SESSION 4
SHOOTING

Warm Up : Ariel Control

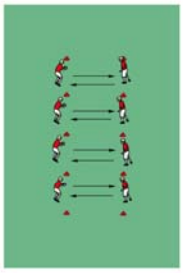
Organisation

Set up a 20x20yd grid, each player with a ball. Players serve the ball from their hands and use the following control techniques:

- Inside foot wedge
- Outside foot wedge
- Cushion with laces
- Cushion with inside
- Cushion with outside
- Cushion with thigh
- Cushion with Chest

Once players are comfortable with the technique have them move off into space.

Technique Practice : Passing and Volleys

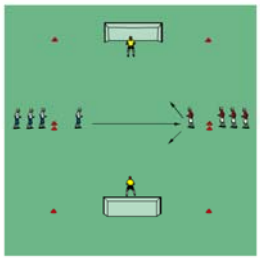


Organisation

Set up a series of 3x5yd grids. Split players into pairs with one ball between two. One player serves the other player who performs the following passing and volley techniques:

- 1 touch passing
- Inside foot volley
- Instep volley
- Outside foot volley
- Half Volley
- Receive on thigh and volley
- Receive on chest and volley
- Header

Skill Practice : 1v1 Shooting



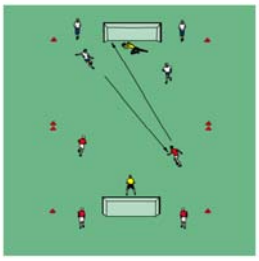
Organisation

Set up a 30x20yd field split players into 2 teams and have players line up as shown in the diagram. The 1st player from one team passes the ball into the 1st player from the other team (see Diagram). This player then controls the ball towards one of the goals and shoots.

Progression

- Player passing follows pass to apply pressure to create 1v1 situation

Skill Practice : 2v2 Shooting



Organisation

Set up a 30x20yd field split players into 2 teams and have players line up as shown in the diagram. The defending team starts by passing the ball into one of the 2 attackers players play a 2v2. The ball is dead once the ball is out of play

Small Sidded Game U11-U13 : 4v4 Shooting Game

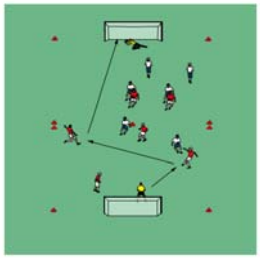
Organisation

Set up a 30x20yd grid with 2 goals. Player play a 4v4 game with goalkeepers, Players are encouraged to shoot at every opportunity

Coaching Points

- Spread out to create space
- Take shooting opportunity when space is available
- Quality of shot selection, accuracy and technique
- Quality of support and movement off the ball by other players
- Follow up shots for possible rebounds

Small Sidded Game U14-U16 : Long Range Shooting Game



Organisation

Set up an 30 x20yd field, split the field in half with 2 attackers and 4 defenders in each half. Players are not allowed to cross the halfway line. The goalkeeper can only distribute to the back four players and shots must be taken from this half to create long range shots. Play always starts form the keeper.

Progression

- Remove half way line players can shoot from anywhere

Coaching Points

- Spread out to create space
- Take shooting opportunity when space is available
- Quality of shot selection, accuracy and technique
- For power: body position, head still, high front arm, transfer body weight
- Quality of support and movement off the ball by other players
- Strikers be alert and Follow up shots for possible rebounds

COOL DOWN : Gentle Jog followed by Static Stretching

Possible Questions for the group:

1. **What do we need to do before we shoot?**
   Look up and observe the keeper
2. **What is more important, Accuracy or Power when shooting?**
   Accuracy.
3. **When do we look to shoot in a game situation?**
   When the space is available do so.
4. **If the space is not available to shoot what other options do we have?**
   Can I create a shooting opportunity as an individual
   Can I pass to a player in a shooting position
   Can I combine to create a shooting opportunity
5. **Once a shot has been taken what is our next action?**
   To follow up the shot for possible rebounds.