

Scoot and Shoot

Sam Snow, Technical Director – US Youth Soccer

Activity 1: Technical Warm-Up + Dynamic Stretching

In groups of 3 – pass, turn, hard low pass to target player who moves post-to-post

- Turns – inside or outside of the foot; away from the body or across the body; turn – cut or chop – shoot
 - Guided Discovery:
 - What parts of your foot can you use to turn?
 - How do you use your body for shielding before you turn?

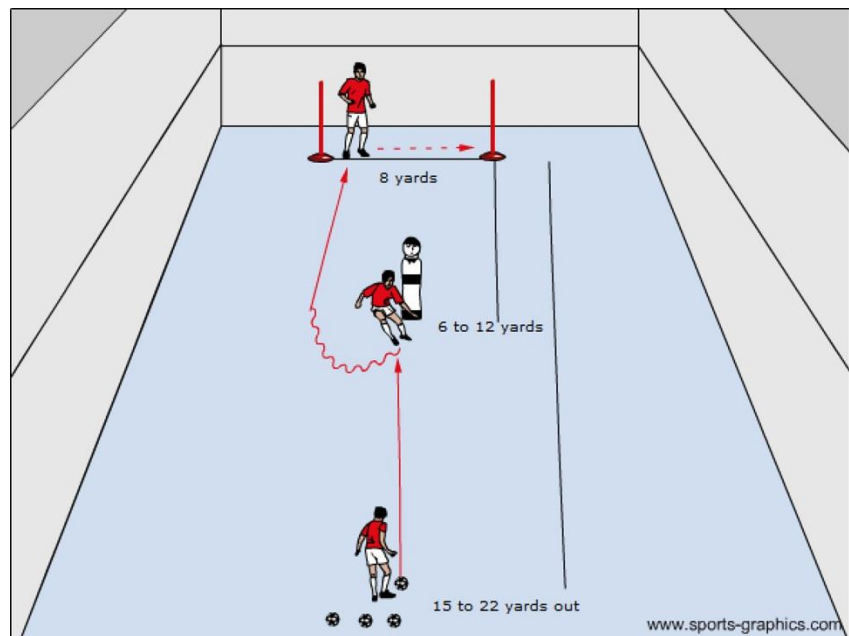


Figure 1 - Activity 1

Activity 2: repeat activity 1 now with live defender at 50% pressure while going to two regulation goals.

- Add sharp turn and feint before the turn
 - Guided Discovery:
 - What do you look for now to know when to turn?
 - How can you get the defender to take a step the wrong way?

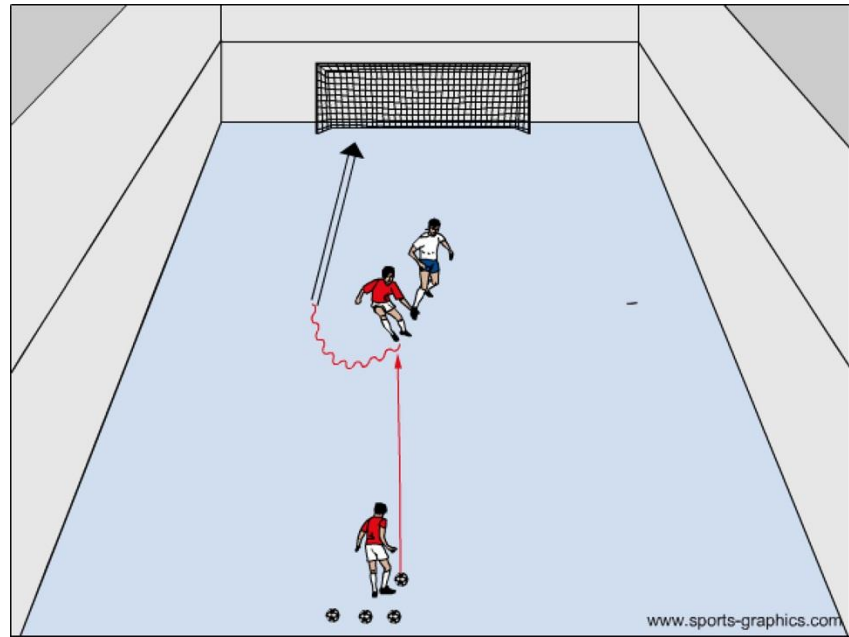


Figure 2 - Activity 2

Activity 3: 3 vs. 1 to one goal (set up 4 stations)

- Individual turn and shoot
- Combinations: lay off or wall pass
 - Guided Discovery:
 - What do you look for to know if you need to play the ball back?
 - Can you play a wall pass and then turn to get the return pass?

