

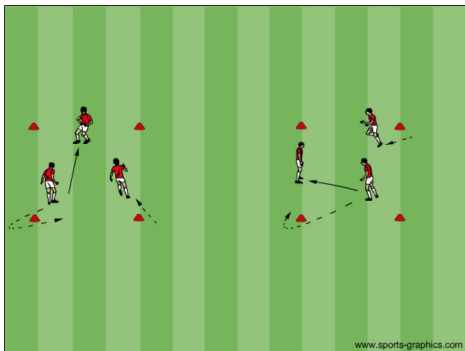


NSSDC Coaching Clinic 7 Shooting

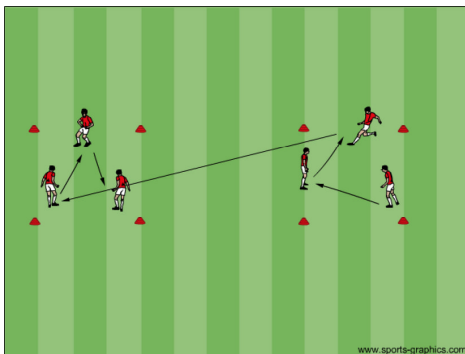
Introduction

This document is to supplement the on field coaching clinic the NSSDC ran on Friday 4th February 2011 focusing on Shooting Techniques..

Warm up



Set up 2 grids as shown in the diagram and split players into groups of 3 no more than 4. The exercise starts with the players passing the ball to each other and after making a pass the player moves around one of the 4 cones marking the grid before receiving another pass.



Progression players in one grid pass the ball around and after every player has touched the ball they look to play a long driven pass to the players in the other grid

Key Coaching Points to observe:

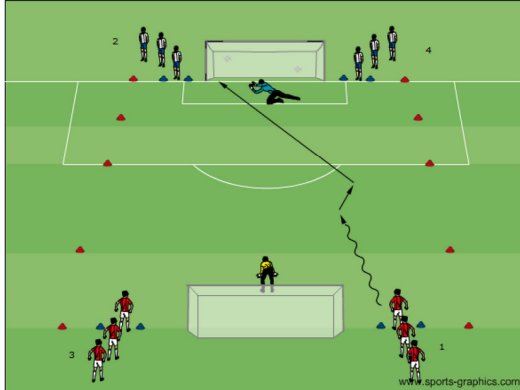
- Quality of the pass (Accuracy, Weight, Timing)
- Quality 1st touch
- Head up observe space, players and ball
- Quality of movement and supporting angles
- Communication

Progressions:

- Vary passing techniques when playing ball across to the other grid
- Introduce competition a point is earned if the other team has a bad 1st touch off the long pass taking the ball out of the grid, or if the other teams pass is off target and misses the grid.

Technical Exercises – Shooting

Exercise 1 – Basic Shooting



Set up area about the size of 2 penalty areas and line up players as shown in the diagram.

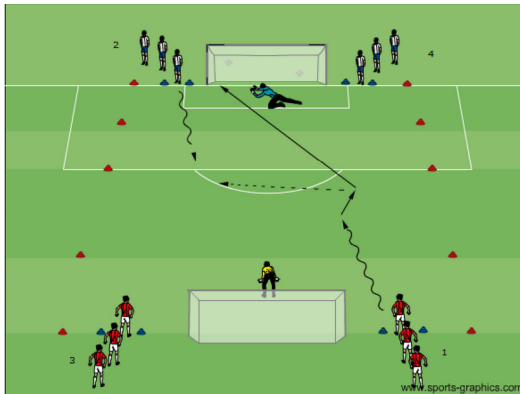
Players take turns to dribble the ball into the area and shoot on goal, to warm up the keepers for the 1st 5 mins of the exercise have players chip the ball into the keepers hands. After the keepers are warmed up players look to score

Key Coaching Points to observe:

- Drive into the area quickly keeping ball in stride
- Quality touch to set up shooting angle
- Head up observe keeper
- Quality of shot selection based on keepers position
- Quality of shot, hit target (accuracy before power)
- Follow up for possible rebounds

Progression:

- Introduce competition players gain a point for their team if they score from inside the penalty area and 3 points if they can score from outside the penalty area

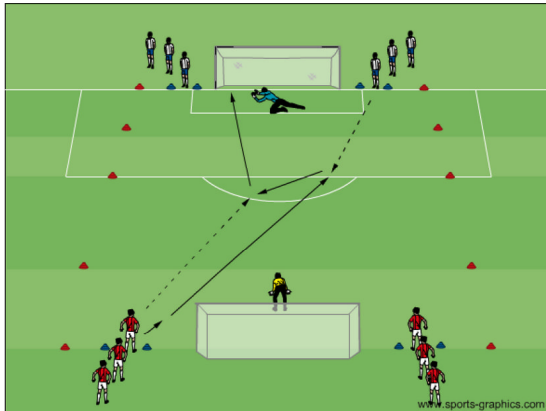


Develop into a 1v1 once the player has shot they look to defend the next player (see diagram)

