:** I. Unrestricted space  
 II. Three grids 20x25- Big Goals  
 III. Two grids 35x22- Big Goals

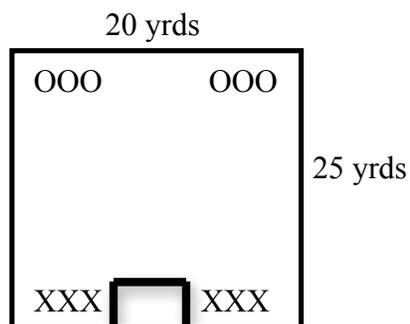
**I. Warm-up/Stretch:** 30 minutes of various shooting technique activities.

Set up: Unrestricted space

Players moving with the ball at their feet using only their laces (toe down, ankle locked). Players have ball in hands and drop to hit back up with laces (no spin on the ball). Remove half the balls and allow passing with just the laces. Now pass and see if you can land on the same foot. Can you bounce the ball and pass with laces? Now everyone pick the ball up; if you do not have a ball run and find someone that does, they will toss the ball up and you hit it up to your hands with your laces. Then you will be tossing to another player without ball. Partner and one ball: One partner is on the ground the other is standing over dropping the ball to feet, partner on the ground hits the ball back in the air to hands with laces. Partners will now stand and hit ball to partner's chest using the laces.

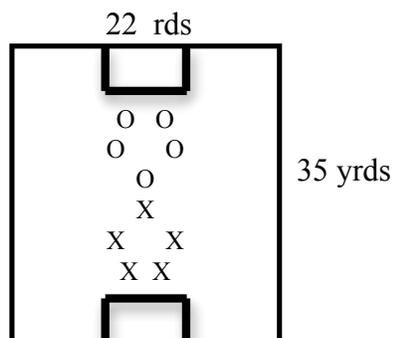
**\*\*Focus on technique, plant foot, footwork leading up to the shot, and striking through the middle of the ball...**

### II. Shooting Activity: Two grids- one big goal in each grid



- 1) X's play the ball diagonal to O's and O's shoot
- 2) Balls will always start on the side with the goal and players will follow to the next line
- 3) Progress to hitting bouncing balls. Can you hit the side net?
- 4) Now the ball comes from behind, turn and shoot moving ball
- 5) Keep track of points- Each goal is 1 pt

### III. 4v4 or 5v5 – Big goals



- 1) Play with goalkeepers – Any shot on goal = 1 pt
- 2) Any goal = 2 pt
- 3) If you score by shooting with your laces = 3 pts
- 4) Have rewards for best goal and best volley!

**Coaching Points:**

- 1) Technique before speed
- 2) Plant foot and timing
- 3) See goal first, then eyes down on ball (the goal doesn't move, but the ball does)
- 4) Chest over ball, strike through the ball
- 5) Encourage the **attitude** to shoot from anywhere and shoot quickly

**Guided discovery:** Where does your plant foot need to be when ball is still as opposed to when the ball is rolling forward?

**\*\*Let's try not to use neutral players. Let's play numbers down/up if numbers are not equal.**

Cool down: North, South, East, West

GROUP HIGH-FIVE!! to end training...

**Coaching Staff Goals:**

- Let's be competitive and keep score
- Create a fun atmosphere
- Encourage creativity, attacking play, and showcasing skills/talents
- Positive! Positive! Positive!