



ACTIVITY #1

Set up: NSCAA Warm Up Exercise Shooting
Set up as above Grid 30x30 : gates 2 paces apart: Randomly set out

Instructions: Players partner off with opposite color. Move around grid accurately shooting (passing) ball between cones to partner. Can not shoot on same cone twice. Vary shooting distance. Break: Flexibility Stretch major muscle groups. Continue with more intensity, working all surfaces of foot. Stretch. Mention coaching points, but do not coach. Focus on warming up physically and psychologically

Coaching Points: Mobility: Flexibility, dynamic and passive stretches



ACTIVITY #2

Set up: NSCAA Main Theme Exercise 1: Shooting
As Above. Mark a 15 pace distance along the 18yd line as shown with players at either end. Place in goal cones on ball

Instructions: Red player dribbles the line and performs a step on stop with the ball in front of the black team, changes pace and sprints to join the end of the black team (1)(A). Black player touches into the box and takes a shot on the target (Ball on cone or GK)

Progression: Red players steps on the ball in front of the black team then proceeds to follow route 2 around the yellow flag to act as a defender and put the striker under pressure (B)

Coaching Points: Think 'Can I Shoot': Shoot early: Aim small miss small: Look to the position and body language (movement) of the GK. Plant foot giving direction to ball: Understand approaching angle of the defender in phase 2. follow up on the shot



ACTIVITY #3

Set up: NSCAA Main Theme Exercise 2: Shooting "8 Ball"
Set up as above. 8 balls placed around outside of 18yd box, and beyond. Numbers 5v2 or as applicable

Instructions: 'Numbers up' players are to retrieve a ball from the outside of the coned area and attack the goal. defenders try to prevent penetration by shot, pass or dribble. Once shot has been taken, black team move to take a new ball from the perimeter and two new red defenders come on, old ones go off. Keep playing the pattern until all 8 balls have been used. Change teams roles over.

Progression: Reduce number of passes prior to shot. Binned players marked as shooters only. Increase defender ratio

Coaching Points: Thought process: can i SHOOT!

Think "Can I Shoot: Aim Small Miss Small; Placement over Power or Power over Placement?
Plant and striking foot placement
Ball and player movement away from pressure
Shoot to the far post
Frame the goal
Follow up on all shots



ACTIVITY #4

Set up: NSCAA Exercise 3: Shooting 3v2 SSG
Set up as above. Extend 18 yard box and mirror. Distribute players as shown

Instructions: Start the game with a shot on the goal! Players play and remain in their own halves. Players can either shoot from their own halves (1) or pass to team member in opposite half (2), dependent on game flow and situation.

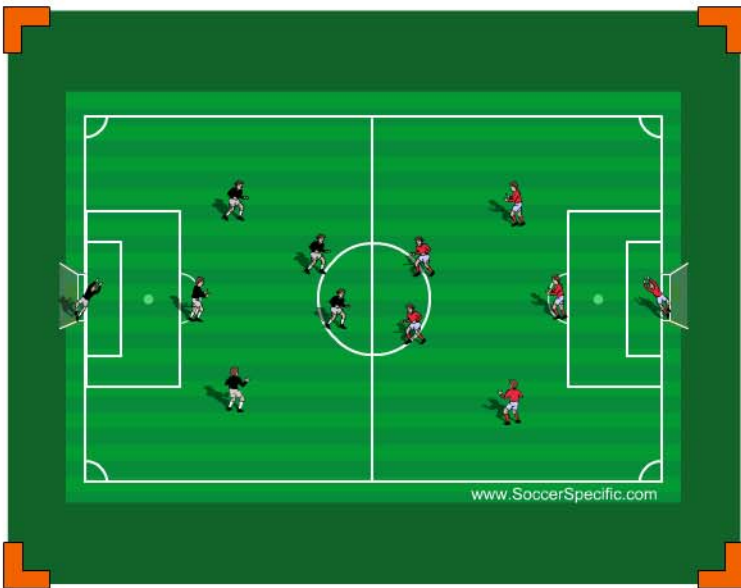
Progression: Limit touches of players in attacking half. If ball goes out of play coach starts new ball with a shot.

Coaching Points: Think "Can I Shoot!"

Aim Small Miss Small: Ball Placement

Power or Placement

As per previous shooting exercises



ACTIVITY #5

Set up: NSCAA Academy Final Game: Shooting
Formation set up as above

Instructions: Play The game in a 1-3-2 formation, to create an shooting mindset

Coaching Points: Apply all coaching points as previously covered, with a CIG Methodology