

Bellevue Soccer Club -- Training Session

P.O. Box 373 Bellevue NE 68005 | 402-292-3222 | BSCNEB.ORG



Session #7 Tech -- Shooting

Activity	Description	Coaching Points
Warm Up "Sequence Game"	2players 1 Ball – Players are given a sequence to complete with the ball – Complete the sequence 3 times to finish	Control for your partner Surface choice Correct technique
1v1	2players start out on the field – coach tosses ball into play – players can score on either goal Var 1. – 1 pt for any goal scored Var 2. – 3 pt. arc 10 yds from goal – 1 pt. inside – 3 pt. outside	Surface choice Be the 1 st to the ball Use your body Correct technique -- Plant foot -- Load the leg -- first metatarsal
2v2	Var. 1 – Teams start on same side (coach starts ball) Var. 2 – Teams can attack all four goals (coach starts ball)	Read the flight of the ball Use your body
End Game	5v5 + GK	Force commitment! No 1 Touch!

Possession | Progression | Penetration | Protection