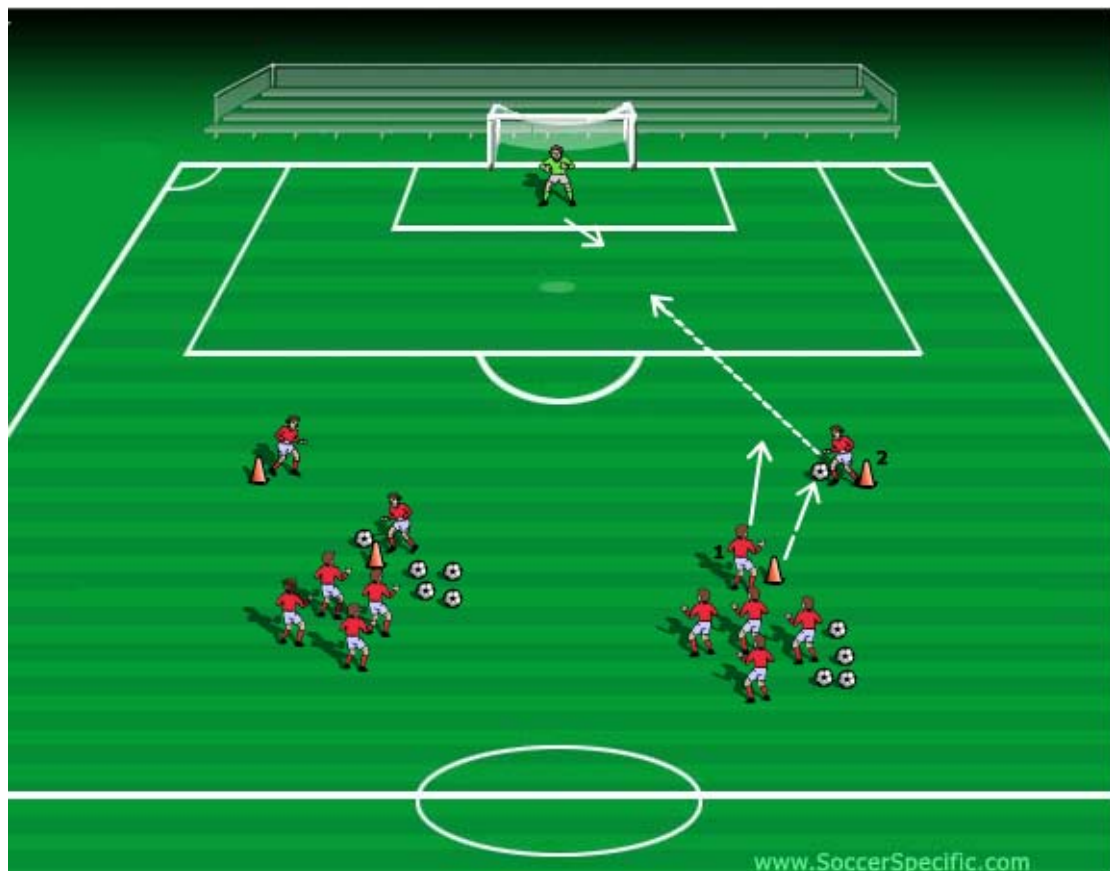


Session 1



1 v 1 against Goalkeeper Under Pressure

Player 1 passes to Player 2

As soon as player 2 takes a touch, player 1 is live and defends

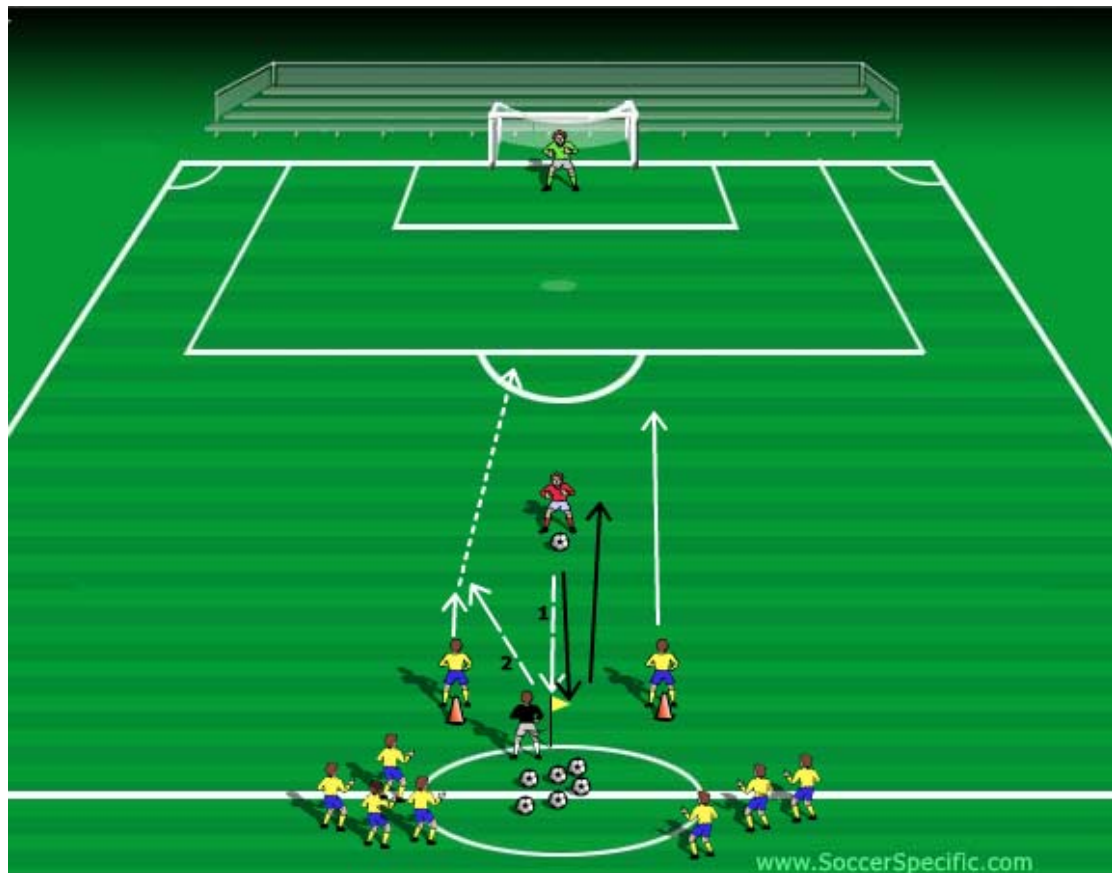
Player 2 goes 1v1 against the GK under pressure from Player 1

Players rotate and change sides after shooting

