

Name: U-8 & U-9 Junior Academy

Topic: Ball Striking/ Finishing

Date:

ACTIVITY #1		FUNDAMENTAL – WARM UP
<ul> <li>20 X 20 yd grid</li> <li>Groups of 3</li> <li>Short, short, long</li> <li>Driven balls with laces</li> </ul>	Skills overview - scissor (sole roll) #1 - chop (V-pull) #2 - squash & turn #3 - Feint #4 - Step-over #5	<ul> <li>20 x 20 yd grid</li> <li>Every player has a ball at feet</li> <li>Find open spaces to accelerate into</li> <li>Ball must not hit another players hall</li> </ul>
<ul><li>Give and Go short pass, long pass</li><li>Follow your pass</li></ul>		<ul> <li>Head up while dribbling</li> <li>Execute proper moves, accelerating afterwards</li> </ul>

COOL DOWN	MATCH CONDITION GAME	ACTIVITY #2
		<ul> <li>Half the group lines up on either side of goal</li> <li>One group is keepers</li> <li>One group is shooters</li> <li>2 minute intervals, switch roels</li> </ul>
	Score points by going to goal	<ul> <li>Watch for technique mechanics</li> <li>Accuracy</li> <li>Technique</li> </ul>