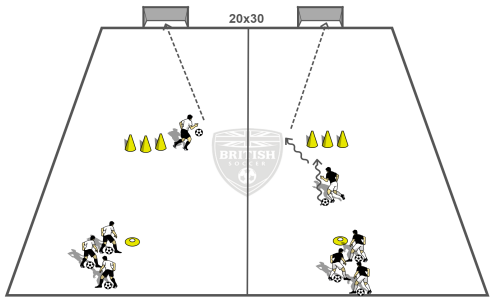
Organization:	**Challenger Sports**	Week:	**Week 4**
Age Group:	**U7s**	**65**	Minutes
Category:	**Recreation**		

Topic: Ball Striking & Accuracy

Objective: To gain better accuracy when striking the ball both short and long distances.

Session Part: Warm-up



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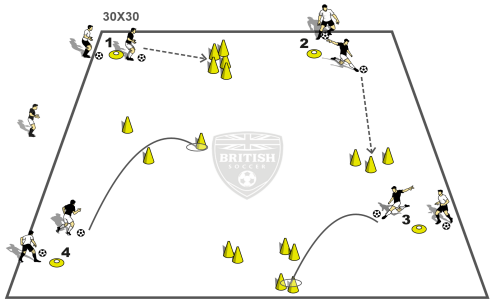
Organization	Time: 15
Area:	20x30
Numbers:	8 Players

Players split into 2 equal groups working simultaneously.
1 ball - 1 player each, 3 tall cones acting as defenders & 2 goals at opposite end to the players.
1 player from each group dribbles towards the cones and performs a fake/trick.
The player then maneuvers the ball to the left/right and strikes the ball into the open goal.
Player collects their ball & joins the back of the line - next player repeats.

Progressions	Coaching Points
Add a goalkeeper. Increase fake/trick levels. Use of both feet to strike the ball. Add a passive defender.	Approach the cones at speed. Quick execution of fake/trick. Good touch at an angle to set up the strike. Approach to the ball & planting of standing foot. Strike with the instep/laces & follow through.

Session Part: Technical Fundamentals



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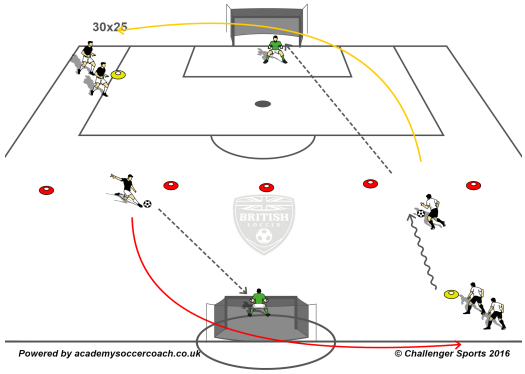
Organization	Time: 20
Area:	25x20
Numbers:	8 Players

1 player - 1 ball each.
Players split into pairs within 2 teams and begin at a different hole within the soccer golf course.
Players take it in turns to strike the ball & aim for various targets at each hole.
Once players take 2-3 turns at each hole the coach moves the pairs onto the next hole.

Progressions	Coaching Points
Introduce points system. Add obstacles for players to strike through/over. Use other equipment - hoola hoops or create target areas instead of tall cones to knock down. Moving ball instead of a static strike.	Approach the ball at an angle. Plant the standing foot & draw striking leg back. Strike the ball with the instep/laces. Weight of the strike in relation to distance. Follow through the strike for power.

Session Part: Game Scenario



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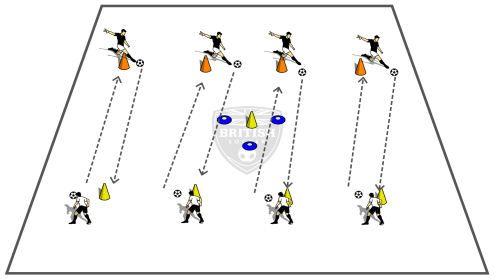
Organization	Time: 15
Area:	30x25
Numbers:	8 Players

1 player - 1 ball each.
2 goals - begin without a goalkeeper to develop confidence and success.
Players begin "The Alamo" at opposite ends of the area and begin dribbling towards half way point.
Once players reach the half way point they take a bigger touch at an angle and strike the ball at goal.
Players collect their ball and join the back of the opposite line - next player repeats.

Progressions	Coaching Points
Add a goalkeeper. Increase/decrease striking distance. Add a defender to beat. Use of both feet. Add targets in the goal to earn points.	Close control and bigger final touch before strike. Approach the ball at an angle. Good striking technique. Hit the target. Confidence & positive mind-set.

Session Part: Small Sided Game



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Organization	Time: 15
Area:	30x35
Numbers:	8 Players

King Cone
Split group in to two teams. Have 1 team one half of the grid and the other team on the other half.
Place as many cones as there are players out, the same distance between each other. Then place 1 more cone in the middle of both teams(king cone).
Players try to hit down the other teams cones the fastest, then they can try hit the King Cone.

Progressions	Coaching Points
Make the distance bigger Use both feet	Awareness of space. Good, positive first touch. Awareness

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