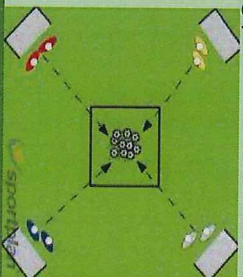


Fokus: Avslutning 1

Moment: Avslutning både med innsida og strak vrist. Sjå på ballen når ein skyt.

1 Oppvarming

Fire lag, eitt i kvart hjørne/mål. Bruk småmål eller kjepler. Ha helst ein god del fleire baller i midten av firkanten enn tal spelarar på gruppa. Ein og ein frå kvart lag: hente ball og prøve å treffe mål. Bruke innsida av foten. Om spelar bommer skal medspelar spele pasning tilbake, heilt til fyrste mann treff mål. Deretter er det neste mann sin tur. Kven får flest baller i mål?



2 Mottak og avslutning

Spelar fyrst i køen får ball frå trenar, tek med seg ballen og avsluttar på mål. Avslutte med innsida av foten.

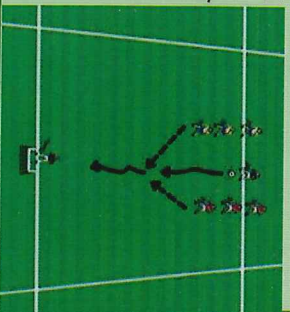
Variasjoner:

Avslutte med strak vrist.
Varier avstand til og vinkel.
Spelarane skal ta i mot ball som klem i lufta.



3 1 mot 1

To lag. Trenar spelar pasning ut på bana. Ein frå kvart lag kjemper om ballen og prøver å drible seg forbi kvarandre og mot mål for å kome til avslutning.



4 4 mot 4

Relativt liten bane, ønske å få mange avslutningar.

Variasjon: Trenar har eit ballmagasin, og sett i gang spelet kvar gong ballen går ut.

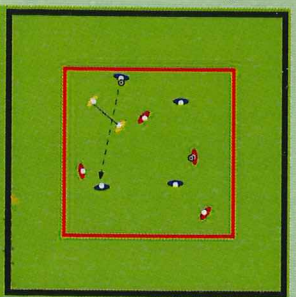
Trelagsmodell med kampar på t.d. 3 minutt.



Fokus: Shooting 1

1 The Moving Target!

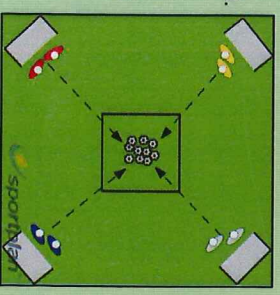
Two players who are neutral players, hold two ends of a stick to create a goal (they must stay inside the red square). Split the remaining players into two teams (they can stay in any area). Each team has their own ball. The teams need to try and shoot in the moving goal to score a point. Who can score the most goals in 2 minutes?
First stage they are **NOT** tackling each other!
Progression – now play with one ball and two teams against each other.



2 Ball Steal!

Place as many footballs as possible in the middle of the square (the diamonds). The explorers (players) run out one at a time to steal a diamond (a ball). They must shoot the ball back into their goal from inside the square to keep the diamond. Team with the most diamonds at the end win the game.

Rotate the teams around the different goals. If they miss the goal, reset the ball back in the middle and the next player goes.



Coaching points: 1. Keep head up to see the goal (target), 2. Lock the ankle. 3. Follow through (and kick the sky after!).

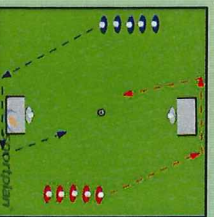


3 Numbers Game!

Split the group into two teams. Number both

teams from 1-the maximum. Players start on the half way line. When their number is called, they must run around their own goal and into the middle to get the ball first. They then must try and score in the goal to win.

Coaches can call more than one number at a time.



4 3V3/4V4

Use bigger goals. Small pitch. This will allow more shooting opportunities.

Encourage lots of shooting. Can rotate teams around depending on number of players.

