

## RUN AND SHOOT

### STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

### THEMES & COMPETENCIES

#### Theme:

- + Defending in pairs and groups.
- + Attacking transition.
- + Passing combinations.
- + Shooting.

#### Competencies:

- + Medium to long passing.
- + Receiving using the feet.
- + Mobility on and off the ball.
- + Attacking and defending as an individual.
- + Attacking and defending in pairs and small groups.
- + Shooting technique

### WHY USE IT

This activity allows for a lot of frequency of shooting under pressure. Attackers are rewarded for being direct. The target player adds combination options.

### SET UP

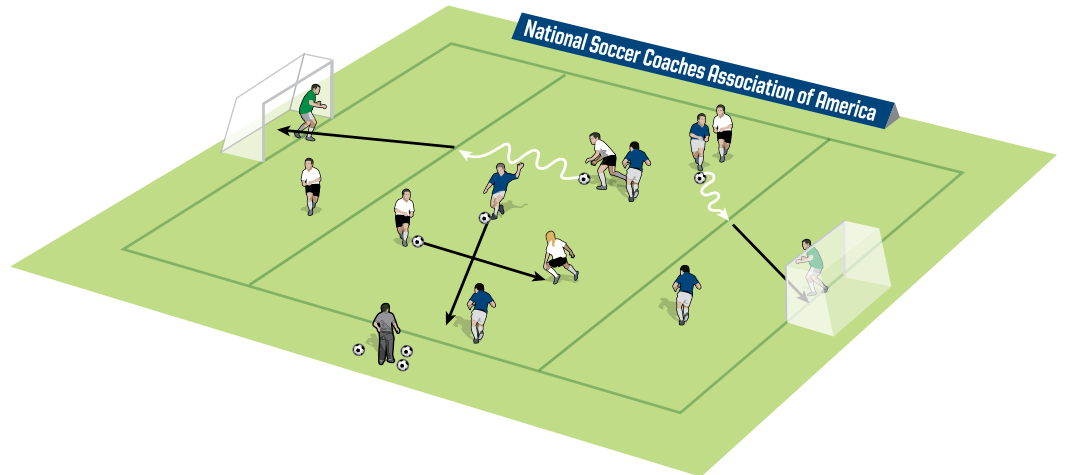
2 big goals with keepers. Using 3 zones have a target for each team in the attacking zone. Have 4 players with 2 balls for each team in the middle zone.

### HOW TO PLAY

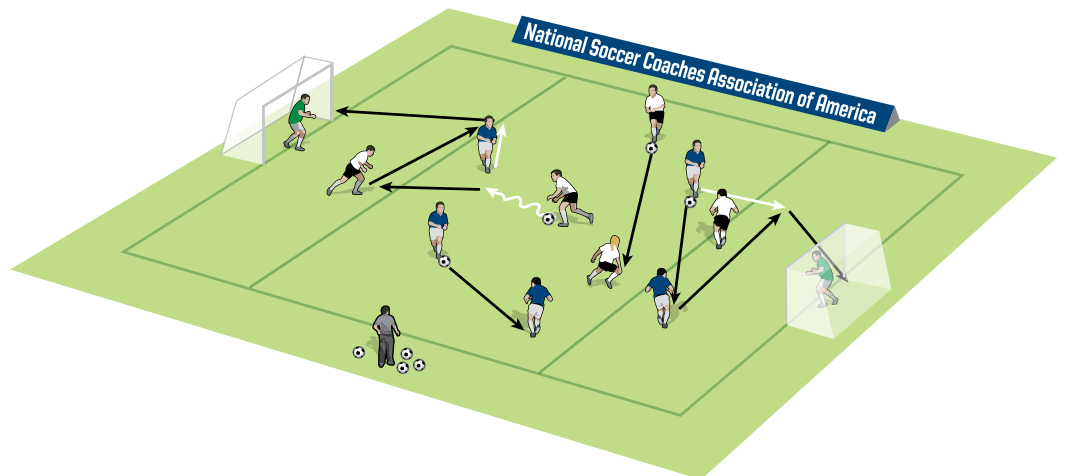
Each team passes and moves with 2 balls. Players are numbered 1-4 for each team. When their color and number is called they attack the goal and the opposing number defends. Attackers can use the target for support. The target can finish rebounds.

### COACHING NOTES

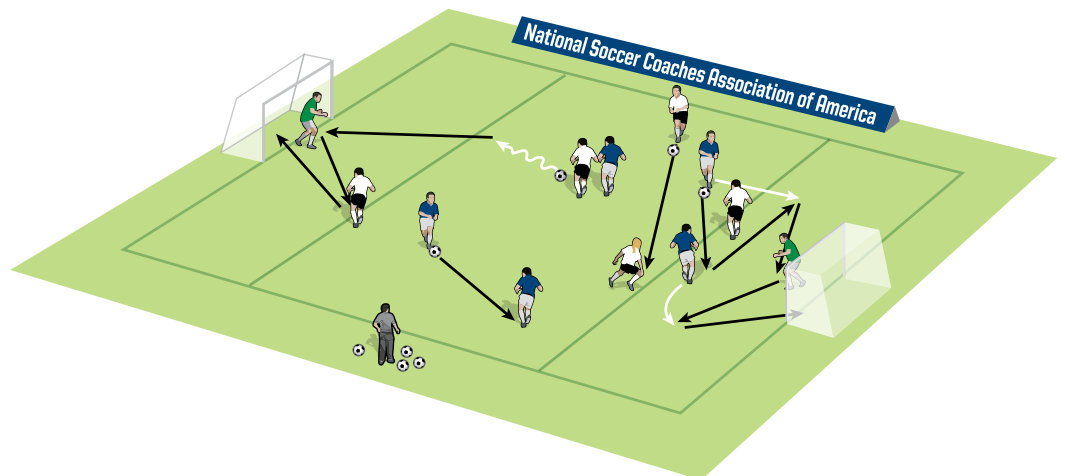
- + Coaching objectives - to increase confidence in front of goal under realistic pressure.
- + Coaching tip - encourage players to be positive in front of goal and not to pass up a clear chance.
- + Adaptations - call 2 numbers to attack and defend and/or have a defender on the target.



- + Defenders give immediate chase.
- + Attackers dribble and shoot under pressure.



- + Defenders get goal side.
- + Attackers use targets to get shots off.



- + Shots on goal are saved by the goalkeepers.
- + Target players finish rebounds.

