

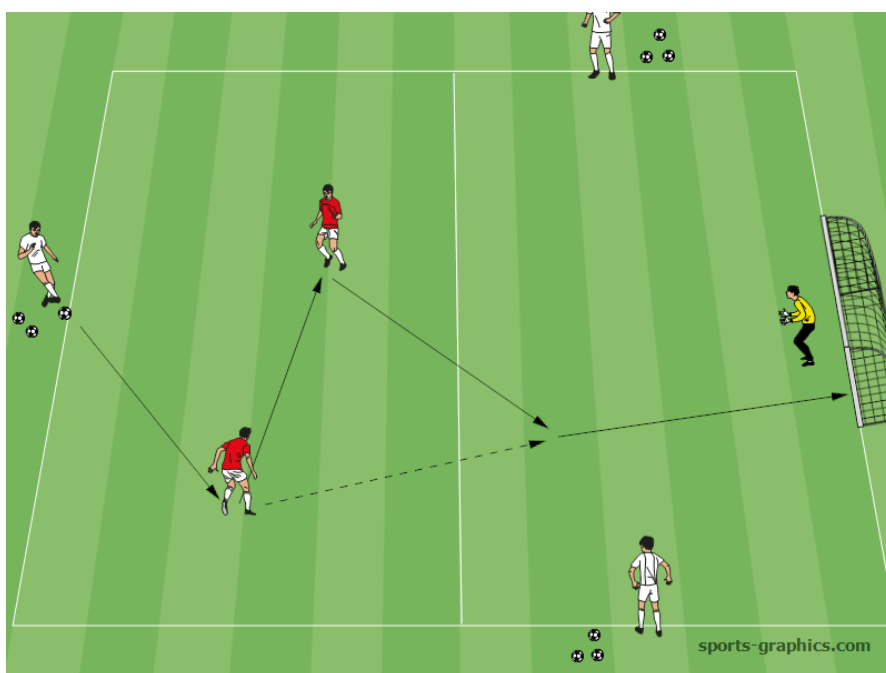
SHOOTING WITH SERVERS UNOPPOSED

Develop shooting technique

TECHNICAL

Shooting

Striking the Ball



Set up a 20x20 practice area with a goal and goalkeeper at one end. Modify area if required.

Arrange three servers (white) on the outside with a quantity of balls each. Two working players in the area look to receive from a server and combine as a pair to finish at goal.

Ensure players rotate roles. To challenge players, set restrictions such as number of touches or distances to shoot from.

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.
- Good movement to create shooting opportunities.
- Improve consistency in finishing on goal.
- Improve shooting technique.

KEY FACTORS

- Accuracy before power
- Be positive
- Communication
- Good first touch
- Head up
- Quality of the finish
- Repetition
- Shooting technique

FOCUS AREAS

- Assessment, decision and execution of strike at goal.
- Attacker to assess position of GK.
- Communication between players.
- 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.
- Standing foot aimed at target.

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