

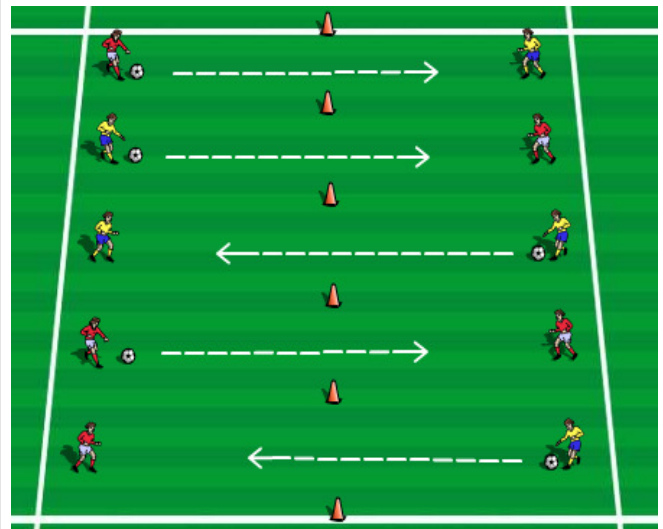
### Theme: Shooting / Heading / Goalkeeping Introductory Activities

#### Shooting - 2 Sided Goal

**Set Up:** Players in pairs facing each other, cones (6 steps apart) in the middle create a two sided goal.

**Objective:** Players 10 – 12 steps apart control and pass the ball continuously using instep. Progress to gently striking the ball through the goal using the laces back to partner. As technique improves increase distance between the players. Introduce points for scoring and additional points for accuracy i.e. 1 point for scoring through goal, 2 points for scoring through goal with accuracy to find partner.

**Progression:** Introduce GK's. Pair Players up and play 2 v 2 shooting challenge.

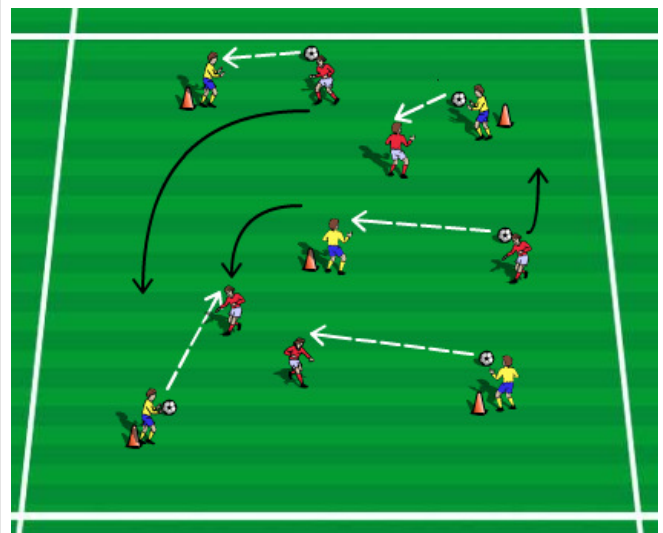


#### Heading on the Move

**Set Up:** Area approx 30 x 25 - two groups one with a ball, one without. Group with ball find a free space. Group without the ball stand 4 to 5 steps away facing their partner.

**Objective:** Players receives a pass/throw and heads the ball back into their partners hands. The Players then moves randomly around the area looking for feeds to return. Players switch places and the practice repeats.

**Progression:** Vary feeds and/or introduce targets to continually challenge Players.



#### Handball in Sequence

**Set up:** Area approx 30 x 25. Two groups 1 ball per group.

**Objective:** Players pass the ball amongst their group using their hands. Introduce various types of throw and catches i.e. under-arm, over-arm throws, overhead catches etc.

**Progression:** 1. Continue with 2 balls however passing must follow sequence red to yellow to red to yellow – rhythm and tempo. 2. Play handball possession. 3. Introduce game where each team score by hitting 3 balls off their bases – directional play.

