

Sudet | English Football School

Week 1 Schedule – Shooting Practice

Viikko 1 Ohjelma – Laukaus harjoitus

Introduction - Johdanto

Brief talk about English Football and English language

Lyhyesti Englantilaisesta jalkapallosta ja englannin kielestä

In English - Englanniksi

In Finnish – suomeksi

Warm-up - Alkuverryttely

Englanniksi	Suomeksi
Jogging	Hölkä, kevyt juoksu
Side-steps	Sivuaskeleet
Knees up	Polvet ylös
Feet/Heel flicks	Jalat ylös
Open legs out	Jalat ulos
Open legs in	Jalat sisään
Walking lunges	Askelkyykky
Squat and jump	Kyykky ja hyppy
Sprint 50%	Juoksu 50%
Sprint 80%	Juoksu 80%
Sprint 100%	Juoksu 100%

Ball Control - Pallon hallinta

Players will find free space inside an area. Half of the players will dribble with a football. Half of the players will search for free space asking for the ball. Players with the ball will pass to a player asking for the ball, then receive the ball straight back after 1 or 2 touches from the receiving player. After 5 passes, the players will change place.

Englanniksi	Suomeksi
Find free space	Etsiä vapaa tila
Dribble with the ball	Pallonkuljetus
Ask for the ball	Pyytää palloa
Pass the ball	Syöttäminen
First touch	Ensimmäinen kosketus

Dribble and Shoot - Kuljetus ja laukaus

Players will dribble their ball inside an area with 2 goals. When the coach calls 'Stop!', players will stop their ball with their first touch, look for the nearest goal, take their ball into free space with their second touch then shoot towards the goal. After 3 shots with their strongest foot, the next 3 shots will be using their weaker foot.

Englanniksi	Suomeksi
Go! Stop!	Mene! Pysähdy!
Stop the ball	Pysäytä pallo
Take the ball into free space	Ota pallo vapaaseen tilaan
Shoot	Laukaus

Pass, Dribble and Shoot - Syöttö, Kuljetus ja Laukaus

Players will form a line at the halfway line, facing the goal. 1 player will be waiting near the penalty box, to the left side.

The first player in the line will pass 1 ball to the player near the box. The player will then control the ball, dribble into an area, then shoot with their right foot. They will then run to the right side of the box.

The player in the line will pass the ball to the waiting player. The waiting player will dribble into an area and shoot with their left foot.

The player shooting will return to the back of the line, whilst the person who was passing, will take position near the penalty box.

Englanniksi	Suomeksi
Make a line/ Form a queue	Muodostaa jono
Simple pass	Helppo syöttö
Simple Control	Helppo hallinta
Turn	Kääntyä
Left foot/Right foot	Vasen jalka/ Oikea jalka

Small-Sided Game - Pikku Peli

After practising different ball control and shooting skills, players can use these techniques in a small 5 v 5 game.

Cool-Down – Loppuverryttely

Long shooting practice game. Players will start with their ball at 2 metres from the goal. If the players score, they move to 5 metres. If the players miss the target, they have a second chance. If the players miss the second chance, they are out of the competition. The players will shoot from further away from the goal if they keep scoring. The winner will be the player to score from the longest distance.