

# Milton YS: Shooting w/ ball running across you (from crosses)

**Category:** Technical: Shooting

**Difficulty:** Academy Sessions of America



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## MAIN THEME

### Organization:

40X40 yard are set up as shown

9 players (groups of 3) set up as shown

1 ball per group

### Instructions:

1. The activity starts with the first player 1 passing the ball into the player 2 who lays the ball off

2. Player 1 now runs on to it and strikes to player 3

3. The activity is repeated on the other side.

### Coaching Points:

1. Angle of approach – off center

2. Head down at the point of contact

3. Non-kicking foot placed to side, slightly behind the ball

4. Ankle locked, toe down

5. Contact ball– will vary depending on target area

6. Contact foot– laces (instep)

7. Body weight forward, chest and knee over the ball at contact

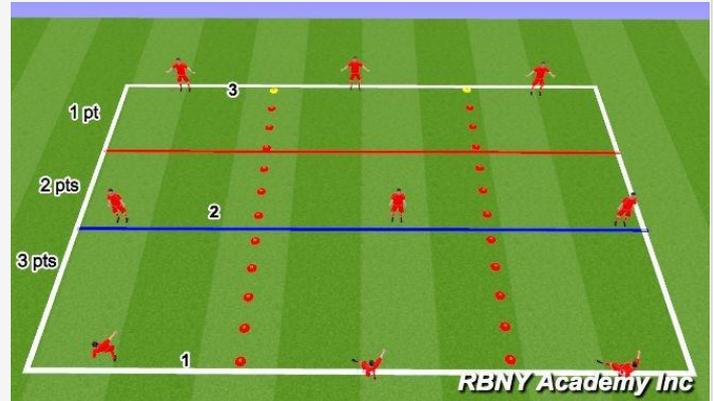
8. Follow through landing on striking foot

### Progressions:

**Score from behind blue 3 pts**

**Score from behind red 2 pts**

**Score in front of red 1pt**



## TECHNICAL (20 mins)

### Organization:

Set up as above

### Instructions:

- Player A at the same time passes the ball to player B, then run to space, player B then pass the ball back and player A shoot to goal. Players B then join players A opposite line, and player A take player B places.

Player > A > B > A THEN Player > C > B > A THEN Player > A > B > C

\*After player A crosses, they run to the middle to take player B's spot. Player B gets the ball he/she shot and goes back to Player A beginning point.

### Coaching Points:

weight/accuracy/projection of pass

movement of body to change direction and explode at speed

angle of goal to shoot or cross

position of player to goal/support

how do you know when to shoot?

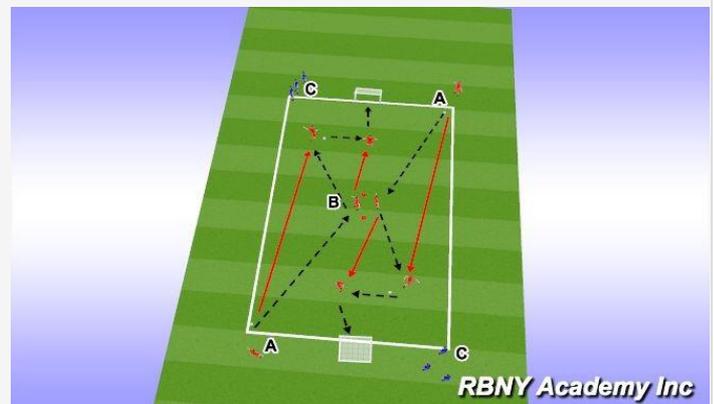
where is a good position to receive the ball?

when to perform a cut?

### Progressions:

- Player B passes the ball to player A and run to goal,

-Players C can be defenders or add GKs



## condition game

### Organization:

- 2 neutral wingers on the outside.

### Instructions:

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- Regular goal 1 pt
- Goal scored off a neutral pass is 2 pts.

### Coaching Points/Questions:

- Look for wingers to increase chances of scoring from a cross

### Regressions/Progressions:

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## GAME

### Organization:

As above

### Instructions:

4v4, 7v7, 9v9

### Coaching Points:

FUN

### Progressions:

