



Date: _____

Age Group: _____

Topic: _____

Learning Objectives: _____

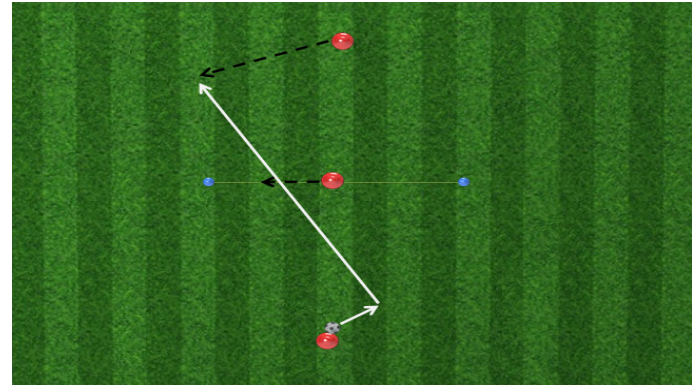
Shooting / Attacking

Repetition & Taking Chances

Shooting in 3's #S64

How To: Create a goal using cones in the middle of an area, a goalkeeper occupies the goal. A player stands at either end approximately 12 yards from the goal. One ball between the group. Players from either side take turns to take a touch and shoot on goal. Rotate players as a goalkeeper every few minutes.

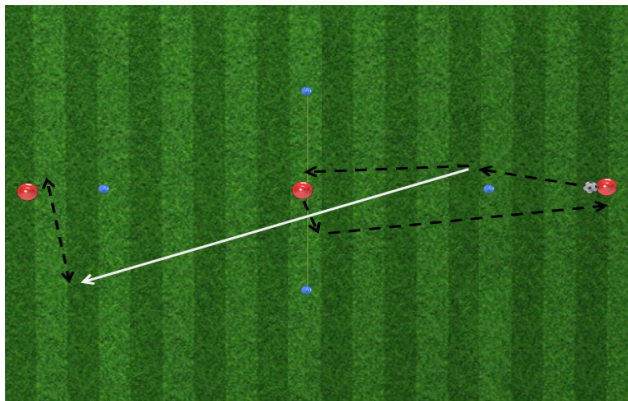
Coaching Points: Take a good touch out of your feet to give a better shooting angle. ABC's: Accuracy, Basic Technique and Cleverness of finish. Be positive, aim for the corners. Placement over power in certain situations.



Quick Attacking Rotations #S77

How To: Create a goal using cones in the middle of an area, a goalkeeper occupies the goal. A player stands at either end approximately 12 yards from the goal. Player steps forward and takes a shot on goal, regardless of the outcome the player who shot becomes the goalkeeper. The player on the other side collects the shot and quickly returns to the middle before setting themselves for a shot.

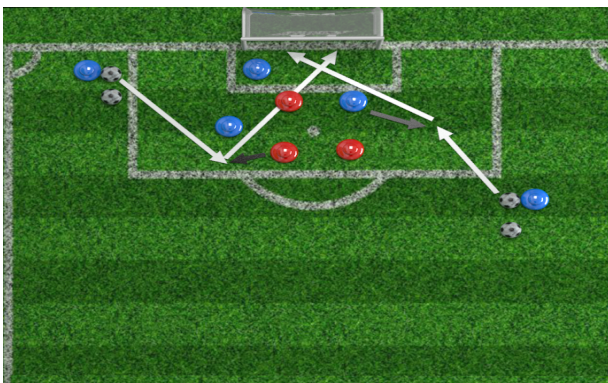
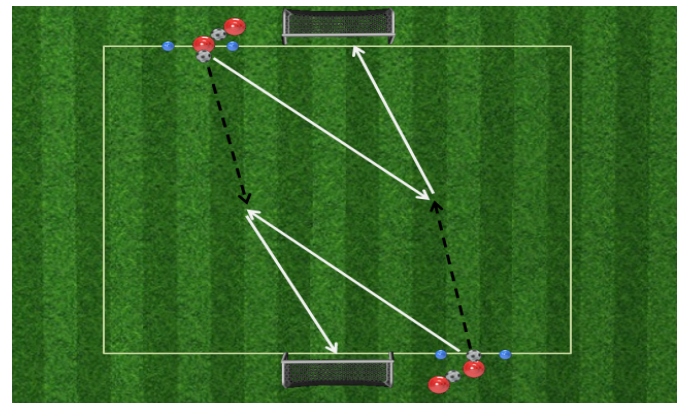
Coaching Points: Move quickly and take the chance before the goalkeeper is set, anticipate the angle of shot to collect the ball quickly. Basic shooting technique, create a good shooting angle by taking a good first touch. Aim for corners.



Shooting Circuit Layoffs #S16

How To: Set a 30 x 30 Area as shown, players each have a ball. Players at opposite ends signal to each other and make a lay off pass into each other's path, taking the shot first time on the goal they are facing. They move to the back of the line by the goal they just scored on.

Coaching Points: Communicate, make sure you're ready to run onto the ball that has been played. Ensure good technique when striking the moving ball, head over the ball, striking through the line of the shot to keep the shot low and accurate. Experiment with power and placement. Add goalkeepers when necessary



Shoot On Sight Small Sided Game #S67

How To: 3 v 3 played in the 18-yard box with a coach + 1 more feeder putting balls into play. Teams work against one another to score in the only available goal. Only one ball in play at a time. Players can shoot immediately whenever there is a goal scoring opportunity.

Coaching Points: Use the available space, the box will be crowded. Be composed, if the shot isn't on, look to see if your team mates are free. React quickly to loose shots and rebounds to score before another player can.