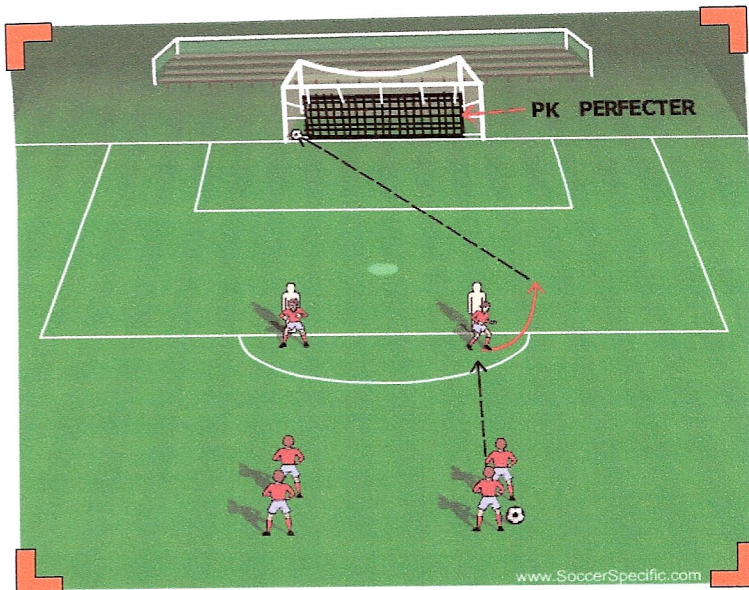


SoccerSpecific.com Session Plan: PK Perfecter Drills by RICHARD SMITH



ACTIVITY #1

Set up: Full size goal, PK Perfecter, 2 Mannequins

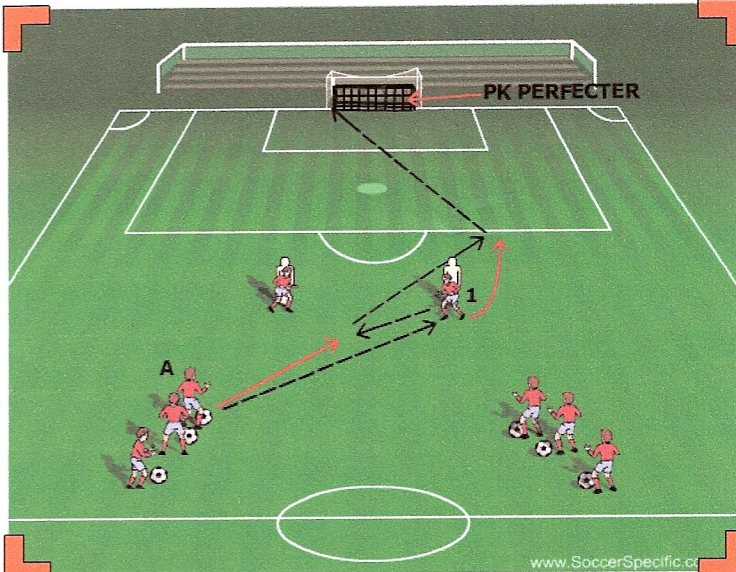
Instructions: Pass into attacker who turns and shoots. Rotate to opposite line after shot. Use both feet and use different turns

