

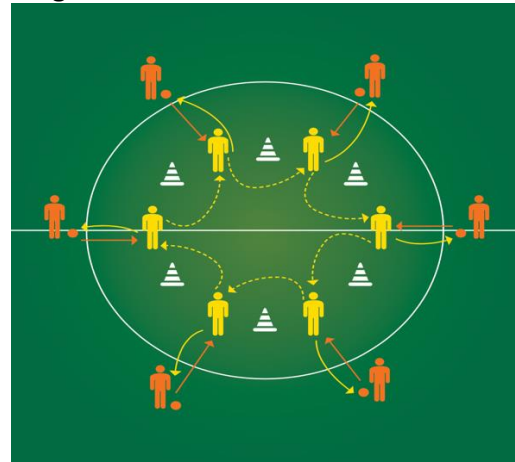
Session 6 – Striking The Ball

Skill Introduction – 15 Minutes

Organisation/ Explanation

- 6 Orange players located outside a 10m circle as illustrated.
- 6 Yellow players located inside a smaller 7m square as illustrated.
- Yellow players perform the role of a goalkeeper.
- Yellow players roll the ball out to the Orange player who shoots the ball back with a controlled instep drive.
- Orange players then move to the next yellow goalkeeper and repeats the process.
- Rotate Yellow players with Orange players once all players have returned to their original cone.
- Encourage players to use left and right foot to shoot.
- Variations: Volley or half-volley to shoot.

Diagram

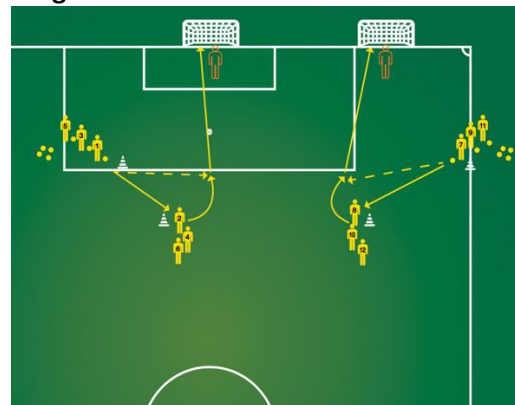


Skill Training – 25 Minutes

Organisation/ Explanation

- Two practices set up with one group focusing on right foot shooting and the other left foot shooting.
- Player #1 passes to player #2 who then runs to apply pressure as a defender. Player #2 take a first touch and shoots at goal.
- Player #1 then joins the shooting line and player #2 joins the defending line.
- Step Up: Increase the angle for player to shoot and reduce the distance between defending player and attacking player.
- Step Down: Move the cones closer to the goal to get some success. Increase the distance between defender and player shooting.

Diagram



Skill Game – 20 Minutes

Organisation/ Explanation

- 3v3 shooting game.
- Playing Area: 20m x 20m divided by a halfway line.
- Game starts with a 3v1 in one grid.
- Team scores by shooting in their own half or by a finish from the lone attacker in opposite half from a rebound off the goalkeeper, post or crossbar.
- Rotate players regularly.
- Encourage players to shoot as often as possible.
- **Step Up:** Limit the number of passes before shooting or reduce size of playing area.
- **Step Down:** Make the playing area bigger.

Diagram

