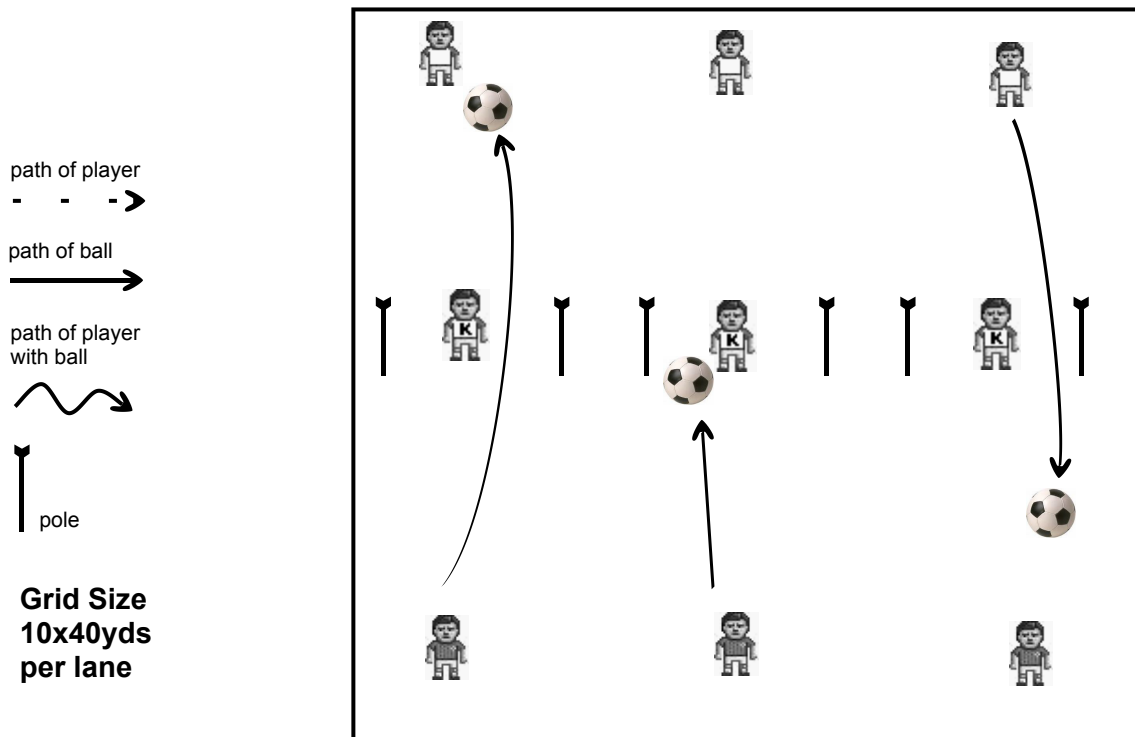


Age of Group		Numbers Expected		Length of Session	60 mins
Health and Safety					
Check pitch for hazards and make sure the goals are properly anchored. Do players have shin pads on and laces tied. All jewellery removed, no chewing gum Ask group if there are any injuries or illness, do you have emergency contact list and first aid kit available?					
Topic	Shooting	Specific Objective	To help players improve their basic technique to be able to shoot accurately and with power, to keep the ball down and on target		
Activity	Drill	Main Coaching Points			Time
Warm-up	see warm-up resource page				10mins
Introduction Unopposed technical practice	No. 38 “Shooting Gallery”	Players learn nothing standing waiting in a queue. This set up allows lots of players to get repetitive practice with the basic technique of shooting accurately using the laces. Adjust sizes of goals and grids to suit your groups ability. Focus on accuracy and keeping the ball down before power, look for a nice relaxed technique with good follow through			10 mins
Skills Practice	No. 43 “Open Goal”	Keep plenty of spare footballs handy to keep the practice moving quickly. Don’t make the scoring zone too big and don’t allow defenders into the zones. Using a neutral player that plays with the team in possession to create more shooting opportunities. Focus on technique and accuracy, if shooting from wide position remind players to shoot towards back post.			15 mins
Small-Sided Game	Award a point for a shot on target; 3 points = a goal Encourage players to take their chances to shoot and to focus on accuracy before power.				20 mins
Cool Down		In small groups players pass and move using driven and swerve passes. Static stretches. Review today’s coaching points with Q&A and encourage lots of practise before next session			5 mins
Review	On a scale of 1-5 was the session..		What would you want to change next time?		
	Safe?				
	Effective?				
	Fun?				

