



Topic

SHOOTING 1 - SHOOTING AND FINISHING

Objectives (5 W's)

Who: Strikers and midfielders **What:** Shooting, Receiving, Play forward when possible, Create 1v1 and diagonal passing lanes, Runs to get in between/behind defensive line
Where: In the attacking half of the field close to the goal area
When: There is a shooting window
Why: To develop an aggressive goal scoring mentality

Organization

Duration 12 mins Intensity Medium

- Area: in a 20Wx30L yard field with a goal at each end line
- Groups have 3 minutes score as many goals on the goalkeeper at each end.
- ~ Interval 1: How many can you score? ~ Interval 2: Improved by 2
- ~ Interval 3: What team can score the most goals in 3 minutes?

Coaching Points

Activity Time 3 mins Rest 1min Intervals 3

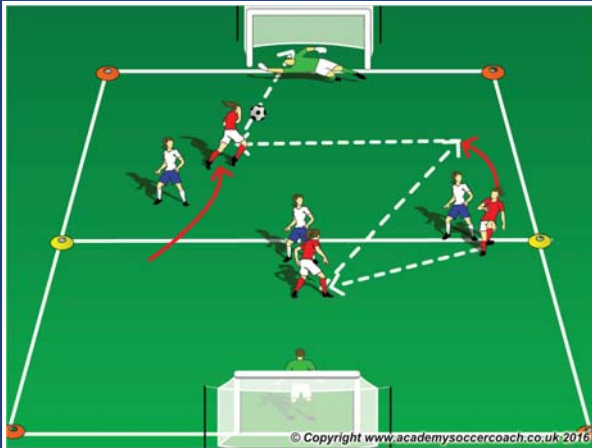
• What? Technique of Shooting:

- ~ Knees bent, head down, hips and knee over ball, body slightly leaning over ball
- ~ Angled approach to ball, Non-kicking foot beside ball, Kicking foot ankle locked and toe down, Strike ball with laces at the center of the ball, follow through and land on the kicking foot

Warm-up / Orientation Shooting



Orientation 4v4 - 60 Seconds Game



Organization

Duration 15 mins Intensity Low

- Area: In a 20Wx30L yard field with a goal on each end line
- Both teams are trying to score in the opponent's goal.
- ~ Scoring: After a team gets scored on, they have 60 seconds to score in the opponent's goal. If they score in 60 seconds, they take the opponent's point away. Otherwise the game continues. The team who scores the last goal wins the game.

Coaching Points

Activity Time 4 mins Rest 1min Intervals 3

- **What? Technique** - Shooting. Receiving: Body position, surface selection of the foot and ball, first touch direction and distance.
- **Team Tactical Attacking Principles** - Playing forward when possible: Who? Where? When? Why? - Create a 1v1: When? Where? Why? - Create Diagonal passing lanes: Who? Where? When? Why?

Organization

Duration 18 mins Intensity Medium

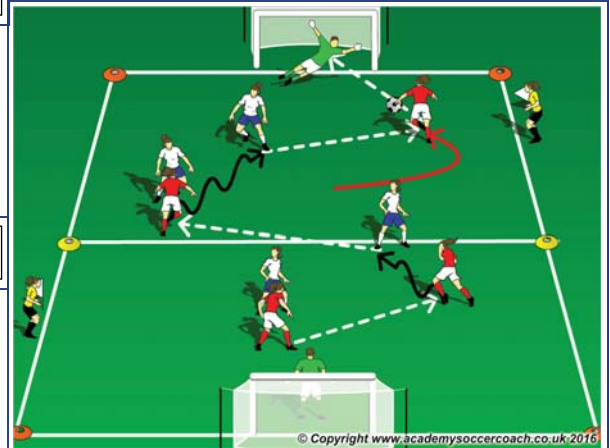
- Area: In a 30Wx40L yard field with goals
- Play to score in the opponent's goal. Goals scored inside the attacking half are worth 10 points. All laws apply.

Coaching Points

Activity Time 7 mins Rest 2 mins Intervals 2

- **What? Technique** - Shooting and Receiving
- **Team Tactical Attacking Principles** - Playing forward when possible: Where? When? Why? - Create a 1v1: When? Where? Why? - Create Diagonal passing lanes: Who? Where? When? Why? - Runs to get in behind/between the defensive line: Who? When? Why?

Learning 5v5 to Goal



Implementation

7v7 Duration 30 mins Formation R GK-2-3-1 v W GK-3-2-1 Activity Time 12 mins Rest 3 mins Intervals 2

Organization

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to shoot.

Coaching Points

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play