

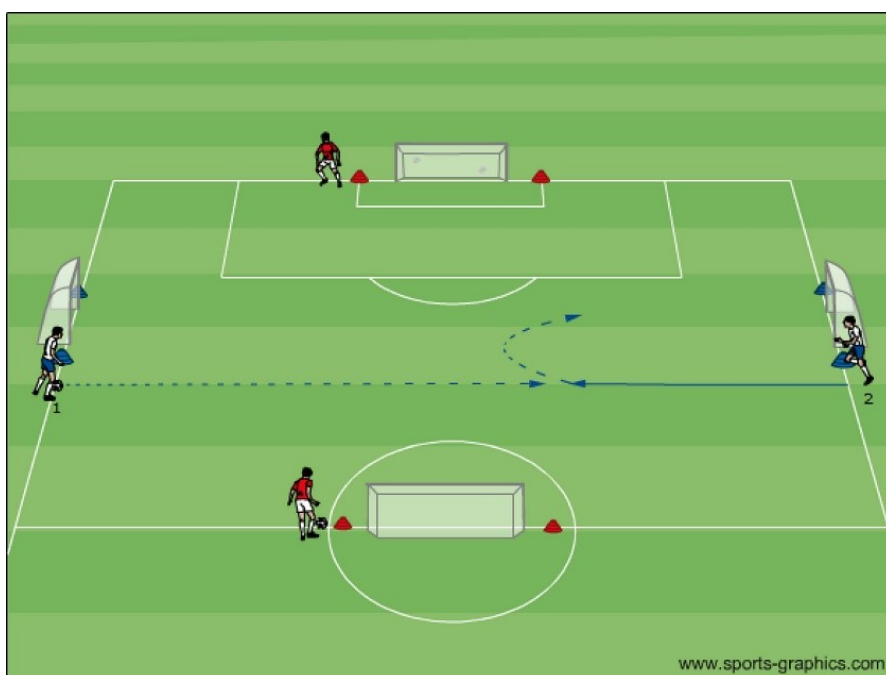
SHOOT AT GOAL AFTER TURNING

Develop basic shooting technique with no defensive pressure

TECHNICAL

Shooting

Striking the Ball



Set up a 35x30 practice area with a goal on each side.

Four players work in a group.

Opposite players work together. One player passes to their opposite who takes a touch to turn and strikes at goal.

The other pair then do the same.

The first pair go again, except the player who had a shot last time, passes.

This is repeated.

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.

KEY FACTORS

- Be positive
- Good first touch
- Head up
- Keep the ball moving
- Movement
- Quality of pass
- Quality of the finish
- Shooting technique

FOCUS AREAS

- Body shape to take up goal scoring opportunities.
- Communication between players.
- Encourage use of both feet.
- End product - hit the target.
- Ensure players are hitting the target.
- Ensure that players are coming towards the ball to receive.
- Focus on good technique and demonstrate as much as possible.
- Good movement to receive.
- How often does the player hit the target?
- Observe from different vantage points and be prepared to freeze play to demonstrate coaching points.
- Shooting early - decision of when and where to shoot.

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