No. 38 “Shooting Gallery”

- ☐ Shooting
- ☐ Goalkeeping
- ☐ Volleying (development)

U8 ✓
U10 ✓
U12 ✓
U14 ✓
U16 ✓



Accurate shooting takes regular practice. This is a useful way of organising a group for repetitive shooting practice so that they get as much time on the ball as possible. You can put more than one player at each end of a grid taking turns and can use them to serve for each other as well in the developed practice. Keep stressing the need for having a look at the target on the run up, and the importance of accuracy before power.

Organisation

Use discs and poles to divide up lanes with 4 yd goals and keepers
Keep at least a 2 yard gap between goals
Player at either end of each lane take turns at shooting
Make sure they give keeper plenty time to turn, don't shoot until keeper signals he is ready
Do not allow player to shoot from too close in for keeper safety
Make it competitive - keep the score

Coaching Points

- ♦ Get ball out from feet
- ♦ Look up and observe keeper - select shot
- ♦ Get standing foot up beside ball
- ♦ Leading shoulder pointing towards target
- ♦ Head steady; focus on ball
- ♦ Firm ankle “*Scrunch your toes*”
- ♦ “*Accuracy before power*”
- ♦ Strike through mid-line of ball; keep it down
- ♦ Transfer of body weight through shot

Development

- i Adjust distance for shot
- ii Put in a server beside post and have ball served on ground for first time strike
- iii Have ball thrown in for volley 1st time or on bounce
- iv Have serves coming from the side across the player on the ground and in the air

No. 43 “Open Goal”

- ☐ Conditioned SSG
- ☐ Shooting
- ☐ Defensive Pressure

U8 ✓
U10 ✓
U12 ✓
U14 ✓
U16 ✓

path of player



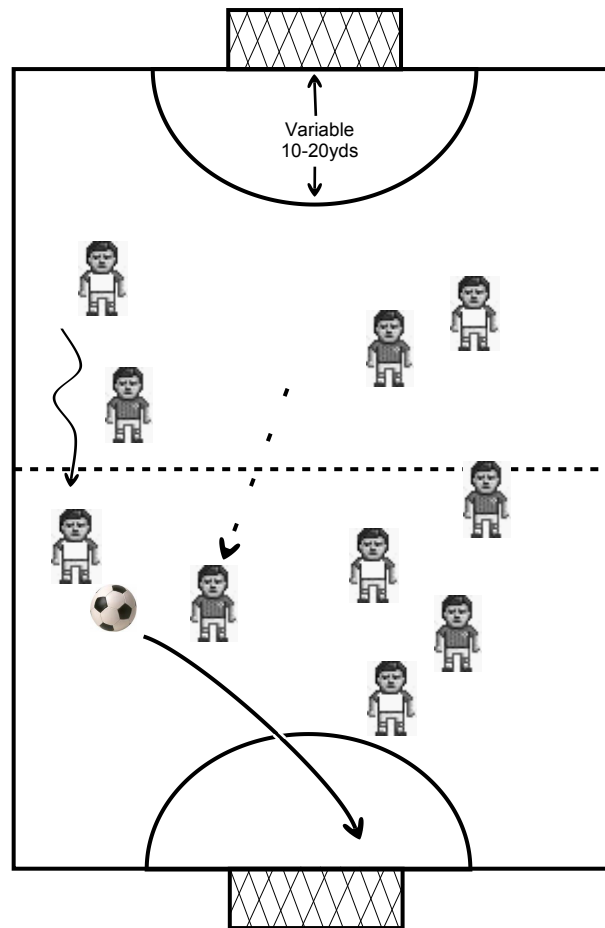
path of ball



path of player
with ball



Grid Size
40x60yds



Time favours the defence and the more players want to dwell on the ball the less chance they have of scoring. This game rewards teams who shoot at every opportunity and who have the courage to attempt long range shots. Equally it forces the defending team to close down quickly and to block shots bravely. Commend players for having the vision and attitude to take the shot even if their accuracy is still inconsistent.

Organisation

Select two evenly matched teams
Use discs to mark half-way line
Normal football rules apply with the following additions;
a There are no goalkeepers in this practice
b Shots can be taken in opponents half only, and from outside the goal area
Make it competitive - play for an agreed time and keep the score

Coaching Points

- ♦ Nearest defender must pressure ball quickly
- ♦ Defensive organisation - goal-side & ball-side
- ♦ Get tight on players in dangerous positions
- ♦ Show attackers wide, away from goal
- ♦ Courage to block shots
- ♦ Counter-attack with speed
- ♦ Take every chance to shoot
- ♦ Attempt long range shots if it is on
- ♦ Technical quality of shots

Development

- i Adjust size of goal areas
- ii Add neutral player who plays with team in possession to increase challenge for defenders
- iii Restrict players to three or two touch
- iv Shots must be made on first touch