Players decide on technique to score:-

- Chip
- Beat the GK
- Fake to shoot
- Ball through GK's legs

Session 2



2 v 1 Against Goalkeeper under pressure

The Defender passes the ball to the coach and then sprints to the flag

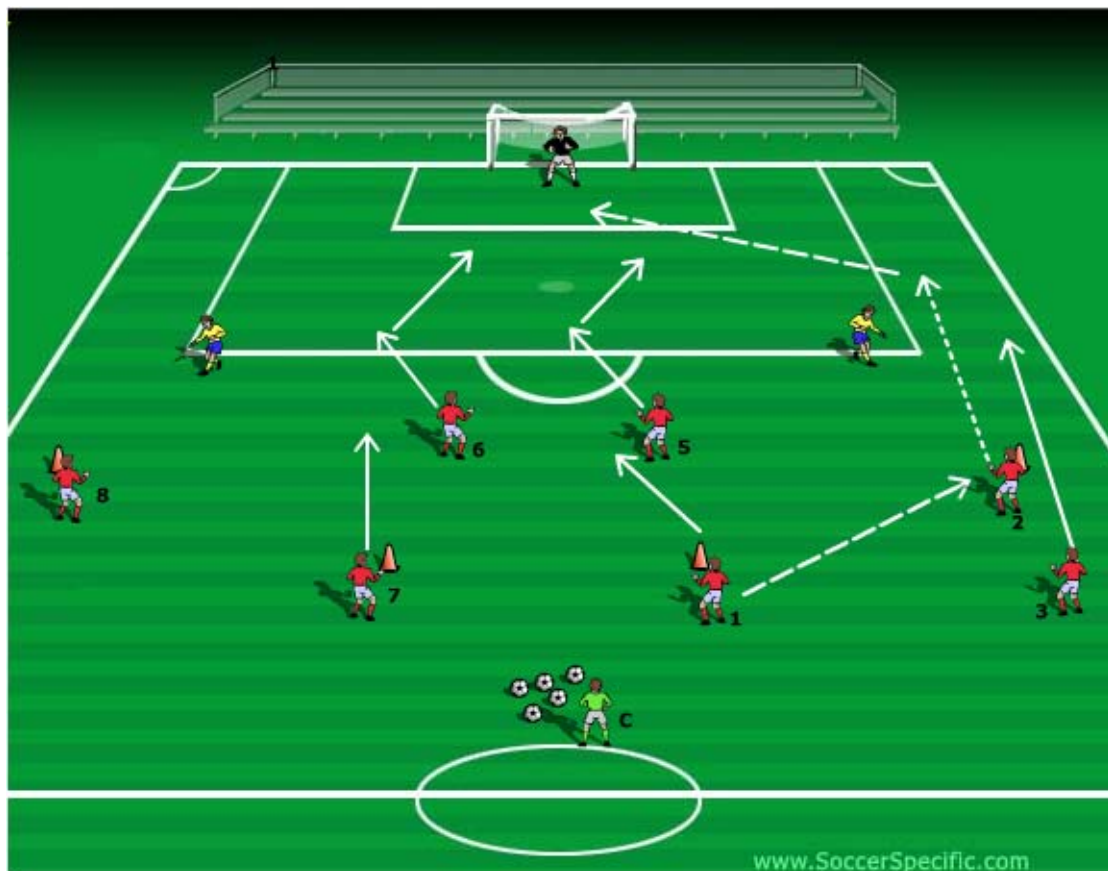
The coach passes to either of the strikers

