

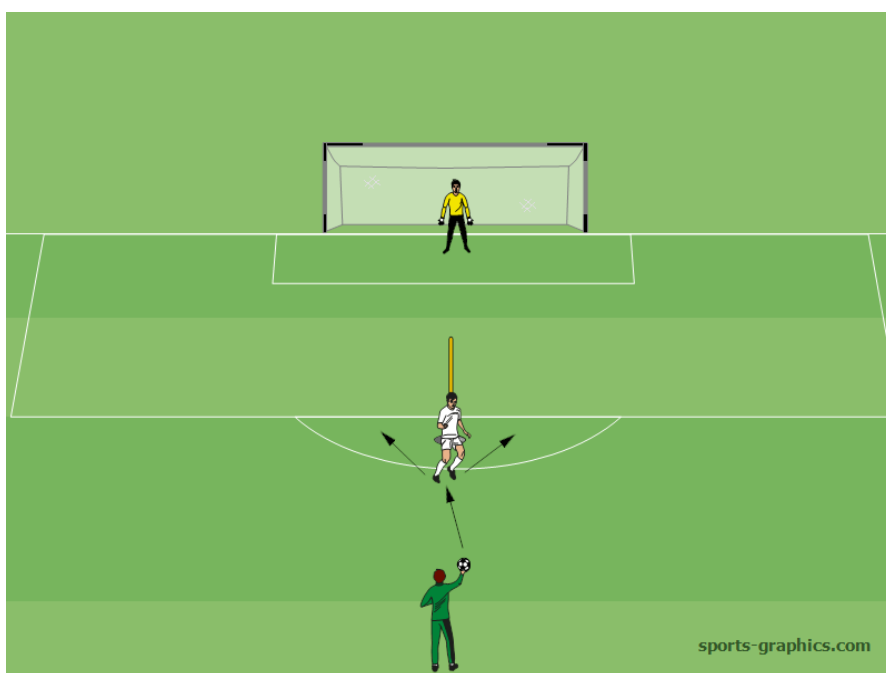
LEFT OR RIGHT TO FINISH

Develop basic shooting technique with no defensive pressure

TECHNICAL

Shooting

Striking the Ball



Set up practice in and around the 18yd box. This practice encourages quick decision making to adjust the body to strike at goal. Coach or server stands opposite the working player who is positioned on a pole as shown. Coach passes/throws/bounces a ball into the striker with a message of either 'left' or 'right' (predetermine whether it's the coach's or the player's left or right). The player takes a touch to whichever side has been nominated and finishes quickly. Reset and repeat. Change angles and distances to test players further.

This can be modified slightly if there are a number of players. A player acts as the server before then taking the position of the shooting player who then joins the back of the line of servers making a continual rotation.

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

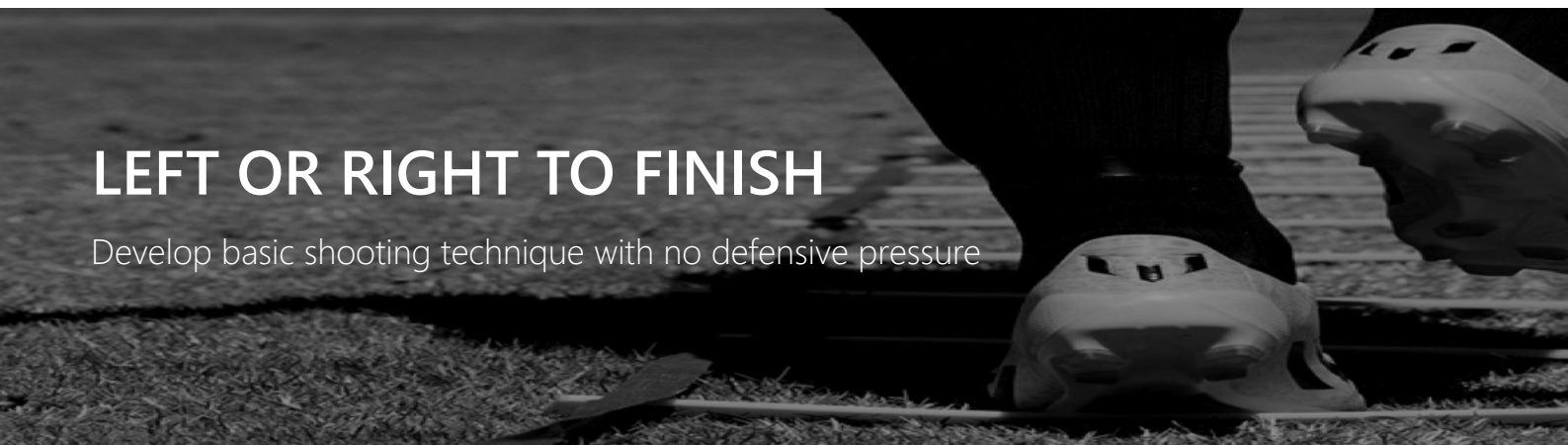
- Develop consistency with the accuracy as well as the feel of what the ball will do.
- Develop first touch to improve the chance of scoring.
- Good movement to create shooting opportunities.
- Improve consistency in finishing on goal.

KEY FACTORS

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

FOCUS AREAS

- Assessment, decision and execution of strike at goal.
- Attacker to assess position of GK.
- Encourage following in for rebounds.
- Encourage use of both feet.
- End product - hit the target.
- Ensure that players are coming towards the ball to receive.
- Focus on good technique and demonstrate as much as possible.
- Observe how players use the first touch to set up for the shot.
- Range of shooting and finishing skills.
- Standing foot aimed at target.
- 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.



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