



→ Ball
→ Player

Shooting

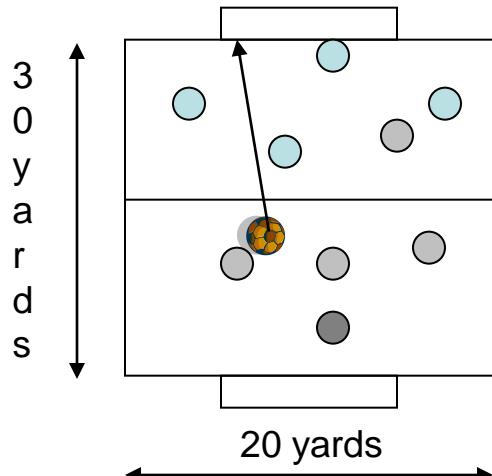


	<u>Organization</u>	<u>Coaching Points</u>
	<p>Two players 20 yards apart Players have a 2 yard goal in the middle</p> <ol style="list-style-type: none"> 1. Players shoot a stationary ball through 2. Players shoot a moving ball through 3. Players turn and shoot the ball through 	<ul style="list-style-type: none"> Approach angle- 45 degree Lock Ankle/ Head down Weight forwards Position of non kicking foot Knee pointing to target
	<p>Area 15x20 yards - 6 yard goal 1v1+Goalkeeper Players shoot from outside of the area If Keeper saves they throw to opposite player First player to 3 goals wins the round Winning player goes in the goal</p>	<ul style="list-style-type: none"> Eliminate the Goalkeeper Accuracy/Power –can you pass the ball in? Keep the ball low Follow through for rebounds Move the ball and the keeper
	<p>1v1 area 15x20 with a goalkeeper and defender Defender passes to the forward and defends Attacker can take the ball into the area to shoot After goal- ball goes to opposite player to attack</p> <ol style="list-style-type: none"> 1. Vary where the defender serves from 2. Scoring player goes in goal & keeper defends 	<ul style="list-style-type: none"> Shoot as early as possible Quick ball movement to create shooting opportunity Attack space Use defender to screen Goalkeeper
	<p>Area 30x40 with two five yard squares 3v3 with 2 keepers. Goalkeepers are in squares Players have 1 square to defend and 1 to attack Goals are scored by shooting the ball through any side of the square Multiple goals can be scored</p>	<ul style="list-style-type: none"> Preparation for Early Shot Open body shape Recognition of pressure Attitude- be prepared to miss



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Final Game

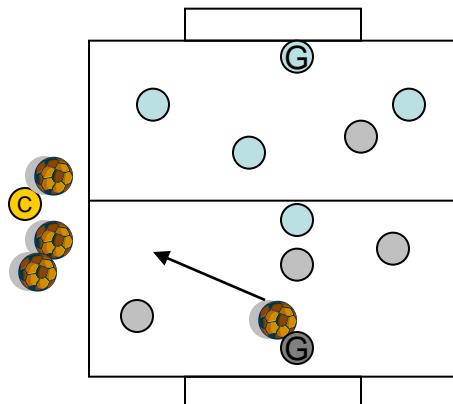


Organization

Area 30x20 divided by half way line
Two game size goals at each end
4v4 + Gk
Players are restricted to their own half
Teams score
3 goals from a shot from their own half
2 Goals for a rebound
1 goal for all other goals
Progress to players can move freely around field

Coaching Points

- Open Body shape
- Selection of surface
- Shoot on sight
- Aggressive 1st touch
- Utilize defender to blind sight keeper
- Follow through for rebounds



Final Game

Start game from different trigger points after a goal or a restart
1. Ball from scoring teams Goalkeeper
2. Ball played into a checking forward
3. Ball played to a player in a wide position
No restrictions
Free play

- Team Shape
- Attitude-selfish
- Early movement off the ball
- Supporting the layoff of the forward
- Cutting in to shoot

In the final game we introduce trigger points. Trigger points is where the coach manipulates the environment to create opportunities to execute the topic from different starting points.