

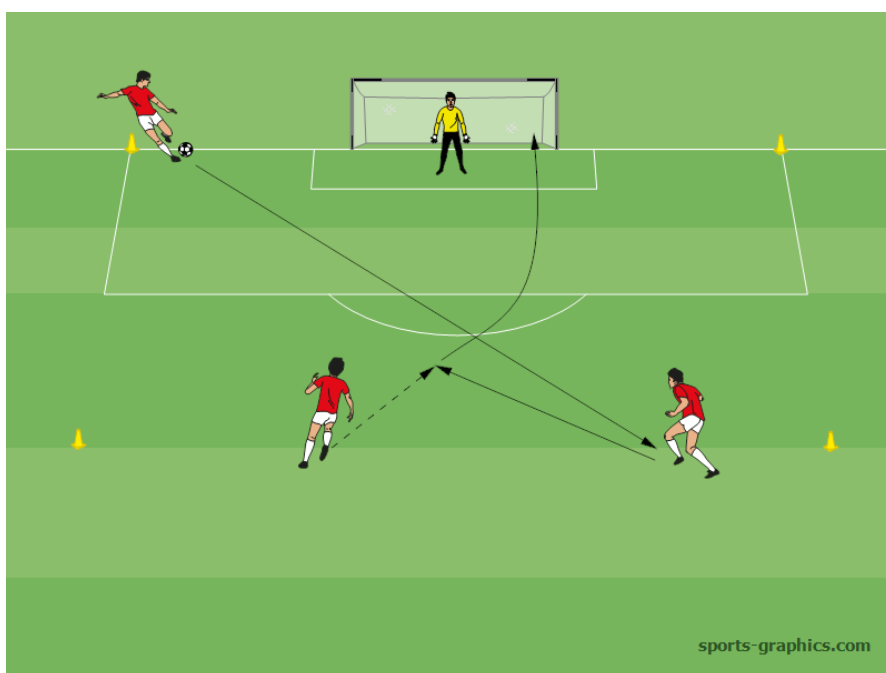
BALL CONTROL, SET AND FINISH

Develop shooting technique

TECHNICAL

Shooting

Combination Play



Set up a playing area 40x45.

Players work in threes to play the ball, control and score past a goalkeeper.

Set up players as shown, one on the base line next to the goal and the other two on the opposite end line.

The player next to the goal starts the practice by floating a ball into one of the two players on the opposite side.

The player who receives the ball has one touch (two if need be) to set up the other player to shoot at goal.

This must be done at speed to increase game realism.

Players rotate, repeat from both sides.

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 first touch to improve the chance of scoring.
- Improve consistency in finishing on goal.
- Improve shooting technique.
- Improve team work.
- Technical refinement particularly passing and receiving.
- To improve finishing by using different striking methods.
- To work within a team unit with an agreed outcome.

KEY FACTORS

- Be positive
- Communication
- Head up
- Quality of pass
- Quality of the finish
- Repetition
- Technique

FOCUS AREAS

- Always hitting the target with shot.
- Angles and distance of support.
- Assess position of support player.
- Attackers timing of movement.
- Decision to shoot first time.
- Encourage clever and inventive individual and combination plays by the attackers.
- How often does the player hit the target?

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