

Shooting

OBJECTIVE: Improve the individuals ability when shooting at goal

TEAM TACTICAL PRINCIPLES:

WHAT Improving the players shooting technique

WHEN: When a shooting opportunity arises

WHERE: offensive-third

WHO: All players when in the correct position

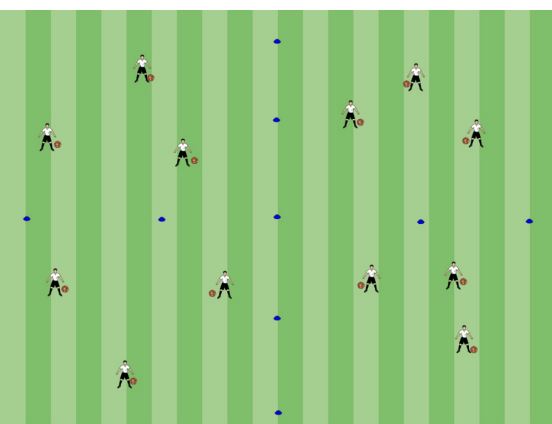
WHY: To score more goals

David Brown

AGE: U9 / Senior / 14 players

TEAM FUNCTION:

DURATION: 90 min

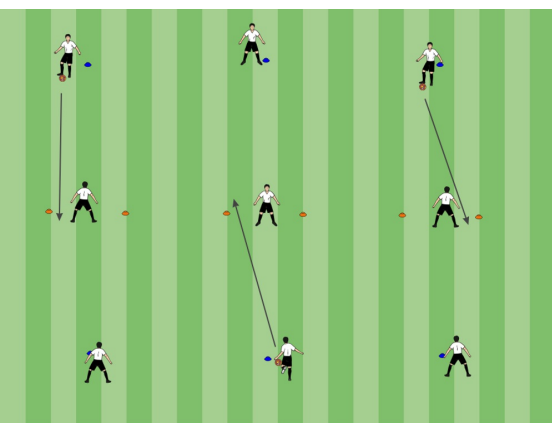


Juggling Levels

EXERCISE RULES: All the group starts in the same area. Players progress through when they meet the challenge for the area. Area 1 - 5 thigh juggles. Area 2 - 5 foot juggles. Area 3 - 10 juggles. Area 4 - 15 juggles

FOCUS TEAM OBJECTIVE: To improve the players aerial control

NOTES: Keep toe up to spin ball back to self. Use thigh not knee How do we keep control of the ball? Keep head in line with the ball. Bend knee, kick the ball from the knee, not the hip. Allow ball to drop before hitting it again.

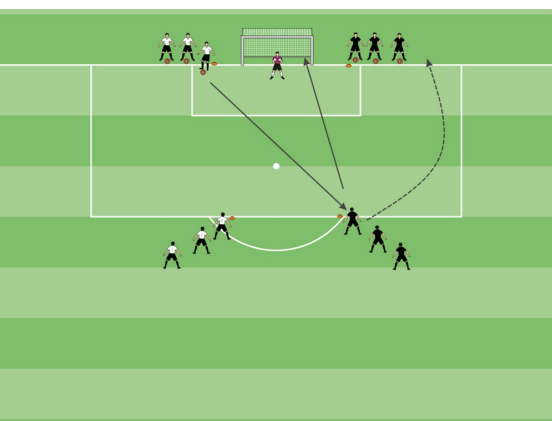


Three Person Shooting Game

EXERCISE RULES: Groups of 3. 2 players stand on either side of the goal. The last player goes in goal. Players take turns to shoot on goal. Rotate goalkeeper after one minute. Every player goes in goal once. Player with most goals moves up, player with least moves down. Middle score stays

FOCUS TEAM OBJECTIVE: To improve the players shooting technique

NOTES: Follow through. Keep knee and head over the ball

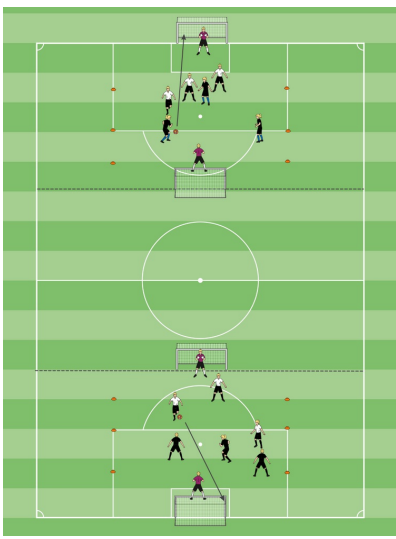


1v1 Shooting Game

EXERCISE RULES: Split group into two teams. Players on the goal line play pass to other teams line on the edge of the box, creating a 1v1 situation. Can move players further back to make more difficult. Encourage players to take touch into space, and shoot when have a clear shot on goal.

FOCUS TEAM OBJECTIVE: Control the ball into space and shoot on goal when in space.

NOTES:

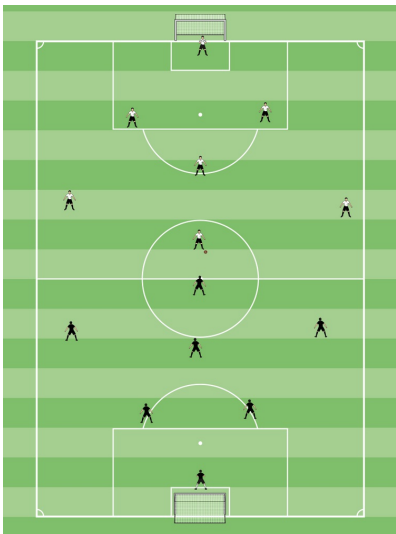


1/3 Field Shooting Game

EXERCISE RULES: Put players into groups of 4. Play on 1/3 of a field. Play width of the box. Encourage all players to shoot when opportunity arises.

FOCUS TEAM OBJECTIVE: Practice players shooting technique in a game environment

NOTES: How do we know when to shoot and when to pass? When goal is open. Lack of pressure. Open sight to goal



7v7 Scrimmage

EXERCISE RULES: Play a regular 7v7 scrimmage

FOCUS TEAM OBJECTIVE: To practice the learned skill in a game scenario

NOTES:

Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?