Additional Points to observe:

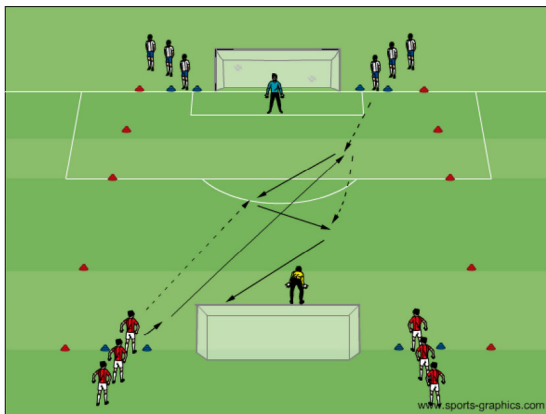
- Look to attack space quickly and shoot early
- If defender recovers quickly use tricks and feints to create shooting opportunity
- Instant transition from attack to defence

Exercise 2 – Shooting Combination 1



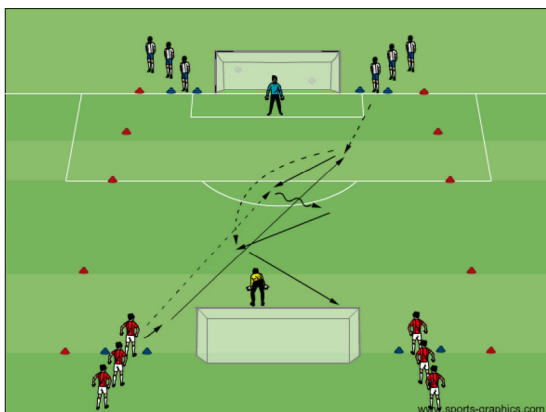
Set up as in previous exercise players pass in the sequence shown in diagram to create a shot on goal

Exercise 3 – Shooting Combination 2



Set up as in previous exercise players pass in the sequence shown in diagram and perform a wall pass to create a shot on goal

Exercise 4 – Shooting Combination 3

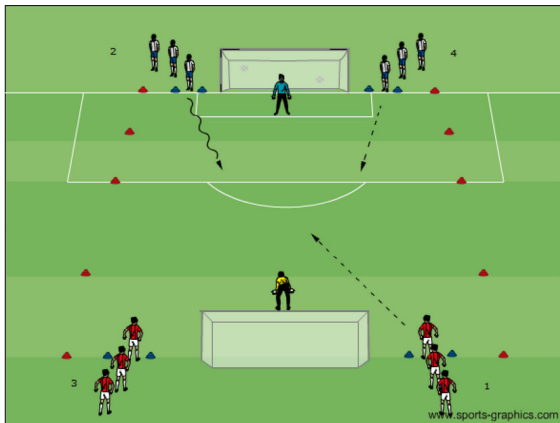


Set up as in previous exercise players pass in the sequence shown in diagram and perform an overlapping run to create a shot on goal

Key Coaching Points to observe:

- Break line to start exercise
- Quality of combination to create shooting opportunity (passing and movement)
- Quality of shot on goal
- Follow up for possible rebounds
- Communication between players

Exercise 5 – Shooting 2v1



Set up as in previous exercise with players lined up as shown in the diagram.

Players play a 2v1 once the attack is over the defender looks to receive a pass from one of his team mates from the opposite line and one of the attackers from the previous attack now becomes the defender.

In the example shown the white team form lines 2 and 4 attack while the red player from line 1 defends, once the attack is over the red player would receive a pass from a teammate in line 3 and the white player from line 2 would defend with the other white player returning to line 4, the exercise would continue in this way.

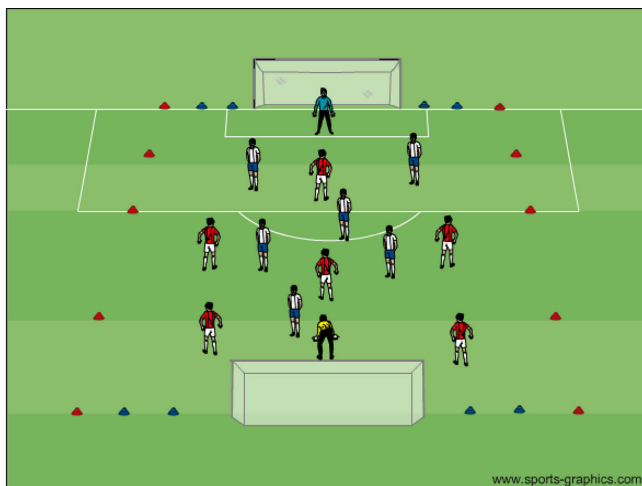
Coaching Points to observe:

- Look to attack space quickly and shoot early if possible
- Create space and use combinations to create shooting opportunity if space is not available
- Quality of shot on goal
- Follow up for possible rebounds
- Instant transition from attack to defence and defence to attack

Game 7v7

Teams line up in a: 2-1-2-1 (see diagram)

Free play Players are encouraged to shoot when opportunities arise.

