

Description

Unopposed shooting practice.

Screen 1

Set up: 1 full sized goal, 18 yard box plus 10 m approx. Good supply of balls set at 4 stations (1 & 2) as shown.

Rules: 1 player shooting at a time, before the next player has a shot make sure the GK's have switched and the area is clear of balls and players.

Sequence:

Player 1 passes to A, with minimal touches take a shot at goal.

Player 2 passes to B with minimal touches take a shot at goal.

Player 1 passes to C, with minimal touches take a shot at goal.

Repeat sequence the other wide 2 plays the pass to B.

Coaching points: Passers, roll the ball forward before making the pass (don't hit a dead ball), correct weight and accuracy.

Receivers: Move forward or backward to receive the pass, take a good first touch. When shooting aim for accuracy over power.

GK's switch after every shot. make yourself big, push the save away from goal if you can't hold the shot. Be light on your feet.

Switch passers and receivers every 3 minutes. 6 sets.

When resetting make sure you move to a different passing/receiving position.

Competition: First player to 5 goals gets a point, who can get the most points.

Progression/variation: Vary the delivery of the pass low, mid high

Use weaker foot to shoot. mix up delivery sequence example 2 starts with a pass.

Extra points gained for special goals, volleys, chips and so on.

