

## SESSION #1

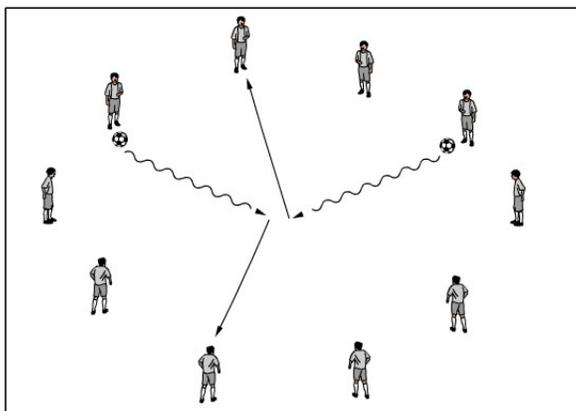
### Shooting

#### A. Warm-up: Circle Drill – Shooting (20 mins)

##### SETUP :

- players arranged in a circle
- 2-3 balls distributed around circle

##### ORGANISATION :



Sequence (GK action is in brackets)

1. Dribble to middle, pass (hands)
2. Control, pass (hands)  
-2 touches: 1<sup>st</sup> touch to control, 2<sup>nd</sup> to pass
3. Set-up (hands)  
-long-short-short
4. Dribble, check (hands, feet)  
-dribble to middle, pass with right  
-check away to right keeping eye on ball  
\*stretch
5. Low drive
6. GK and driven ball at feet
7. Front foot pass
8. GK: handling

Key Coaching Points:

- knee over ball
- head down
- follow through
- \*drink

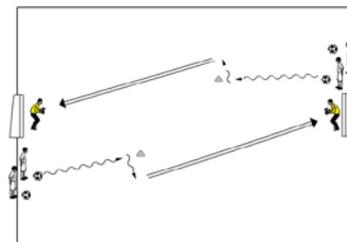
#### B. Shooting (20 mins)

##### SET UP :

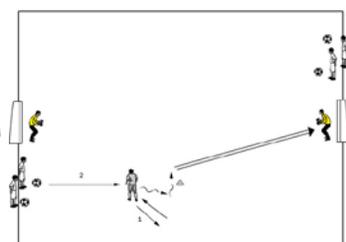
- 2 goals across from each other
- GK in each goal

##### ORGANISATION :

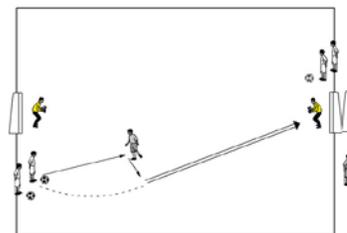
1.



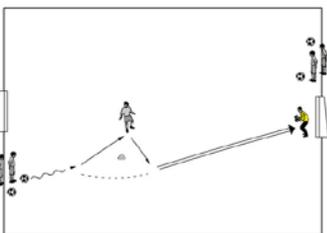
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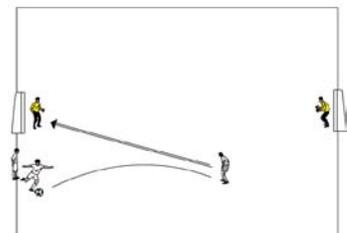
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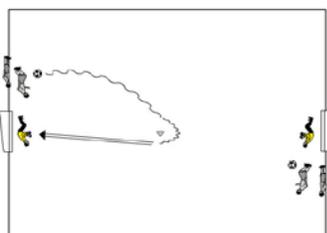
4.



5.



6.



1. Dribble at cone

- fake take
- scissors
- \*shoot low across GK

2. Check out, check in

- check away from passer, check in to receive ball
- take touch opening up

3. Pass, lay off touch, 1<sup>st</sup> time shot

- layoff passer goes in for rebound on far post
- run to encourage shooting across goal
- shooter becomes layoff passer

4. Wall pass shot

- dribble at cone, lay off pass
- wall passer stays, shooters rotate

5. Ball played in air, control, shoot

- stay and rotate on one side
- extra player in shooter lines
- passer becomes shooter

6. Dribble around centre cone, shoot

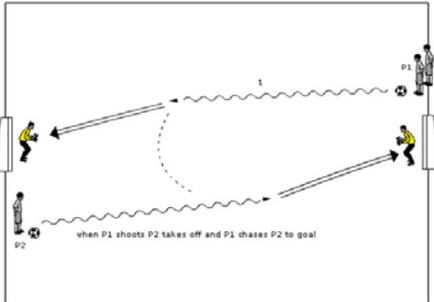
- progression: leave on one side of cone, run around, pick ball back up and shoot
- race against other side

## C. Shooting Under Pressure (10 mins)

### SETUP :

-25 x 25 m. field

### ORGANISATION :



- P1 dribbles forward to shoot
- after shot P2 is released to attack opposite goal by dribbling forward to shoot
- P1 tries to catch P2 before P2 can shoot
- soon as P2 shoots, sequence continues and P1 can take off

### Key Coaching Points:

- shooting across GK
- create shooting opportunity

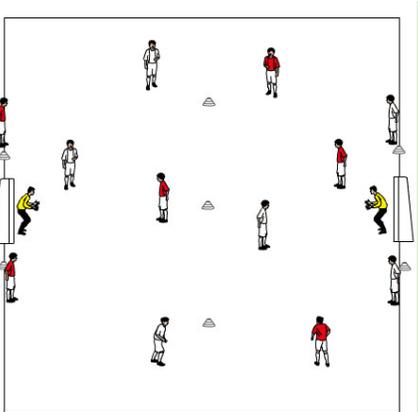
\*drink

## D. Taking the Shot (10 mins)

### SETUP :

-25 x 25 m. field

### ORGANISATION :



- 3v1 in each half + targets
- targets keep ball in play but must stay on cone
- GK serves to attackers who shoot quickly on goal

### Key Coaching Points:

- attacker on other side follows up shot and puts attackers under pressure
- 1<sup>st</sup> touch out of feet
- rebounds
- take shooting opportunity
- check target

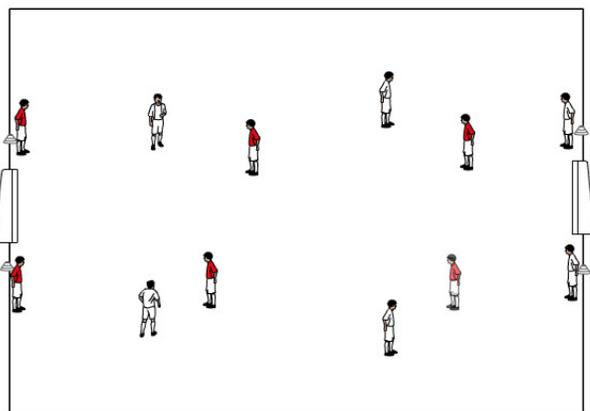
## E. Game

### SETUP :

-4v4: 25 x 25 m. field

-5v5: 45 x 30 m. field

### ORGANISATION :



-4v4 in each half free movement

### Key Coaching Points:

- get open to receive
- shoot past defender
- shoot low far post
- take shooting opportunity
- follow in for rebound
- get behind defender

Progress into free flowing game of 5v5

### Key Coaching Points:

- penetrate
- shoot
- playoff target
- follow-up