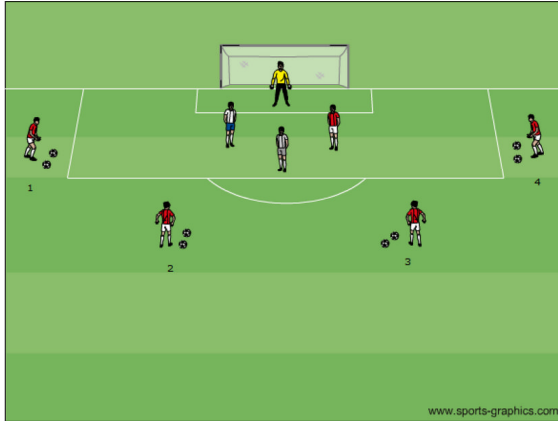


Key Coaching Points to observe:

- 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
- Communication

Additional Exercises Demonstrated during the session

Exercise 1 - Shooting in and around the penalty area

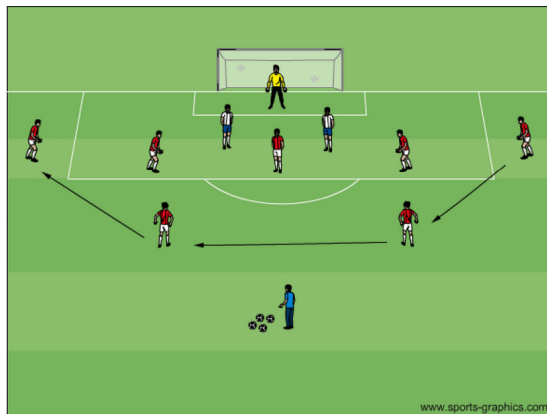


Players set up as shown in the diagram. The 4 players outside the penalty box have 3 to 4 balls each. The 4 players on the outside are given a number 1-4, the coach calls out a number and the corresponding player plays a ball into the penalty area. The 3 players inside the penalty area on receiving the ball compete with each other creating a 1v1v1, and attempt to score on goal, the player with the most goals wins after 10 attacks.

Coaching Points to observe:

- Look to take shots quickly when space is available
- Create space for shooting opportunity if not available
- Quality of shot on goal
- Follow up for possible rebounds
- Quick reaction to receive next ball.

Exercise 2 - Shooting in and around the penalty area Variation for older players



Players set up as shown in the diagram with 3 attackers v's 2 defenders inside the penalty area and 4 support players on the outside of the penalty area.

The support players pass a ball between them and on the coaches command play a pass into the 3 attackers who attempt to score on goal.

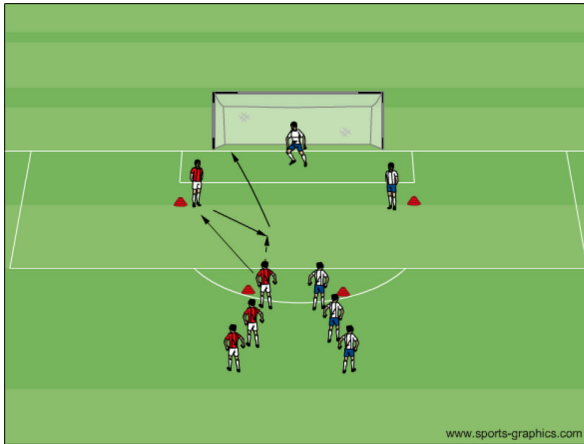
Another ball is played to the support players who continue to pass the ball around.

Once the attack is finished inside the penalty area the attackers look to get the next ball from the support players on the outside of the penalty area

Coaching Points to observe:

- Look to take shots quickly when space is available
- Create space for shooting opportunity if not available
- Support and movement by players off the ball
- Quality of shot on goal
- Follow up for possible rebounds
- Once attacked is finished look to receive pass from support players

Exercise 3 – Fun shooting



Split players into 2 teams and have them line up as shown in the diagram.

Players pass in the sequence shown to create a shot on goal, after the shot the player who set up the shot goes in goal to stop the other team from scoring while the shooter moves to the cone to set up the next shot.

The team with the most goals at the end wins.

Progressions:

- Pass ball with hands and serve ball for a header or volley
- Pass ball with head to serve ball for a header on goal
- Juggle ball between players and set up for a volley on goal

Coaching Points to observe:

- Quality passing and final pass to set up shooting angle
- Head up observe keeper
- Quality of shooting technique, and shot on goal
- React quickly to take up goalkeeping position for the next shot.