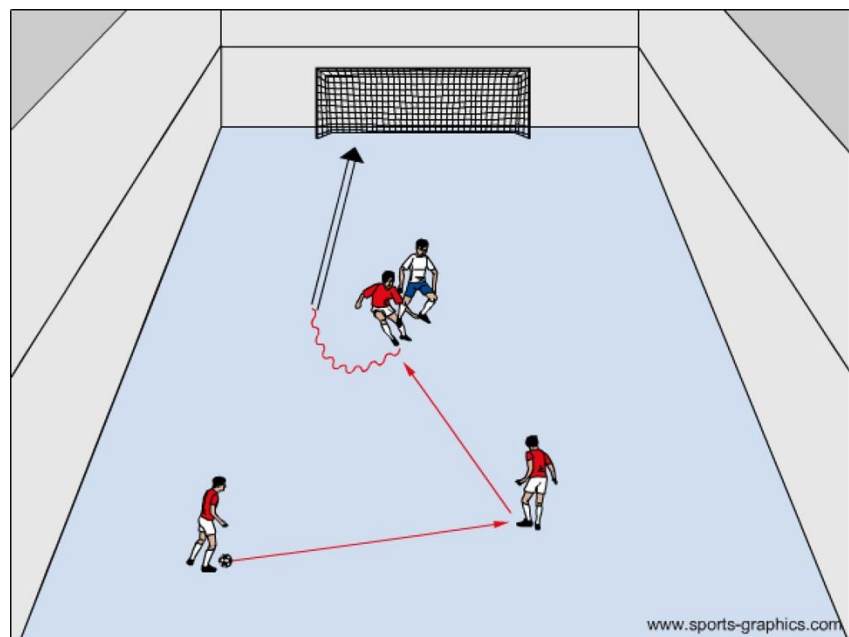


Figure 3 - Activity 3

Activity 4: 4 vs. 4 + GKs to 2 goals in a 40 x 50 yard grid

- Emphasis on combinations, diagonal and square passes from the flanks
- Guided Discovery:
 - When should to pass to the marked up forward?
 - What passes can you make to draw the defender to one side before passing to the marked up forward?