Striker takes a good touch out of his/her feet towards goal. They can go 1v1 against the GK or pass to team-mate

Players decide on technique to score:-

- Chip
- Beat the GK
- Fake to shoot
- Ball through GK's legs

Session 3



Movement of strikers when ball is delivered from wide areas

Player 1 passes ball to Player 2

Player 2 beats defender and crosses for Players 5 and 6

Player 3 supports Player 2 (overlap or available for roll back)

Strikers 5 and 6 hold run and attack front and back post

If cross is over hit the strikers spin out and change roles for the ball crossed in from Player 8

Session 4



Shooting early towards the near post using disguise

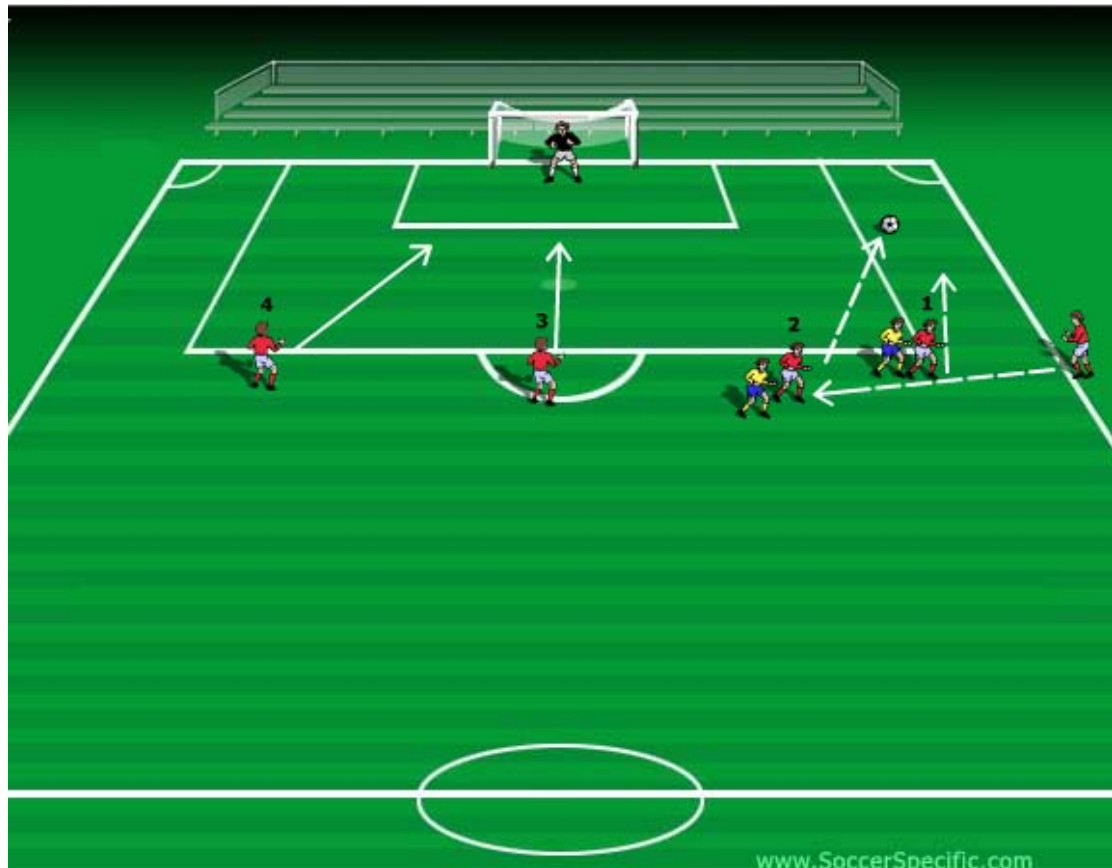
Striker beats the mannequin with a trick/turn