No. 41 "Shoot on Sight"

- ☐ Shooting
- ☐ Volleying
- ☐ Defending
- ☐ Goalkeeping

U8 ✓
U10 ✓
U12 ✓
U14 ✓
U16 ✓

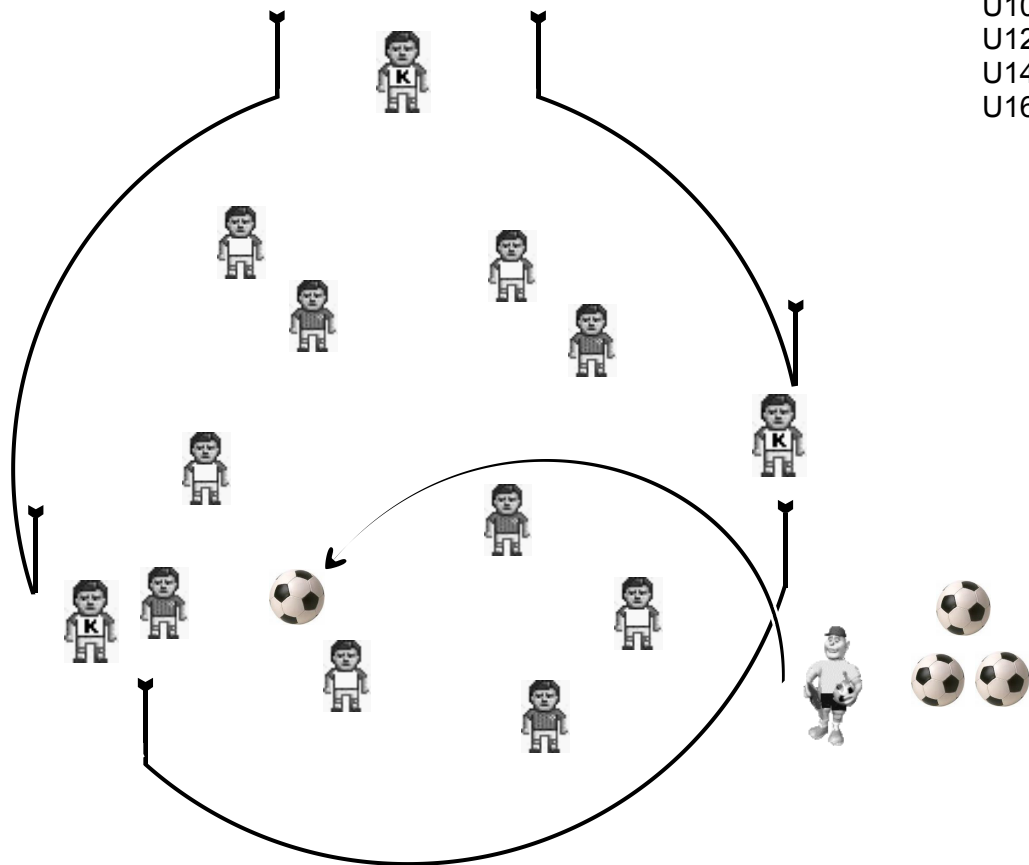
path of player
- - - ➔

path of ball
➔

path of player
with ball
~ ~ ~ ➔

↑
pole

Grid Size
30- 40yd
Diameter



95% of all goals at the top level are scored on the 1st or 2nd touch. This drill will quickly reveal who are the brave, assertive players and who become passive under pressure. A very enjoyable and fast paced practice that is popular with all ages. It is mainly about getting players to take shooting opportunities without hesitation. Commend effort but don't excuse bad shooting technique, a poor shot is not "hard luck!"

Organisation

Set out large circle and use 3 portable goals or poles spaced evenly around the perimeter
Even teams spread out within the grid, a keeper in each goal
The coach has a good supply of footballs and serves randomly into area using chip pass
Any player in either team can score in any goal
If coaching a large group play with 3 teams with one resting/serving
Make it competitive - play for an agreed time and keep the score or play to a target score

Coaching Points

- ♦ Willingness to attack ball and take the shot
- ♦ **"Don't let it bounce"**
- ♦ Good control or volley on 1st touch
- ♦ Shooting technique
- ♦ Other strikers follow up shots
- ♦ Turn away into space if shot is not on
- ♦ Courage to tackle and block shots
- ♦ Keepers alert and focused
- ♦ Keepers observe strikers and get set
- ♦ Shot stopping technique

Development

- i Adjust the size of the goals
- ii Allow max of 1 touch and shot
- iii Serve two balls at a time
- iv Keepers all from same team to create 6 attackers v 3 defenders - count goals from 10 balls