Coaching Points: Check away and back to ball

Pace on pass dictates turn

Technique of turn

Finish into corners



ACTIVITY #2

Set up: Full size goal, PK Perfecter, 2 Mannequins

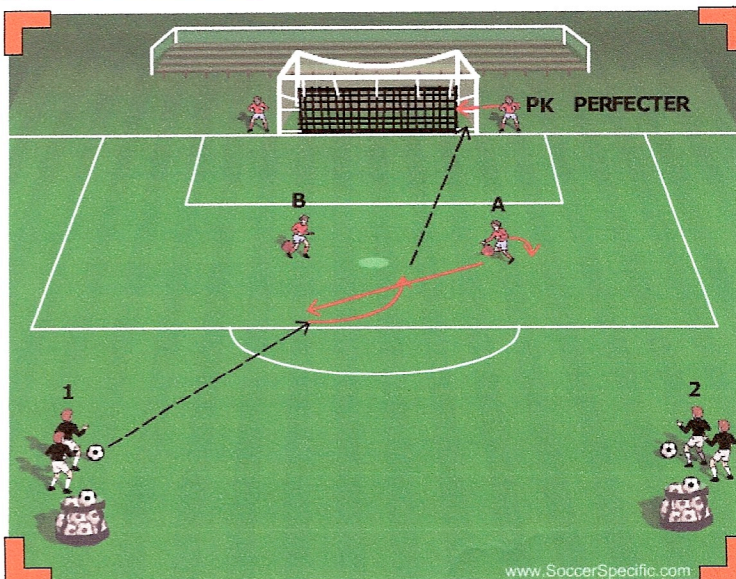
Instructions: Player A passes into player 1 (who has checked away then back to the ball) Player 1 lays the ball off to A who has followed his pass. Player A plays the ball behind the mannequin and Player 1 has spun to receive pass from A.

Coaching Points: Timing of movement

Communication

Weight of pass and lay off

Finish into corners



ACTIVITY #3

Set up: Full size goal and penalty area

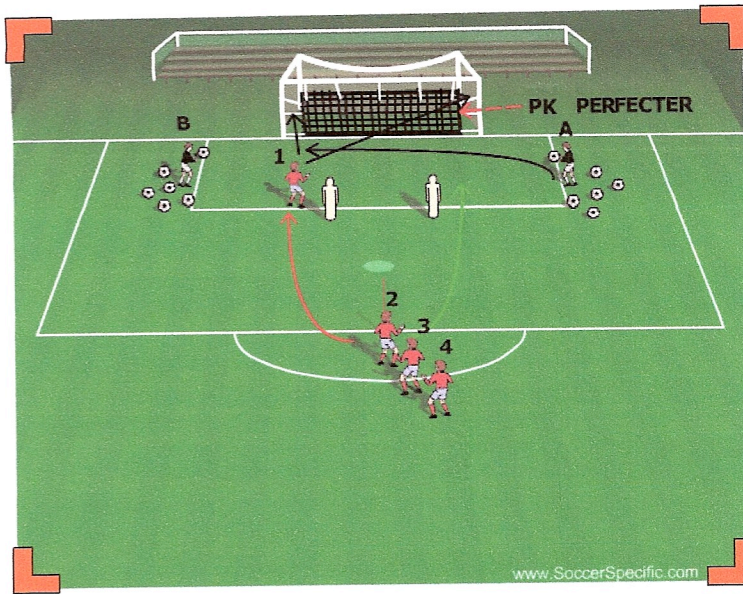
Instructions: Player 1 passes the ball diagonally to player A who has checked away then back to the ball. Player A will turn on their first touch and shoot. Rotate A to 2 and B to 1. Change sides after a set time

Coaching Points: Timing of movement and pass

Communication

Technique of turn

Finish in the corners, its not how it got there its where it ends up.



ACTIVITY #4

Set up: Full size goal, PK Perfecter. Penalty area
2 mannequins, agility pole

Instructions: Server A volleys the ball out of hands to the far post for player 1 to head towards goal. Player 2 goes the opposite way to player 1 and received the ball from server B. Replace servers after a set time.

