

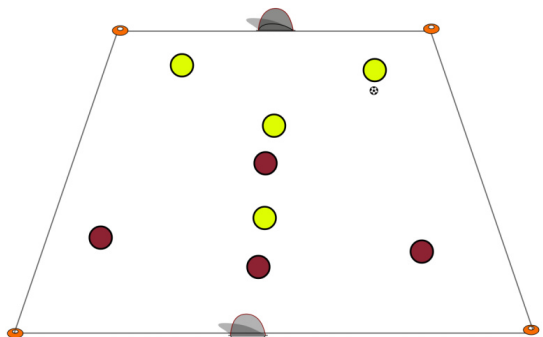
Select a Date

Week 4 - Grade 1 Clinic

Select team

Theme: Shooting & Finishing

Time:80 minutes



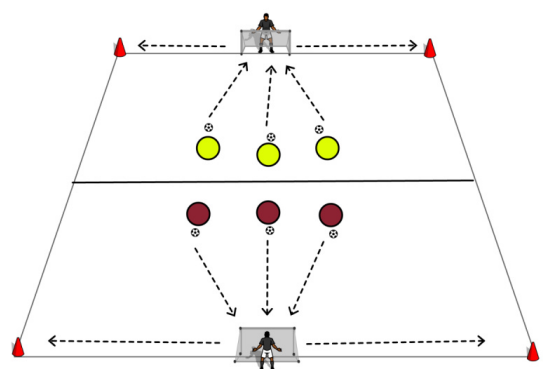
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Intentional Free Play

OBJECTIVE: 10 Minutes
As players arrive, put them into an intentional free play game. This will get players engaged immediately with no coaching input.

ORGANIZATION: As players arrive split them into 2 teams. It can start as small as a 1v1, to 2v1 to 2v2 etc. You can play to pugg nets or you can play to end zones. Be creative but there is no coaching during this phase.

COACHING POINTS: N/A

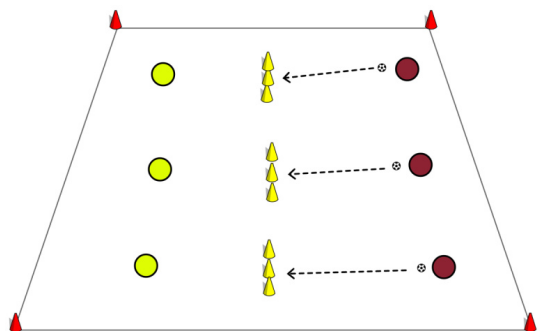


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OBJECTIVE: Players must score in a moving target

ORGANIZATION: 15 Minutes
Split the field in two and divide the players evenly, each with a ball. There will be a coach behind each goal and their job is to move side to side, holding the goal as they do so. In this scenario, the players will get used to aiming at a moving target. This will be very silly and a fun time as players will learn to anticipate where the goal will be and shoot there in order to score.

COACHING POINTS:
Aiming at a moving target
Shooting hard and accurate
Hitting the ball with the right part of the foot (laces)

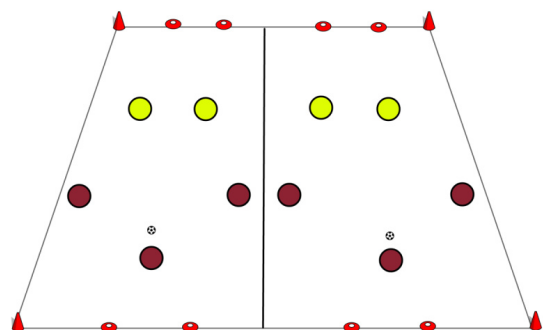


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OBJECTIVE: Accurate shooting on the cones

ORGANIZATION: 15 Minutes
Divide the team so every player has a partner and a few tall cones in between them. The player who starts with the ball must knock over all the cones with the ball. They can only do this by shooting it at the cones. Once they have finished, their partner will collect the ball, set the cones back up, and do the same thing on the other side.

COACHING POINTS:
Accurate and hard shots
Teamwork
Patience



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OBJECTIVE: Implementing the shooting in-game scenario

ORGANIZATION:15 Minutes
Spit the field and half and create two teams of two and two teams of three. The players will play 3v2's and rotate between defending and attacking throughout the drill.

COACHING POINTS:
Teamwork and shooting