



Shooting

Category: Technical: Shooting
Difficulty: Moderate

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Individual-Adult Member

Description

Fast paced shooting session - finish with game

Warm up (10 mins)

Organization 30 x 30.

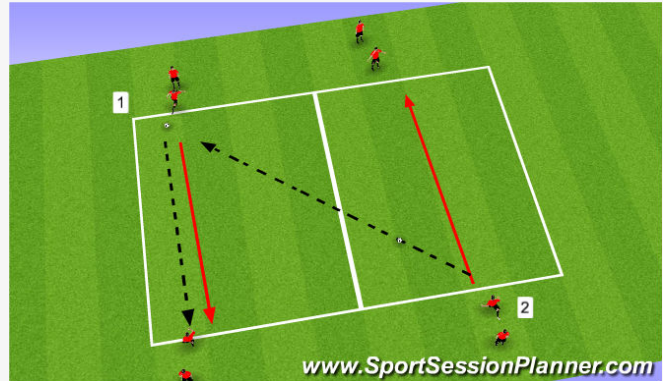
Players pass the ball across the area using a shooting technique. (laces)

Pattern 1.

Players pass and follows across the area.

Pattern 2.

Player passes diagonal across the area, but runs straight.



SAQ (10 mins)

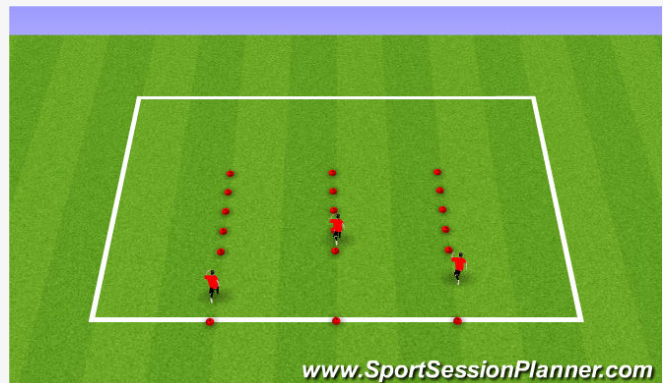
Organization

3 lines

Line 1 Two feet in each space

Line 2 Bunny Hops

Line 3 Side to Side



Shooting Technique

Organization

40 x 36.

There are poles/tall cones at each corner and 2 at the 18 yard line. Players dribble up to the Poles and complete various commands, before shooting at goal.

(follow commands in the next section)

Player 1 and 3 would go at the same time as would 2 and 4.

Players then rotate to the next number - they should be expected to shoot with both feet.

Shooting Technique

Quick Look to see where the goalkeeper is, are they in position?

Non- Kicking foot planted next to the ball - open hips to direct the ball

The Toe's of the non-kicking foot is aimed in the direction you want the ball to go.

Strike the ball with the laces

Ankle should be locked - Toe pointed down when striking the ball.

At contact head eyes should be focused on the ball, with the head, shoulder and knee over the ball.

Be positive and imagine, where you want the ball to go.



Command 1 and 2 (15 mins)

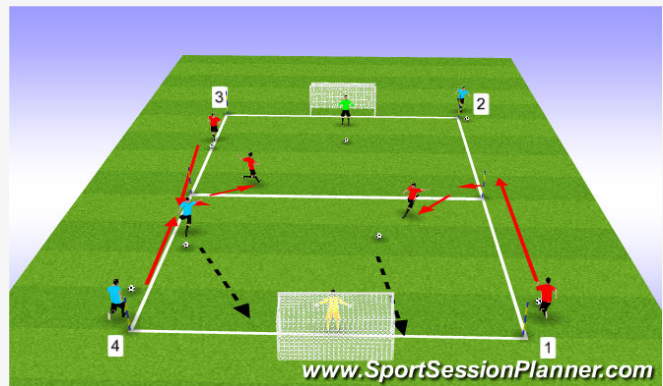
Players must have as many turns as possible in 5 minutes - quick and fast.

Command 1 (all players complete the same command together)
Players 1 and 3 dribble up as quick as possible - keeping control of the ball.

They go around the cone as close as possible and then shoot at goal - players should be shooting from 15 yards out.

Command 2

Players 2 and 4 dribble up to the pole and turn back towards the goal and strike at the goal.



Command 3 and 4 (15 mins)

Command 3 (all players complete the same command)

Player 1 is attacking the cone as if its a defender - he then completes a dribble so that he is in the center of the goal, he then shoots at goal - should probably be shooting with his left foot.

Player 4 is attacking the Pole, but he will complete a skill that takes him away from the goal

can we shoot across the goalkeeper.

As a progression can we have player 1 and 4 work together ? if player 1 shoots can player 4 be in a position to collect the rebound?

Make it realistic attack the cone with aggression and quick finish.



Command 5 (15 mins)

Command 5

Player 4 dribbles up and attacks the pole

As soon as he shoots - he becomes a defender against player 2.

Player 2 leaves as soon as player 4 shoots.

Player 2 then repeats the process for the next player in line.

Encourage a fast pace approach.

If players are mainly right footed start at cones 1 and 3 .