He/She then shoots before the flag

He/She shapes to curl the ball into far corner (disguise) and then shoots low into near corner.

- use correct technique to shoot low and hard
- disguise your shot (open body and give GK the eyes)

Session 5



Set Play – Throw-In

Player throws ball over the head of Player 1

Player 1 runs towards thrower and then curves run down the line

Player 2 side volleys/passes the ball into the path of Player 1

Player 1 crosses for Players 3 and 4

Make sure the throw is flat and over the shoulder of Player 1

Player 2 must cushion the ball into the path of Player 1

Session 6



Free Kick

Player 1 rolls ball to Player 2

Player 2 walks back to open the angle and stops ball

Player 3 shoots into the corner of the goal



Session 7



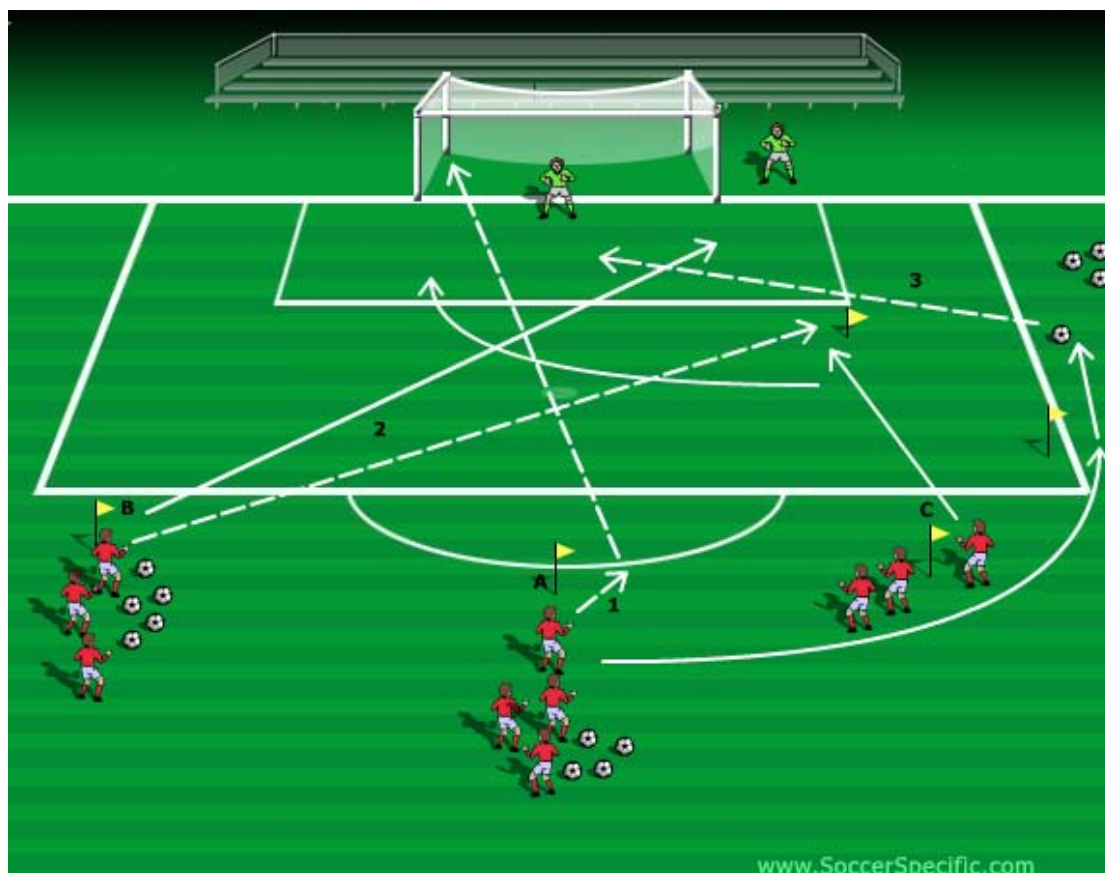
Free Kick 2

Place 2 players on the end of the defending wall so that the GK is unsighted

As soon as GK moves across to see the ball, player 3 clips the ball over the wall and into the goal

