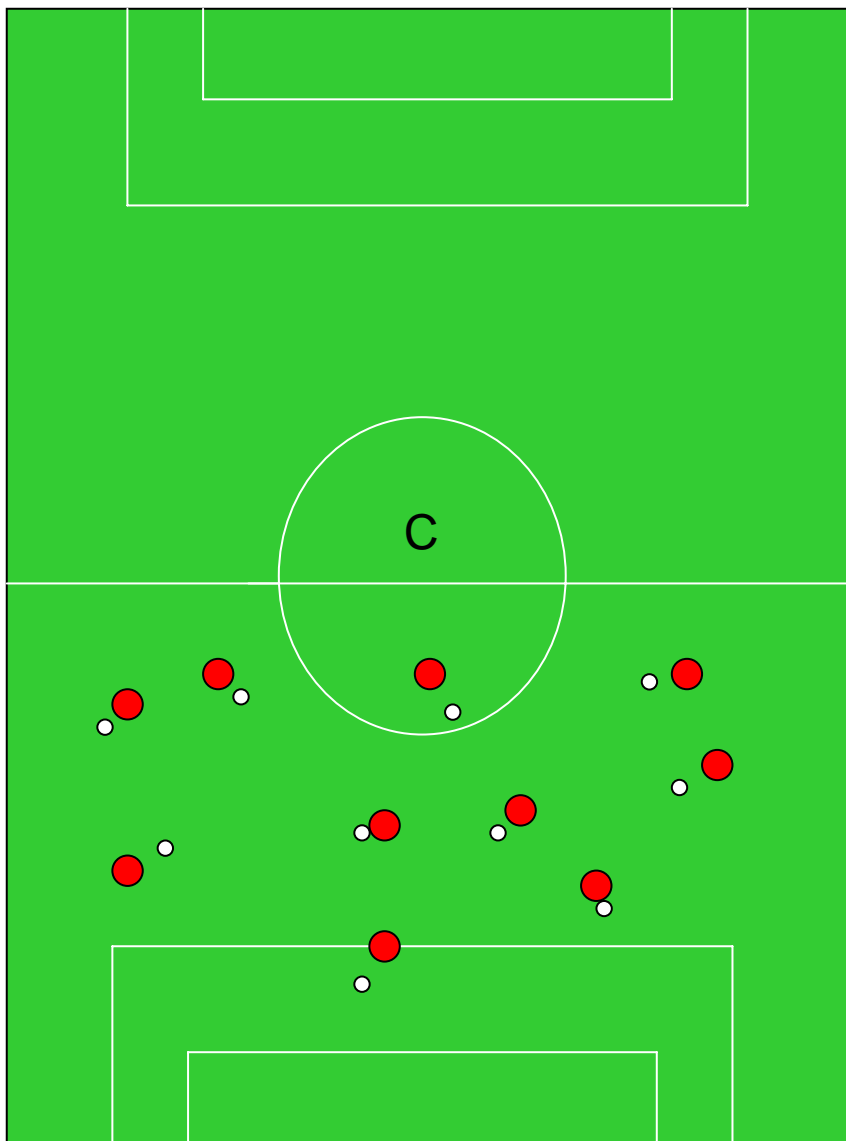


General Shooting Session



Set-up

. Each player dribbles a ball, activate exercise by asking them to do movements similar to a shooting movement (knee on top of ball, shooting simulation etc...) **FUNDAMENTAL**

Objective

. *Start to prepare players for what will be the practice, let them know what they are doing.*

