

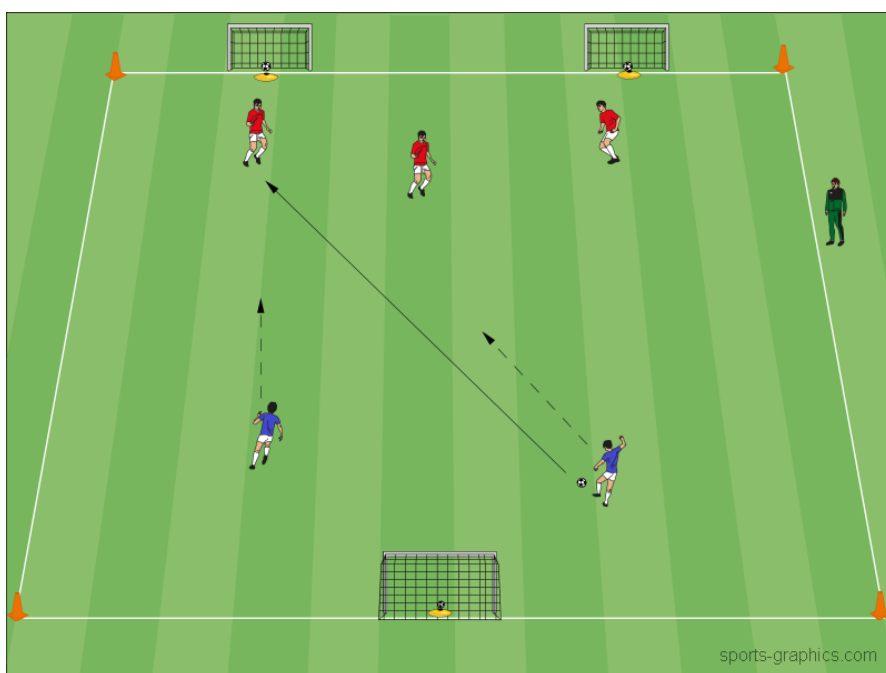
STRIKE THE BALL ON CONE 3v2

Improve striking the ball within a skill based practice

TECHNICAL

Shooting

Striking the Ball



Set up a 25x20 playing area with two mini goals at one end and one mini goal at the other. Each goal has a ball placed on a cone in the centre.

Start by selecting two defenders and three attackers.

The defenders start with the ball and play a pass into one of the three attackers who work as a team to score by knocking the ball off the cone.

The two defenders work together. If they win the ball they attempt to score by knocking one of the balls off the cone in either of the goals at their end.

The practice always restarts with the defending pair. Swap defenders regularly.

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

- Improve the technique of striking the ball correctly.
- Working as a unit.

KEY FACTORS

- Accuracy before power
- Be positive
- Head up
- Quality of the finish
- Rebounds
- Repetition
- Shooting technique
- Technique

FOCUS AREAS

- Angles and distance of support.
- Assessment, decision and execution of strike at goal.
- Encourage use of both feet.
- End product - hit the target.
- Feints and dribbling skill to eliminate defender.
- Focus on good technique and demonstrate as much as possible.
- Good movement to lose defenders.
- Observe from different vantage points and be prepared to freeze play to demonstrate coaching points.
- On 1v1 situations, encourage positive play.
- When to dribble, when to pass, when to shoot.

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