



# CYA WEEK 2 Session 2 Shooting

Category: Technical: Shooting  
Difficulty: Moderate

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## Description

Based on 10 players at training

### Screen 1 Cut and Shoot (15 mins)

#### Organization (15 min)

- 10 players
- see diagram for equipment and set-up
- 25x25 area

#### Activity

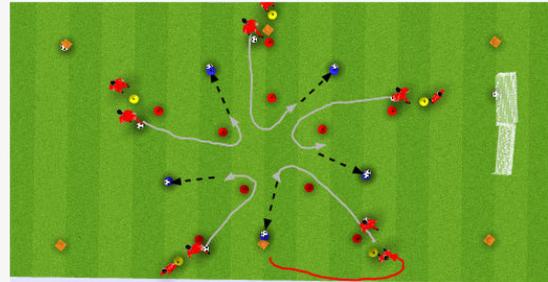
Players dribble into the center square after entering the square, make a cut around the cone and hit a low driven shot/pass to try and knock the ball off the cone.

#### Progressions/Variations

- Dribble in from the other direction to work on other foot

#### Coaching Points

- controlled dribbling
- quick cut around the cone
- accurate finish with shot/pass



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### Screen 2 Shooting relay (15 mins)

#### Organization (20 Min)

- 10 players
- see diagram for equipment and set-up
- 25x25 area

#### Activity

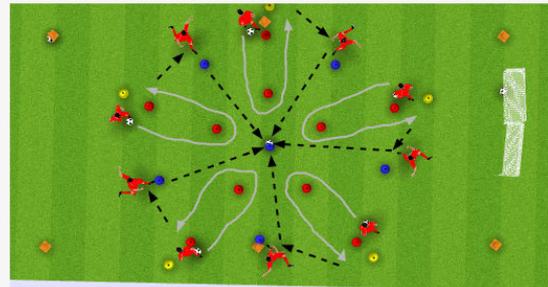
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### Screen 3 2v2 Quick shots (20 mins)

Shooting: Miss Game (20 min)

Goals close (20-25 yds)  
Coach plays balls in.

#### 2v2 to Goals.

If group misses shot they go off and two new players replace. If score goal, team stays on and Other team is OFF.

- Ball goes out. Add (1) new ball to play. If that ball goes over the sideline, ALL players go off and 4 new players enter.

-Fast Paced

(+) decide if GK Save is Miss or continue to play.

#### Emphasis:

Numerous Attacking/Defending Points



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Look to Shoot or play other player in to score!

## Screen 6 5v5 Game (20 mins)

### Free Play 5v5 Open net game (20 min)

First 10 play with no goalies to emphasize early and often shooting from various angles/distances from goal.

