

Theme: Shooting

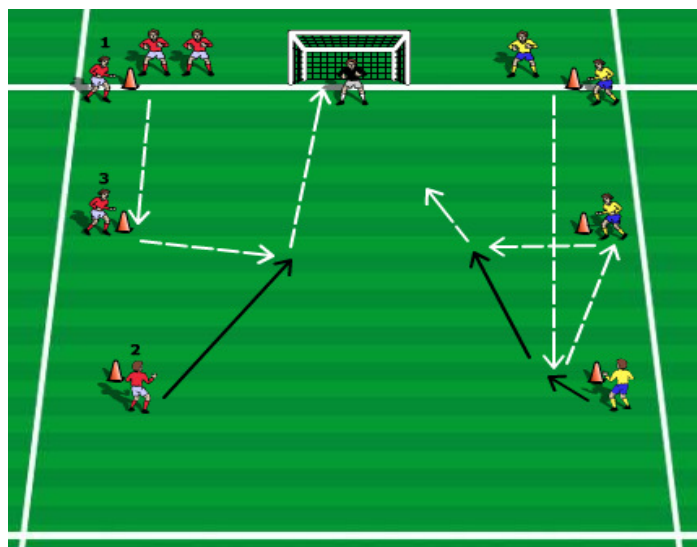
Drill

Set Up: Set up – see diagram opposite. Approximately 8 – 12 steps between the cones.

Objective: Player 1 (red) passes short to Player 3 who controls and lays a ball into the path of Player 2 to shoot at goal. Repeat play from other side. Rotation 1 - 3, 3 - 2, 2 fetches the ball goes to 1.

Variation: Player 1 (yellow) passes long to Player 2 who controls and plays a 1 – 2 with Player 3 before shooting at goal. Exercise can be developed to provide various shooting patterns.

Technique: Focus on ball / angle of approach / standing foot / knee over ball / lock ankle / arms up.



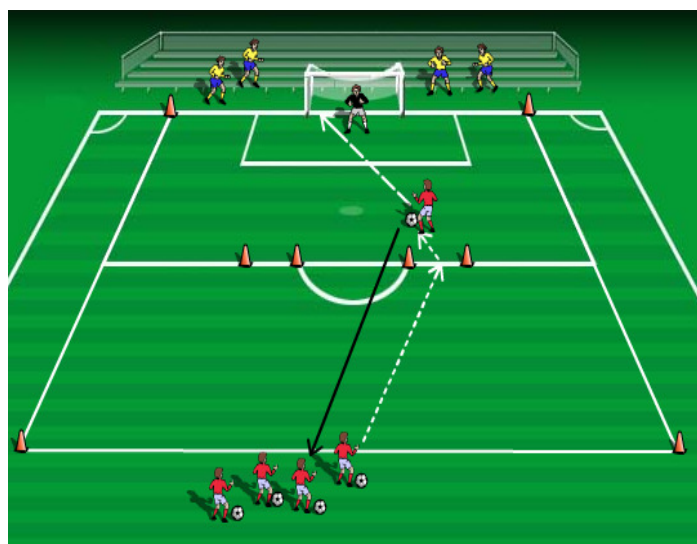
Development Activity

Set Up: Field approx 30 to 36 long and 20 to 30 wide, goal at one end. 2 teams compete to score the most goals within a set time i.e. 2mins. 1 team shoots and 1 team fields, teams then rotate.

Objective: Players go one at a time, drive across the line and shoot. 2nd Player goes as soon as previous Player has shot and so on for set time and/or set number.

Variation: Players must drive through a gate before shooting at goal – Player can choose gate or coach may nominate right or left.

Technique: As Drill – power, placement or disguise.



Group Play

Set up: Field approx 36 by 30, 2 v 2, with end Players and GK's.

Objective: Attacking team build up to create shooting opportunities. End players can return passes and/or wayward shots for attacking team to shoot

Variation: Goals can only be scored after playing off an end player.

FREE PLAY TO FINISH!

