



FORT COLLINS
SOCCER CLUB

Name: U-8 & U-9 Junior Academy

Topic: Ball Striking/ Finishing II

Date:

<p>FUNDAMENTAL – WARM UP</p> <p>△ ○ △</p> <p>△ △</p>	<ul style="list-style-type: none"> ③ 20 x 20 yd grid ③ Every player has a ball at feet ③ Find open spaces to accelerate into ③ Ball must not hit another players ball ③ Skills overview <ul style="list-style-type: none"> - scissor (sole roll) #1 - chop (V-pull) #2 - squash & turn #3 - Feint #4 - Step-over #5 ③ “Switch” leave your ball find someone else’s ball 	<ul style="list-style-type: none"> ③ Head up while dribbling ③ Execute proper moves, accelerating afterwards ③ This is a review no more than 10 minutes
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<p>ACTIVITY #1</p>	<ul style="list-style-type: none"> ➤ Four players at the corners of a 15yd triangle ➤ Player A passes to B and runs after the ball. ➤ B receives and controls the ball, then passes to C and runs after pass. ➤ C receives the ball and takes it to starting cone, etc. ➤ Reverse direction after several passes 	<ul style="list-style-type: none"> ➤ Which team can execute the longest series of plays without mistakes. ➤ Technique of a driven ball; laces ➤ Mechanics
<p>ACTIVITY #2</p>	<ul style="list-style-type: none"> ➤ Half the group lines up on either side of goal ➤ One group is keepers ➤ One group is shooters ➤ 2 minute intervals, switch roles ➤ Passes come from top of box, players turn with ball and shoot ➤ Passes come from across goal mouth 	<ul style="list-style-type: none"> ➤ Watch for technique mechanics ➤ Accuracy ➤ Technique
<p>MATCH CONDITION GAME</p>	<ul style="list-style-type: none"> ➤ 8 v8 to small goals 	<ul style="list-style-type: none"> ➤ Score points by going to goal
<p>COOL DOWN</p>		