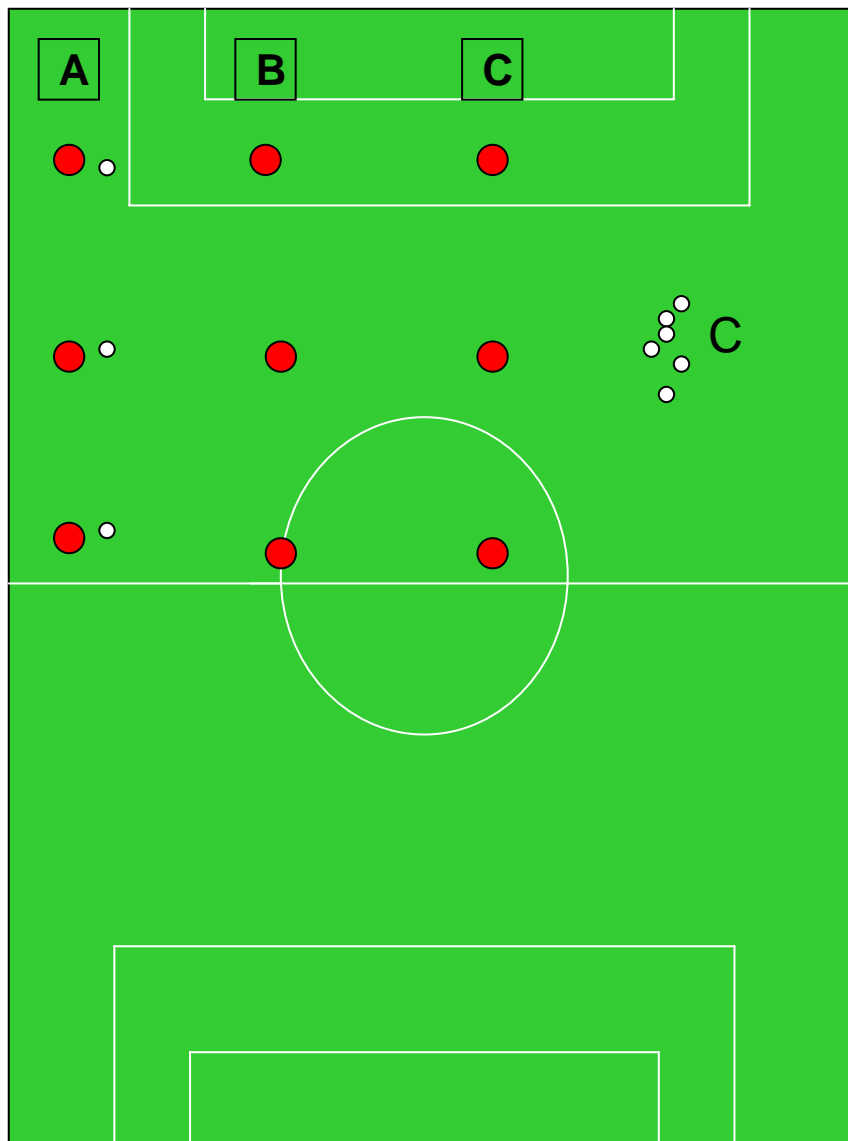
Progression

. *Increase speed of execution, ask for more than one move at the same stage.*

Coaching Points

- . *Support foot*
- . *Round and compact over ball*
- . *Stay down on ball with steady head*

General Shooting Session



Set-up

. 3 players on the same line, one ball. Player B receives from A turns and makes a Half shoot for C, Repeat various time by receiving ball from A&C. After a few minutes switch roles. **FUNDAMENTAL**

Objective

. *Insist in proper shooting technique from various situations, Make sure players are well balanced when shooting.*

