



# GRP Curriculum: Shooting

Category: Technical: Shooting  
Difficulty: Moderate

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Individual-Young Member

## Description

Shooting Technique!

### Warm up (10 mins)

#### Start Up

Players with a partner - work on kicking the ball from hands  
Focus on laces/instep. Keep ball down  
Do not kick ball up in air.  
Player lies down - focus on ball kicked onto sole - focus on technique



### Shooting Partners (15 mins)

#### Organization:

Players in pairs  
1 ball per pair  
2 yard gates, 10 yards in between each player

#### Instructions:

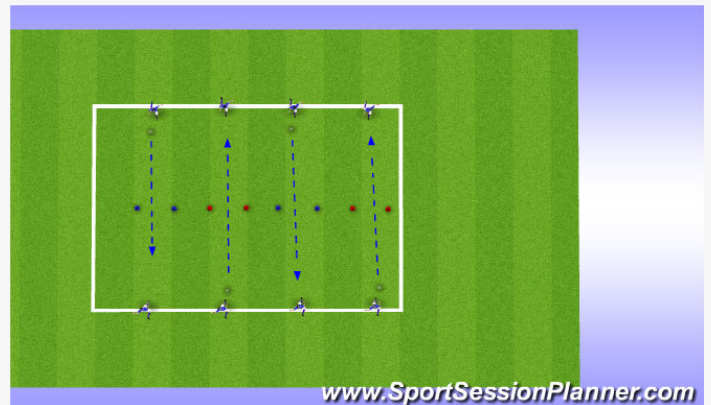
Players strike the ball through the gate using the driven technique.  
No scores to ensure shooting technique is used rather than passes.

#### Coaching Points:

Observe target  
Angle of approach  
Non-Kicking foot placement  
Body weight learning forward (head, shoulders, hips then knee over ball)  
Contact on ball, contact on foot  
Follow through  
Land on striking foot

#### Progressions:

Move gates 15-20 yards apart and make it a competition to see who can be the first to score 10 goals against their partner using correct shooting technique



### shootout (15 mins)

#### Organization:

**1 Big Group - Groups even with players against each other**  
Players placed on endline, cones 20 yards away.  
Large goal (2 point)

#### Instructions:

Players pick up ball at cone, have a maximum of 3 touches to score. first player to put the ball in the net receives the points.

#### Coaching Points:

1. Prep Touch and approach  
2. Observe the GK's position  
3. Shot selection, proper surface, proper striking technique  
4. Technique after ball is struck

#### Progressions:

**1 ball is played in for two players**