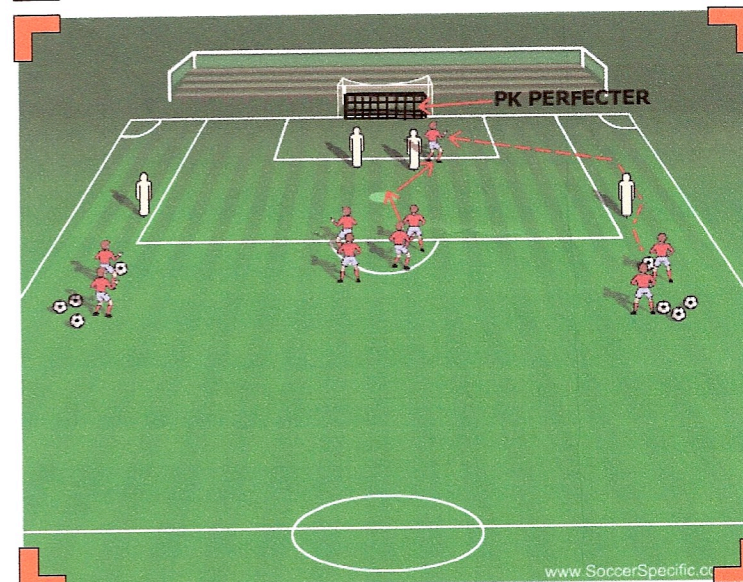
Coaching Points: Curved run

Communication

Take off of one foot

Technique of heading, head into corner or across back where the ball came from

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ACTIVITY #5

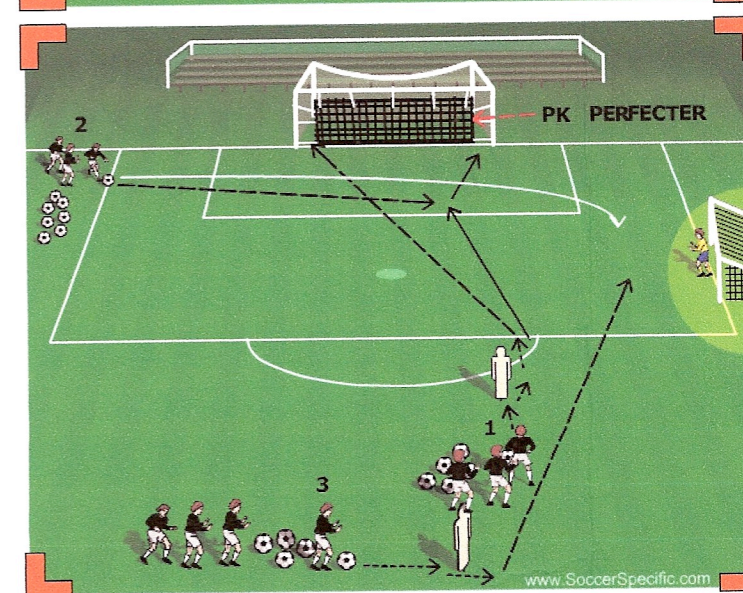
Set up: Full size goal, PK Perfecter, 4 Mannequins
Full width of field & Penalty area

Instructions: Start on right with player dribbling at mannequin performing a move and crossing near post for run of attacker. Attackers rotate to work both sides, change crossers after a set time

Coaching Points: Timing of run. Take defender away from near post then get across front to attack cross

Pace of cross dictates finish etc... cross with pace-redirect (use foot furthest away from crosser)

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ACTIVITY #6

Set up: Penalty area plus 12 - 15 yards

2 mannequins

2 Full Size Goals

Instructions: Player 1 dribbles at the mannequin makes a move and shoots on goal (aiming for the corners as that's the only place the PK Perfecter will allow) Immediately after shot the ball is passed in from Player 2 and player 1 has to react to pass and finish on goal

PROGRESSION 1

Player 2 after passing to player 1 makes a run to attack player 3's cross on highlighted goal

PROGRESSION 2

Player 2 now serves the ball in the air for player 1 to attack

Players move to next position after finishing 1-2 and 2-3 and 3-1. Change sides after a set time

Coaching Points: Player 1: technique of dribbling, shoot for corners, react to pass, body position to finish

Player 2: Weight of Pass, PROGRESSION: timing of run, attack cross, finish away from GK

Player 3: Technique of dribbling, timing of cross, check attackers run, quality any type of cross, body position

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