



SHOOTING

PRACTICE 1	ADVANCED STAGE
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Name: Shooting at speed	Type: Unopposed
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Objective: Improve shooting technique with ball in movement.

AREAS		STRUCTURE	
Technical	Shooting	Space	40x20 yards
Tactical	Finishing in the final third	Time	18 min
Physical	Speed	Age recommended	U15+
Psychosocial	Decision)determination	Difficulty (1 to 5)	2

ORGANIZATION

Players: 10+

Time: Work continuously at high-intensity for 4 min. Use rest periods to make brief coaching points.

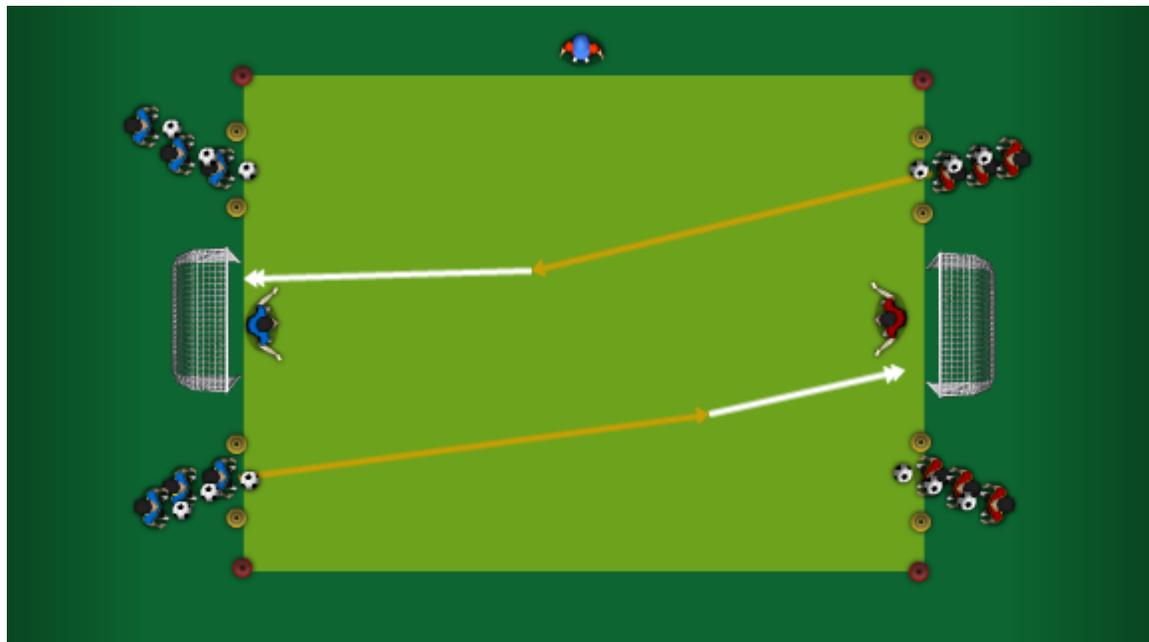
Equipment: 12 cones, 2 sets of pennies and 2 balls.

Description: On coach's command, players from different teams on opposite sides of the field sprint with the ball to shoot on goal. The first to score earns a goal for the team. Change sides after shooting.

Variation 1: One player at the time; *Variation 2:* One player from each team at the same time; *Variation 3:* On coach's command, a player from the opposite side runs into the middle area to provide a wall pass for the attacker to finish. Then the player who made the wall pass receives a ball from the gate where he started. He turns and shoots.

KEY POINTS: 1) Close control of the ball; 2) Dribbling at speed to middle area – outside of the foot; 3) Touch the ball slightly ahead before shooting; 4) Look first at the ball, then where you are aiming; 5) Use laces for power shooting from longer distance

GRAPHIC





AEROBIC CAPACITY			
PRACTICE 2		ADVANCED STAGE	
Name: Turned goals		Type: Game	
Physical/physiological effect: Improve the efficiency of using energy in the presence of oxygen.			
AREAS		STRUCTURE	
Physical	Aerobic capacity	<i>Space</i>	50x35 yards
Tactical	Transition	<i>Time</i>	18 min
Technical	Passing	<i>Age recommended</i>	U15+
Psychosocial	Cooperation	<i>Difficulty (1 to 5)</i>	5
ORGANIZATION			
<p>Players: 14+.</p> <p>Equipment: 6 cones, 2 small goals and 8 balls.</p> <p>Description: 6v6+2 game. Scoring in any of the 2 goals. Goals facing out.</p> <p><i>Variation 1:</i> Limit the number of touches of the team in possession; <i>Variation 2:</i> Score in any goal; <i>Variation 3:</i> Limit the number of defenders in one half.</p> <p>Justification: Extended period playing at game intensity or above (85% HRmax). A 4 min game and relatively short recovery periods increases the body's performance of supplying energy in the presence of oxygen. This type of exercise improves the aerobic energy system in high-intensity exercises.</p> <p>WORKLOAD: 1) 4 min; 2) Sets: 3; 3) Rest: 45 seconds</p>			
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FINISHING IN THE FINAL THIRD

PRACTICE 3	ADVANCED STAGE
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Name: Quick transition and 2v1 to score**	Type: Game
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Objective: Create goal scoring opportunities in a 2v1 situation after quick transition

AREAS		STRUCTURE	
Tactical	Finishing in the final third	Space	70x50 yards
Technical	Shooting	Time	15 min
Physical	Perception and awareness	Age recommended	U15+
Psychosocial	Competitiveness	Difficulty (1 to 5)	5

ORGANIZATION

Players: 18+

Time: Work continuously at high-intensity for 7 min. Use rest periods to make brief coaching points.

Equipment: 24 cones, 2 goals and 6 balls.

Description: 9v9 game. One defender and one attacker from each team are inside the end zones. Attacking team is limited to six passes in the middle zone before playing a pass to the final zone. Once the ball reaches the striker in the final zone one player, either the one making the pass or another teammate, can join him to play a 2v1 situation in the final zone.

Variation 1: Limit the number of touches in the middle zone to *Variation 2:* Reduce the number of passes in the middle zone to 5.

KEY POINTS: 1) Creating space; 2) Playing the ball on the ground and quick transition 3) Direct play to striker and movement to space; 4) Finishing at speed

GRAPHIC

