

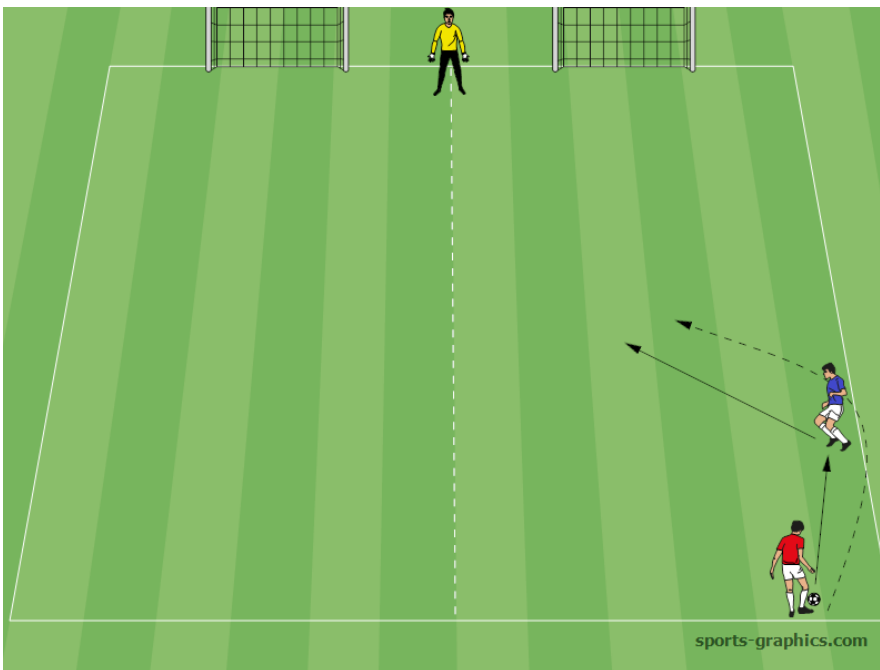
COACH CALL 1v1

Improve striking the ball within a skill based practice

TECHNICAL

Shooting

Striking the Ball



Players then swap roles.

Set up a 20x20 playing area with two goals at one end 5yds apart. Players work in pairs with a goalkeeper who protects both goals (A and B). The defender starts with the ball and passes to the attacking player on the outside of the area. As the defender passes the ball, they must overlap the attacking player. Both players should enter the area at the same time. As the players enter the area, instruct the attacker as to which goal to score into (A or B). The GK must protect that goal. The attacker must think quickly while attempting to score into the nominated goal. The defender tries to win the ball, or at least put pressure on the attacker.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

LEARNING OUTCOMES

- Develop consistency with the accuracy as well as the feel of what the ball will do.
- Improve consistency in finishing on goal.
- Improve shooting technique.
- Improve technique of shooting under pressure of opponent.
- To create shooting opportunities with good first touch and dribbling skills against pressure of an opponent to make play unpredictable.
- To improve finishing by using different striking methods.

KEY FACTORS

- Accuracy before power
- Be positive
- Correct technique -striking
- Head up
- Movement
- Quality of the finish
- Shooting technique

FOCUS AREAS

- Always hitting the target with shot.
- Feints to shoot and move ball to a better striking position.
- Hit the target, shoot across the goalkeeper.
- How often does the player hit the target?
- Make play unpredictable.
- On 1v1 situations, encourage positive play.
- Quick decision making.
- Selection of correct shooting options.
- Where and when to shoot.

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