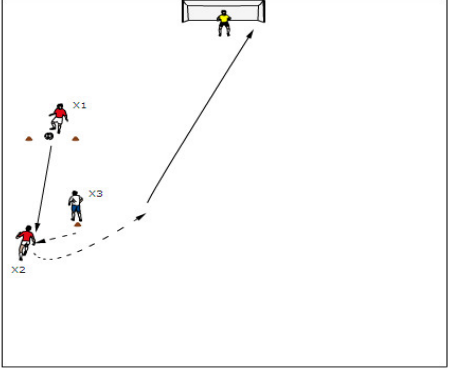
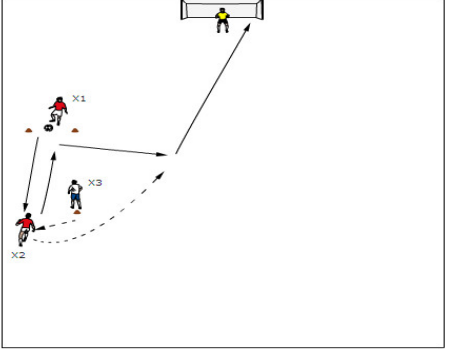
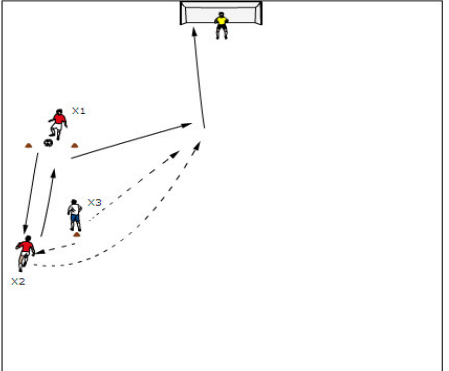
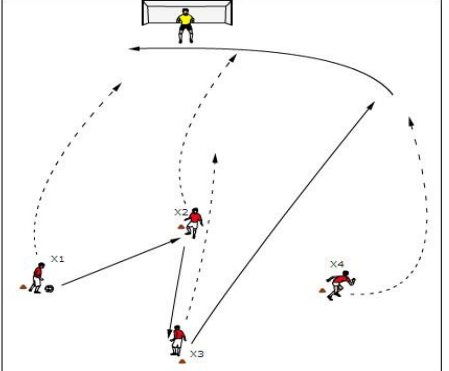


Okanagan Whitecaps FC Coaching Session Planner (Technical Session)

Coaches Name	Dave Broadhurst	Session Topic	Shooting and Finishing (combination play)	
Date Produced	June 3 rd 2009		Time available	2 Hours
Organization		Diagram		Coaching Points
<p>X1 passes to X2 as X2 moves away from passive defender.</p> <p>X2 takes touch across back of X3 and shoots at goal.</p> <p>X1 becomes X3, X3 becomes X2, X2 collects ball and joins line.</p> <p>Players work approx 18 yds out.</p>				<p>Quality of pass.</p> <p>Quality of movement.</p> <p>Communication.</p> <p>Shooting technique for accuracy or power.</p> <p>Encourage shots across goal into corners.</p>
<p>Same set up as previous drill but now X1 and X2 play a give and go around defender.</p> <p>X3 is still passive.</p> <p>Players rotate as before.</p>				<p>Repeat previous coaching points.</p> <p>Also need to place emphasis on timing as well as quality of movement.</p>
<p>Same set up as previous drill but now the defender becomes active.</p> <p>X1 and X2 play give and go, as X2 moves past the shoulder of X3 they become active.</p> <p>Foot race to the ball, X2 tries to finish under pressure.</p> <p>Players rotate the same.</p>				<p>Repeat previous coaching points.</p> <p>Pass across box needs to be flat to allow a run for the ball.</p> <p>Finishing under pressure, get across defender.</p> <p>Choice of corners when closer to goal.</p>
<p>Players work approx 40 yds from goal.</p> <p>X1 passes to X2, X2 lays ball back to X3, X3 plays through ball to X4.</p> <p>X4 crosses ball as X1,2 and 3 make runs into box.</p>				<p>Repeat all previous coaching points.</p> <p>X4 must angle run out wide.</p> <p>Attack far post, near post and edge of box.</p> <p>X4 decides where to cross. Hard and flat to near, looped to far, pulled back to edge.</p>

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Set up the first three drills on both sides of the box so that players have to take shots using right and left foot.

Stagger the third drill to ensure players aren't running into each other when working on two sides.