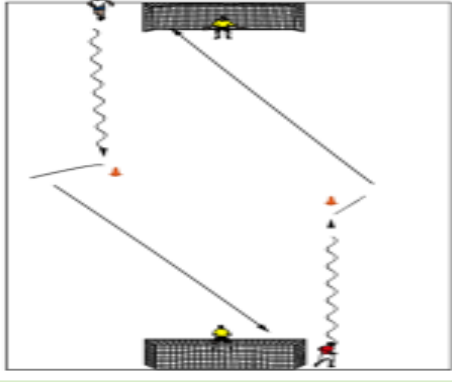
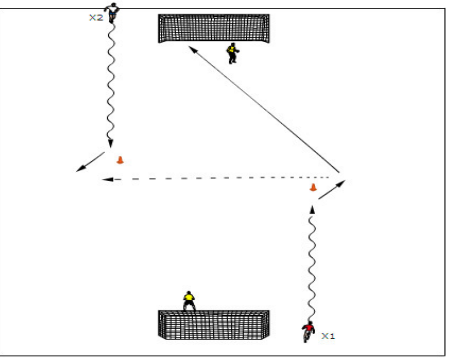
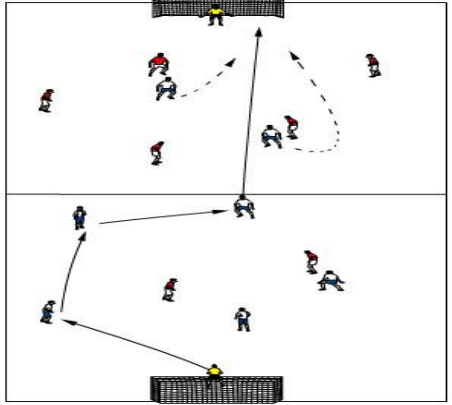
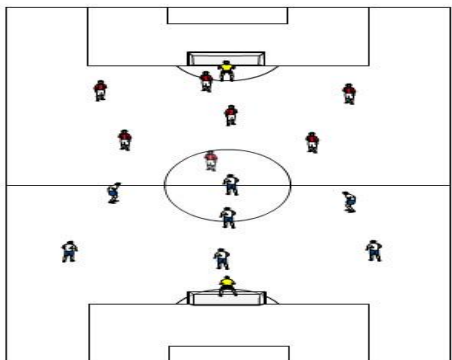


Okanagan Whitecaps FC Coaching Session Planner (Technical Session)

Coaches Name	David Broadhurst	Session Topic	Shooting and Finishing		
Date Produced	April 14 <sup>th</sup> 2009		Time available	2 hours	
Organization		Diagram		Coaching Points	
<p>Players work at the same time shooting into opposite goals.</p> <p>Players dribble out to cone, check on the outside and then shoot across goal.</p> <p>Players collect ball and join opposite line.</p>				<p>Shooting technique, strike with laces, accuracy before power, strike across goal into far corners, keep shots low where appropriate.</p> <p>Push ball out of feet to set up strike.</p> <p>Look up before shooting and then focus on the ball.</p>	
<p>Same set up as above but now opposed.</p> <p>X1 dribble out and as soon as they have shot the X2 begin their dribble. X1 must try and get across to stop the shot.</p> <p>Players always go to opposite line when finished.</p>				<p>Repeat previous coaching points.</p> <p>Focus/concentration, reaction after shooting to prevent next shot.</p> <p>Shooting under pressure, ball control to set up shot.</p>	
<p>Shooting game with two goals placed approximately 30 yards apart.</p> <p>5 v 2 in each of the zones and to begin with players are not allowed to cross the half way line.</p> <p>Coach can add conditions appropriate to the players.</p>				<p>Repeat previous coaching points.</p> <p>Movement to set up shooting chance.</p> <p>Positive attitude toward shooting, take early opportunities to shoot.</p> <p>First touch to set up the shot.</p>	
<p>7 v 7 or 8 v 8 SSG to finish.</p> <p>70 x 50 yard playing area f 8 v 8.</p>				<p>Repeat and reinforce all previous coaching points.</p>	