



Shooting From Distance 2

Category: Technical: Shooting

Difficulty: Moderate | Start Time: 16-May-2018 17:45h

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Individual-Adult Member

Description

A Shooting From Distance practice concentrating on shooting technique and also a good work out for goalkeepers.

Arrival Activity - Whole (10 mins)

Whole.

As players arrive, divide them into teams and play mini matches with goalkeepers.

Let the players know that the focus of the session is Shooting From Distance.

There may be lots of shots flying off target so get a coach behind the goals ready to retrieve balls

Coaching Points:

Let them play for a while and take notes of how well they're shooting and hitting the target.



Unopposed Shots - Part (10 mins)

Part. Unopposed.

Bring one of the goals in to make the pitch smaller.

Reds go first.

First player dribbles ball out and takes a shot at goal.

Blues go next.

Coaching Points:

Concentrate on striking the ball cleanly. Laces. Technique.

Take note of the goalkeeper's position.

Do you need to kick the ball as hard as you can?

Can you place the shot into the corner?

Don't forget the goalkeepers... Encourage the goalkeepers to find the best position to be in when the players are dribbling towards them.

Should they stay on their line?

When should they come off their line and close down the angle?



Pressurised Shots - Part (10 mins)

Part. Partial Pressure.

As previously, but this time the blue player goes as soon as the red player has taken his shot. The red player then reacts and runs around the top cone to put pressure on the blue player.

Coaching Points:

Get your shot away before the opposing player catches you.

Don't panic.



SSG Shooting Game (15 mins)

SSG Shooting Game.

Small pitch.

3v1 in each half. Players must stay inside their designated halves.

Play always restarts with the GK.

GK plays out to one of the 3 blue defenders who work space against the red attacker and take shots from range. The blue attacker in the other half must react to rebounds.

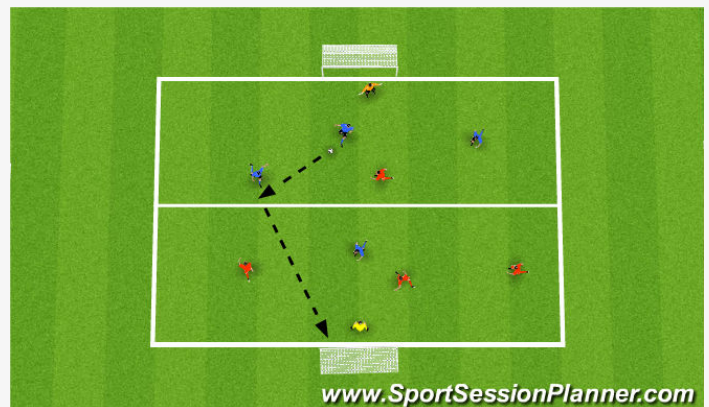
If the red attacker wins the ball can he shoot? or should he play back to his defenders to rebuild?

Coaching Points.

Play without GKs for the lesser developed kids.

If you have the opportunity, get a shot away.

Can you shoot first time?



SSG - Whole (15 mins)

Whole. SSG.

Divide the pitch into 3 sections. The 2 lines are the Shooting Lines.

If a player can score a goal with a shot from behind the forwardmost line, they score 2 goals.

Coaching Points:

Can the players take on a shot if there is a chance to do so?

Encourage shots from distance.