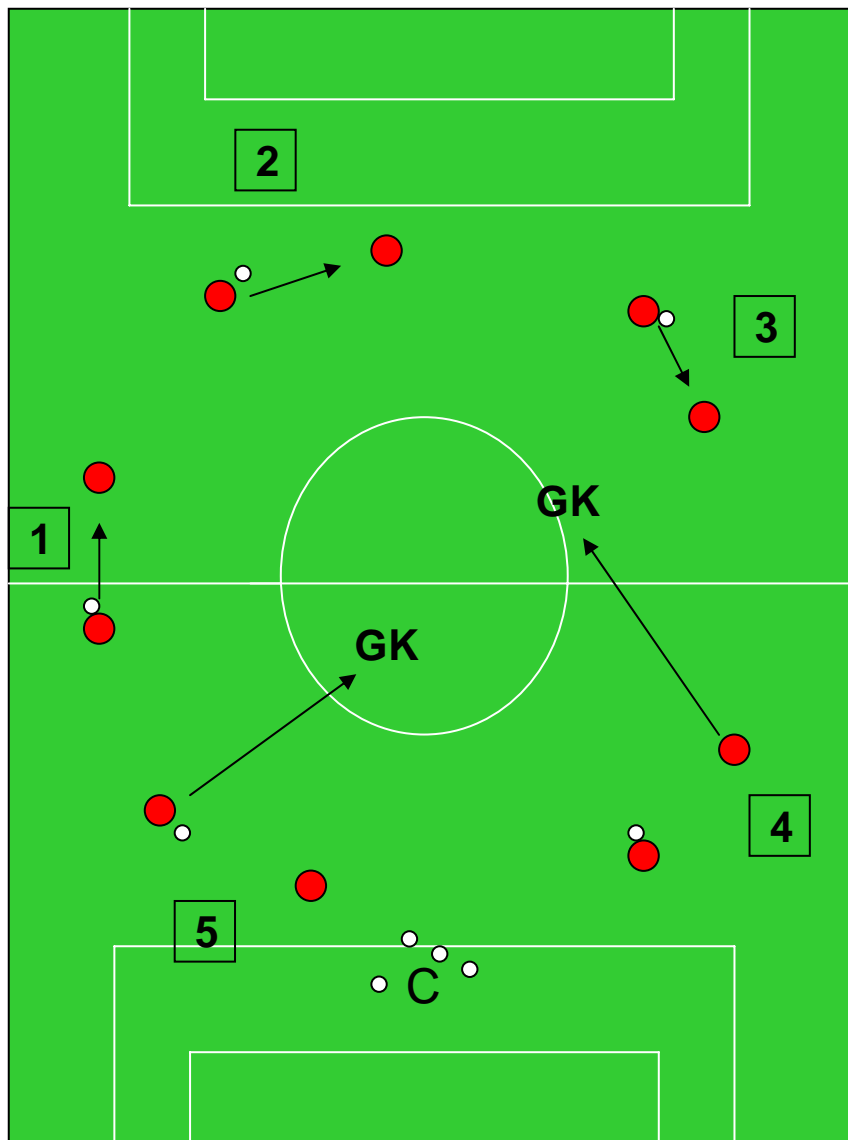
Progression

. *Players receive ball on knee and chest turns and shoots.*

Coaching Points

- . *Support foot*
- . *Round and compact over ball*
- . *Stay down on ball with steady head*
- . *Positive attitude about success of shot*
- . *Strike through center of ball*

General Shooting Session



Set-up

. Players placed 2 by 2 with a ball passing ball to each other. Each group has a number. Goalkeepers in the middle. When goalkeeper calls your number player with ball shoots at the GK's.

Objective

. *Quick reaction for shooting, Force players to react quick if shooting opportunities are on. Accuracy when striking the ball.*

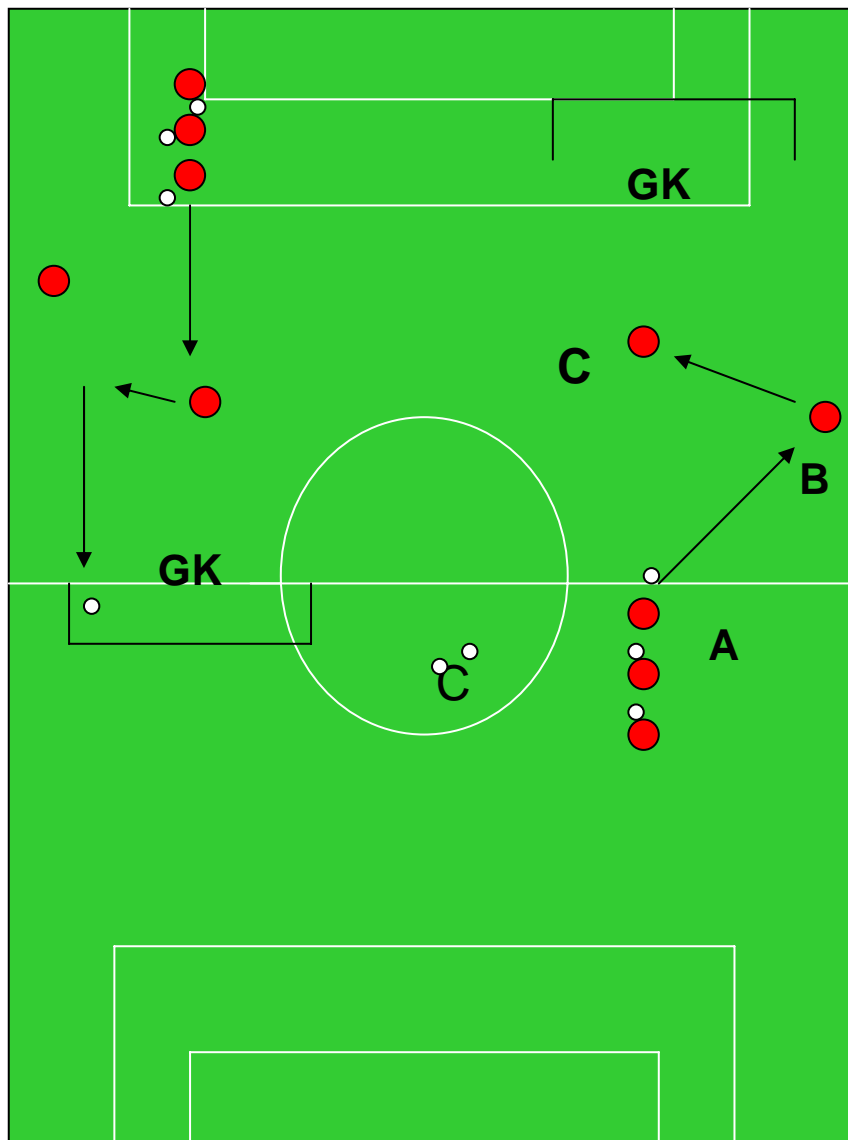
Progression

. *Have players shooting on ground, progress by driving higher balls. Have players receive balls from the air to get into the shooting position.*

