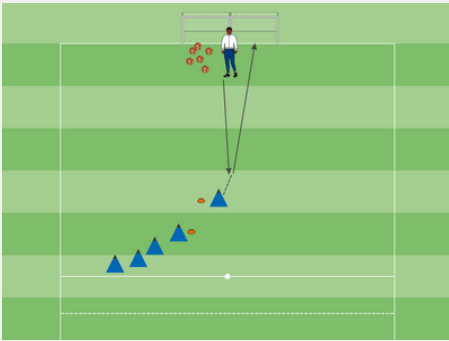


# STEP CURRICULUM

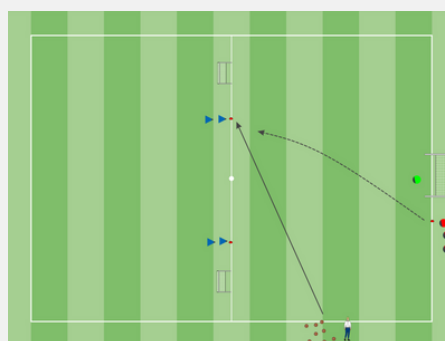
## WEEK 6

### Striking with laces



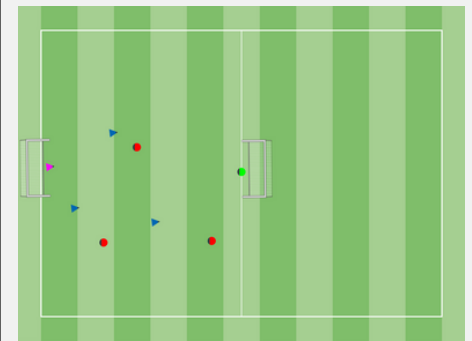
- Coach to demonstrate technique of striking ball with laces
- Position of non-striking foot; ankle locked; knee over ball; follow through
- Coach rolls balls to player at front of line to shoot
- Bouncing balls can help initially to keep focus on ankle locked & toe down
- For players who can strike ball with dominant foot, practice non-dominant
- Keep things fast moving
- Use gamification to make it fun

### 2v1 to Large Goal



- Field as shown - Half of 4v4
- 2 score in large goal with GK
- 1 score in counter goals
- Defender can defend as soon as ball is played
- Coach plays ball in
- Score by shooting
- Can you shoot? Shoot
- If you can't shoot, how can you create enough space to shoot? Can your teammate?
- Where should we play our teammate? In front
- Where should your first touch go when you receive the ball?

### 3v3 to Large Goals



- 3v3 on half a 4v4 field with large goals and GK
- Free play - Lots of shooting opportunities
- Can you shoot? Shoot
- Don't have space? What happens if you take a touch to forward at an angle?
- Do your teammates?

### Week 6 - STEP Guide

Play (10 minutes) - Practice (30 minutes) - Play (20 minutes):

#### Standards

- Dribbling
  - Dribbling to prepare for a shot - prep touch
- Receiving
  - Scanning, Space, Where are defenders, Where is the goal, How can I set up to score?
  - First touch in space to score - open body, forward foot
- Shooting
  - Proper technique
  - Inside of foot - Passing with pace... Instep - laces, toe pointed down and away, ankle locked follow through on to non-shooting foot

#### Focuses

- Rules, focus, concentration, routines - Shorten time between activities - keep them moving!
- Set high standards!
- Fast rotations through the 2v1 - don't freeze to coach unless you demo, pull kids individually and get them back in quickly.
- Group by ability