



(10U) --- Week 16

Topic: Striking Volleys

Technical Warm up	Organization	Coaching Pts.
	<p>Introduction to Striking Volleys: Groups of two players with a ball</p> <ul style="list-style-type: none"> • Step 1: Players will self-serve the soccer ball and strike the ball to his/her partner who will catch the soccer ball and repeat the action • Step 2: One partner serves to the other. The serve is knee high and underhanded • Step 3: In 3's. One player moves and volleys and the other two serve the ball. Switch players after a few services. <p>All technical exercises will:</p> <ul style="list-style-type: none"> ○ Let ball bounce and volley ○ Not let the ball bounce and volley <p><i>Players will try to volley the ball with the right and the left foot.</i></p>	<p>• Keep eyes open and focused on the ball</p> <p>• Use arms for balance</p> <p>Inside of the foot</p> <ul style="list-style-type: none"> • Bring the knee up to the side and get the toe up, heel down and ankle locked • The foot should make contact through the middle of the ball • The plant foot will help the player aim for the target, keeping the head and shoulders straight. <p>Instep</p> <ul style="list-style-type: none"> • Knee higher than the ball • Lock ankle and point toe down for instep (laces) volley <p style="text-align: right;">Time: 15 minutes</p>
<p>Small Sided Game</p>	<p>1v1 Soccer Tennis: Play 1v1 in a 10x10 yard grid. A player starts off with a ball and serves it with a volley over a line or net in the middle of the area. The ball can bounce once but then must be returned. A point is won on a bad serve or when one team fails to return the ball.</p> <p>Coach: Play 5 minute games. Players can use inside or instep volleys.</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Do not let the ball strike you • Strike the ball on the upper half of the ball to drive it down; the middle of the ball to drive it level; the lower half of the ball to drive it up • Lock ankle and turn toe up for inside of the foot volley; players should lock ankle and point toe down for instep (laces) volley <p style="text-align: right;">Time: 15 minutes</p>
<p>Exp. Small Sided Game</p>	<p>3v3/4v4 Headers and Volleys: Organize players into teams of 3 or 4 players. Set up a 25 yard x 30 yard rectangular field with goals centrally located at each end. The team in possession passes the ball by volleying to his/her teammate and catching it. The only way to score is by volleying the ball to goal. Players can only take a maximum of 3 steps with the ball; then they must pass the ball to a teammate. Goals can only be scored by one touch volley into the goal for 5 points or heading the soccer ball for 3 points. If the soccer ball bounces more than twice, possession goes to the other team</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Use inside of the foot volley to pass to a teammate • Use Instep volley for power to score and for a distance pass, clearance away from goal or cross to goal <p style="text-align: right;">Time: 20 minutes</p>
<p>Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
<p>7v7 Scrimmage</p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;">Time: 30 minutes</p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session – Time 10 min.</p>	