NB - Player 3 must stand close and shoot as soon as the GK moves across the goal

Session 8



Game Like Finishing - Shooting from distance and finishing from various crosses

Players are divided into groups (A,B,C)
Starting flags mark the starting points

Player A takes a touch to the side of the flag and then strikes at goal. He/she then immediately sprints (curved run) around the flag at Group C.

Player B drives a cross in the direction of the flag positioned on the edge of the 6 yard box which Player C attacks

Player C then spins out towards the back post and Player B attacks the front post in anticipation for the cross which will be delivered by Player A

After 5 mins change the roles of the players as well as the direction of the crosses.

- do everything at speed (game specific)
- Player B to not get into the box too early when attacking the box from player A
- Player C must "stay alive" in the box by making a second run to receive cross from Player A

David Mitchell

Current Team
Perth Glory FC
Position
Head Coach



david.mitchell@perthglory.com.au

Joined Perth Glory as an Assistant Coach just prior to the 2006/07 season and was elevated to the top job after round 11 of the 2007/08 season.

Born in Scotland, David Mitchell started his football career with local club Enfield before joining Adelaide City in 1980 as a striker-winger in the National League before switching to Sydney City in 1983 for two seasons.

Mitchell played a total of 108 national league matches scoring 33 goals and in 1981 was named NSL Under 21 Player of the Year.

He became a modern-day pioneer for Australians in Europe, representing several high-profile clubs including Glasgow Rangers, Eintracht Frankfurt, Feyenoord, Chelsea and Newcastle United. He also played for Millwall and Swindon Town (England), Altay Izmir (Turkey), Seiko (Hong Kong) and Selangor (Malaysia).

Mitchell was the first Australian to play in the Scottish Premier League, German Bundesliga and the Dutch Premier League. Mitchell was also the first Socceroo to score in a European club competition.

Mitchell represented Australia at the 1981 FIFA World Youth Championship in Australia and the 1988 Olympics in Seoul. His Socceroo career lasted 12 years after debuting as an 18-year-old in 1981. He went on to represent Australia on a total 44 occasions scoring 15 goals, including 29 full internationals for 11 goals.

He was the first Australian to play in four senior World Cup campaigns (1982-1994) and his insistence on playing for his country cost him club positions in Europe as he only joined clubs which would grant him clearance to play for Australia.

As a coach, Mitchell managed Sydney Olympic & Sydney United while also playing for the club and was Parramatta Power's inaugural coach. He won the Coach of the Year award in 1998/99 after taking Sydney United to the premiership (top of the league) and a Grand Final appearance.

His senior coaching career in the former NSL spanned six seasons and 154 matches, with 68 wins, 31 draws and 55 losses.

His outstanding contribution to football in this country was recognised when he was inducted into the 'Hall of Champions' in the Australian Football Hall of Fame (2006).



Mark Lee

Current Team

Perth Glory FC

Position

Midfielder

Date of Birth

31/5/1979

mark.lee@footballwest.com.au



Joined Perth Glory in the 2006/07 and played 8 times for the club during a 3 month loan period. Played a further 2 games in the 2007/08 season and was rewarded with a 1 yr contract for 2008/09 and will continue his role as Youth Development Officer with Football West

Born in Co Durham, England Mark Lee started his football career with English 3rd division club Scarborough FC ,after coming up through the ranks at Middlesborough FC. He signed a professional contract with the club in 1997 and after a season then signed for Scottish Premier League club Hibernian FC. He then completed a soccer scholarship in sports management in the USA at Lynn University before coming to Perth, Australia in 2002

He played in the WA State League for a number of clubs and won the WA Player of the Year in 2005. In 2006 he started work with Football West as the Youth Development Officer and gained his Asian B Licence. Mark is also a Small Sided Games Ambassador for the FFA.



FFA Coaches Conference

Sydney Olympic Park May 27th

Dave Mitchell - Goal Scoring Secrets