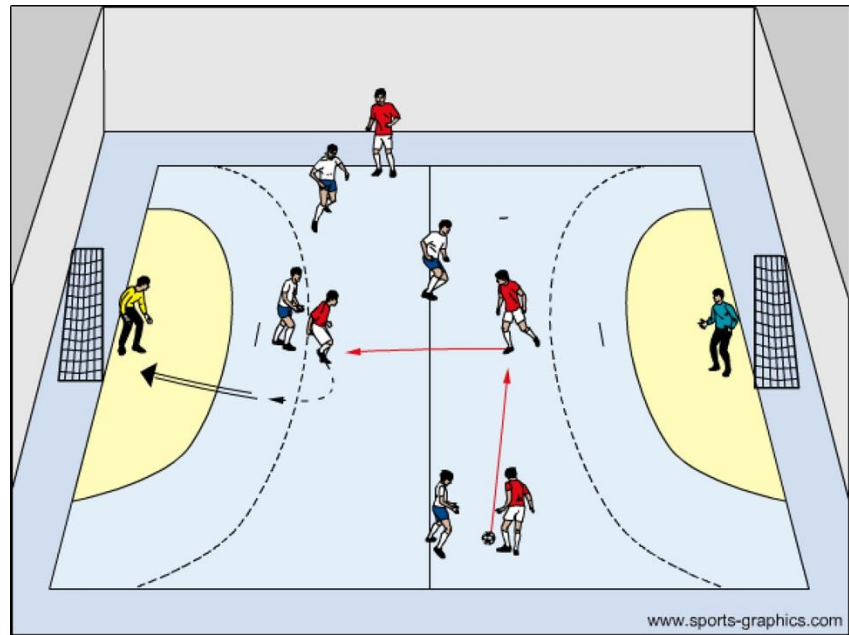


Figure 4 - Activity 4

Activity 5: 8 vs. 8 to goal

- Guided Discovery:
 - Reminder questions only

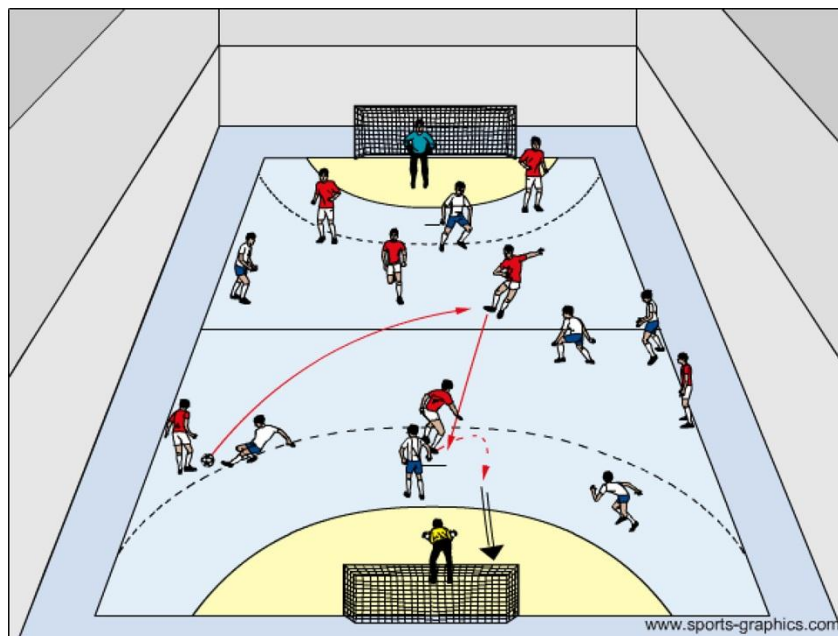


Figure 5 - Activity 5

Activity 6: cool-down with static stretching and various light movements

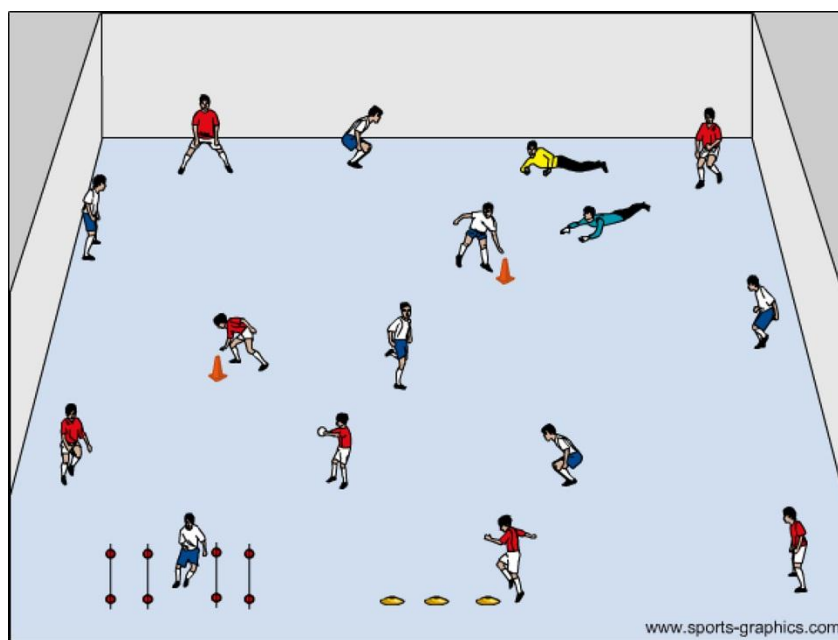


Figure 6 - Activity 6