

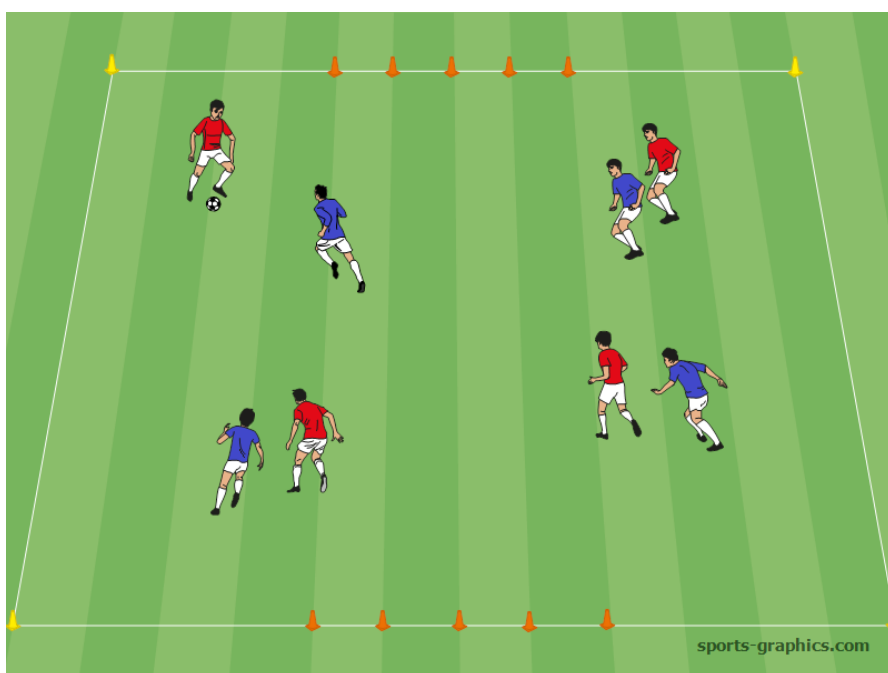
STRIKE THE BALL 5 CONE GAME

Improve shooting in a modified small sided game

TECHNICAL

Shooting

Striking the Ball



Set up a 20x20 area with five cones at each end of the area.

Two teams play with the aim of knocking the cones over at the opposition's end through striking the ball.

If a player knocks a cone over, they pick it up and do a full lap of the area before placing the cone back where it was but laid down.

This gives an overload in favour of the team that conceded for the short time the player is running.

Play for a designated time and whoever knocks over the most cones wins.

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.



Modified Small Sided Game

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 the technique of striking the ball correctly.
- To maintain the proper balance of speed and precision.

KEY FACTORS

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

FOCUS AREAS

- Always hitting the target with shot.
- Assessment, decision and execution of strike at goal.
- Encourage use of both feet.
- End product - hit the target.
- Ensure that each player adjusts their running speed to allow for good technical execution.
- Ensure that players are coming towards the ball to receive.
- Focus on good technique and demonstrate as much as possible.
- Range of shooting and finishing skills.
- Vary the distance between the players depending upon age and ability. As this is a fundamental skill it is imperative that the players are coached correctly.

STRIKE THE BALL 5 CONE GAME

Improve shooting in a modified small sided game

