



### ACTIVITY #1

**Set up:** Groups of 3. 1 cone set up c. 10 yard from a 5 yard cone goal.

**Instructions:** Player takes 3 shots on a player playing goalie in coned goal. one player behind goalie to help shag loose balls

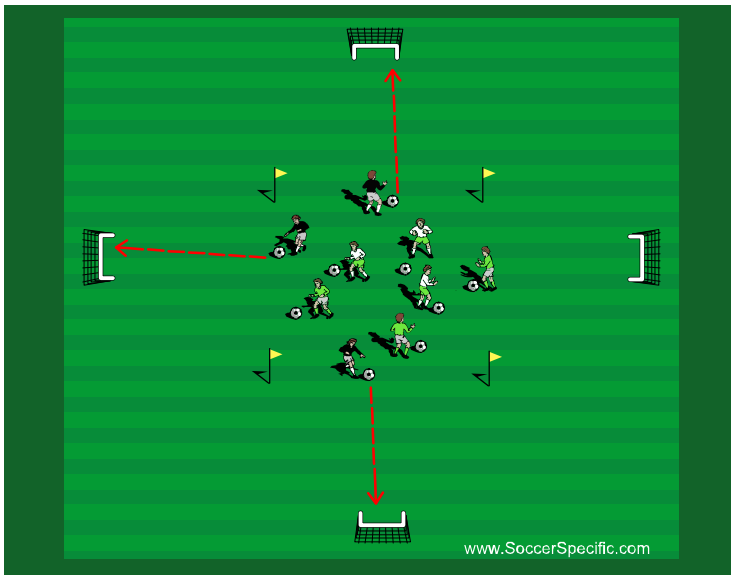
**Coaching Points:** -angled approach

-toe down

-ankle locked

-plant foot pointing at target

-contact middle of ball with top of foot



### ACTIVITY #2

**Set up:** 4 goals on edges of grid. Small square inside of grid (c. 12x15). Players divided into 3 teams. all players with ball

**Instructions:** players dribble in area, coach calls out a color and those players dribble to edge of area and strike towards a pop-up goal. Player then retrieves ball. Can have players keep track of team goals to add competitiveness to the activity.

**Coaching Points:** -angled approach

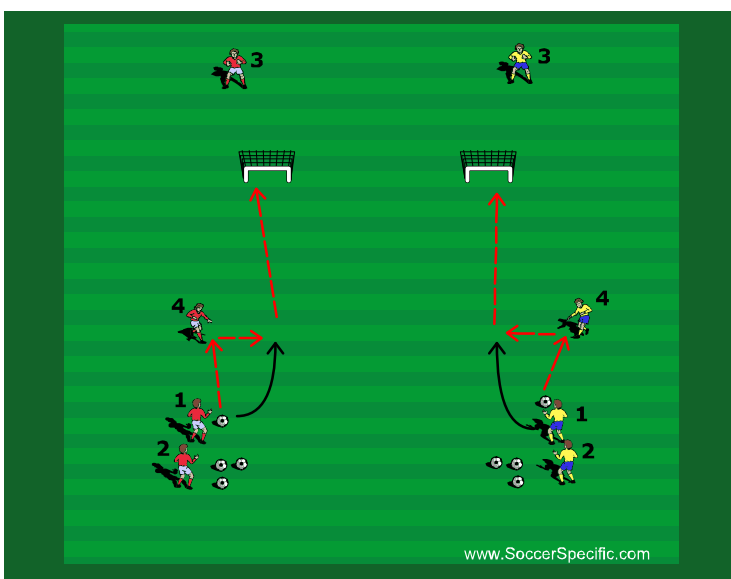
-toe down

-ankle locked

-eyes on ball

-plant foot pointing at target

-strike middle of ball with laces



### ACTIVITY #3

**Set up:** Groups of 4. two active players 10 yards from pugg goal. 1 player located behind pugg goal.

**Instructions:** 1/2 plays ball to 4. 4 lays ball off, 1 strike ball towards pugg goal. 1/2 take 2 shots each then switch positions with 3/4

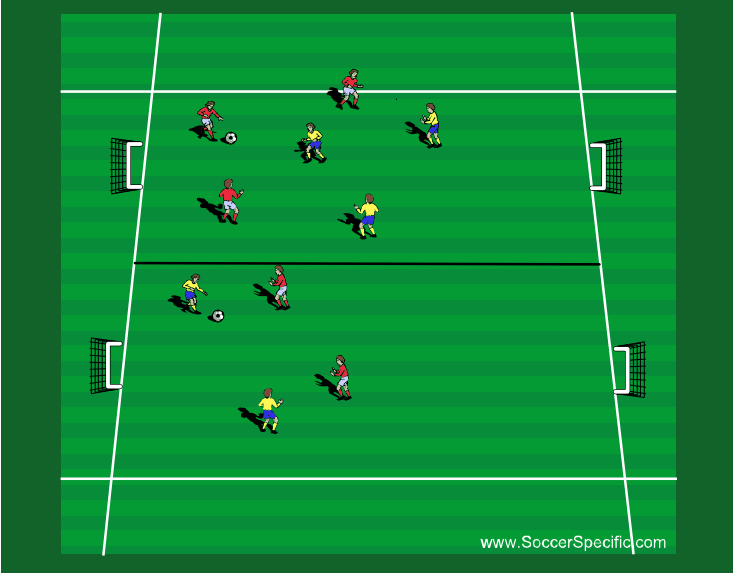
**Coaching Points:** -angled approach

-timing of approach

-toe down

-ankle locked

-contact middle of ball with top of foot.



**ACTIVITY #4**

**Set up:** 3v3/2v2. Approx. 15x25 to popup or cone goals

**Instructions:**

**Coaching Points:**