

Description

Control before shooting (10 mins)

Organization:

Two small goals, 8 yards apart far post to far post

Line of cones (shaded area) in front of 2 small goals. Players can only score outside the shaded area.

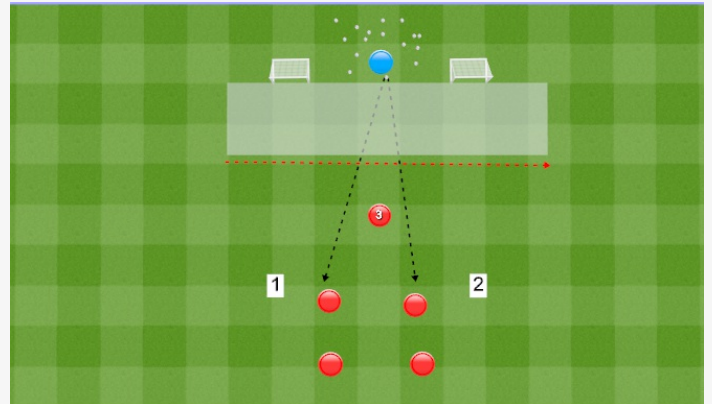
I deliberately haven't put a distance on the GK'S pass or the distance for a player to run and shoot or the size of the shaded area

Based on your players ability determine the distances to suit.

Sequence: GK plays a pass (With feet or throw) to either 1 or 2.

Player 1/2 controls and passes to player 3 who receives on the half turn and scores in either small goal. If the player misses the goal they fetch their ball and leave it in the pot where the GK starts play.

Player who passes to 3 rotates to become the next player to have a shot.



Variations/Progressions

1: GK Change angle and type of delivery as often as possible

2: 1/2 give and go with 3 before a shot

3: 1/2/3 creative combinations with minimum touches before a shot

4: Place mannequins or poles in front of goal so as the player might do a trick before a shot at goal.

5: Score with left or right foot only.

6: Use a time limit or limit the amount of touches before a goal is scored.

Equipment: Large supply of Balls at GK

2 small/medium goals, cones.

Competition;

Who can score 10 goals quickest