Coaching Points

- . *Support foot*
- . *Round and compact over ball*
- . *Stay down on ball with steady head*
- . *Positive attitude about success of shot*
- . *Strike through center of ball*

General Shooting Session



Set-up

- . A player passes to B, B to C who turns and Shoots. Work in both directions to keep the flow in the exercises. Rotate players. GAME RELATED

Objective

- . Quick reaction for shooting, Force players to react quick if shooting opportunities are on. Accuracy when striking the ball.

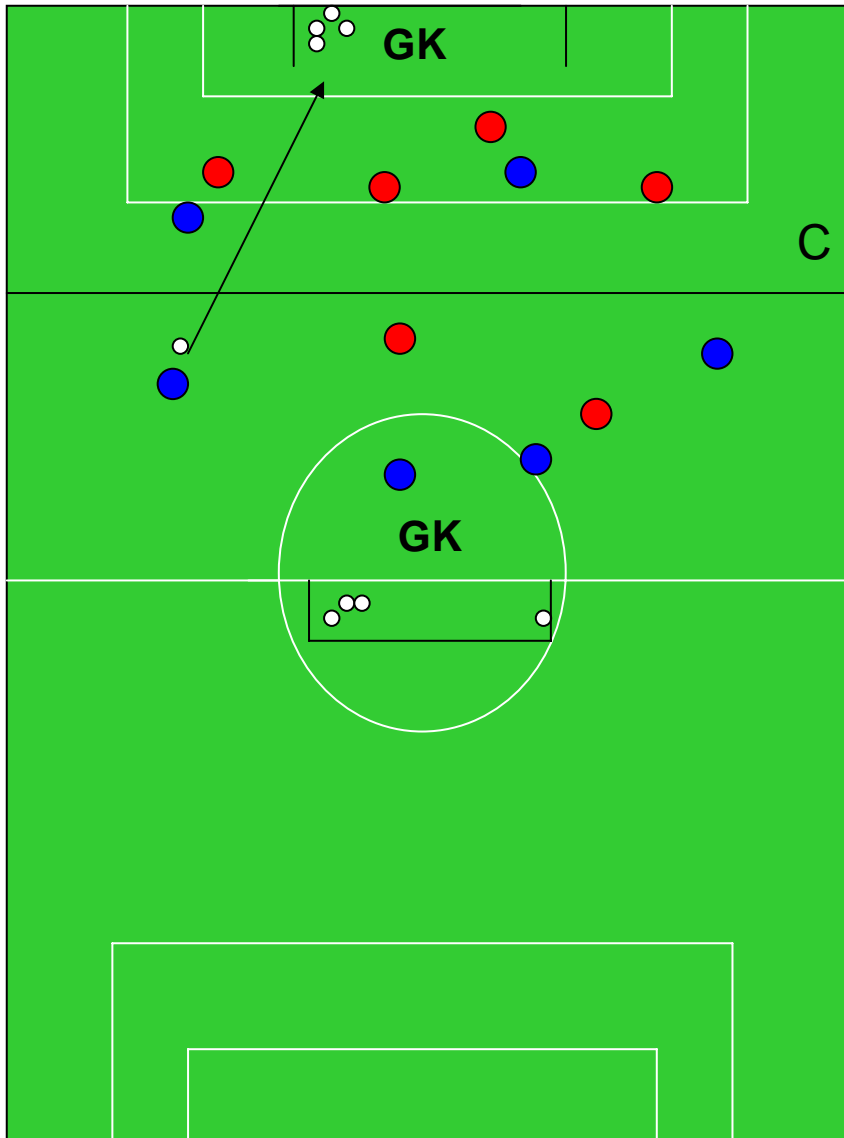
Progression

- . Use different variations, A plays direct to C who lays it off to B, B shoots on the run. Exec.....

Coaching Points

- . Support foot
- . Round and compact over ball
- . Stay down on ball with steady head
- . Positive attitude about success of shot
- . Strike through center of ball

General / functional Shooting Session



Set-up

. 2 teams of 6+GK, determine a half way line. On each half of field place 4 defenders VS 2 Attacking players. *Players are not allowed to cross there line. Incentive long range shooting. Have attacking players going for rebounds.*

Objective

. *Force players to shoot from long range if a good opportunity shows. Look for quality on every shot.*

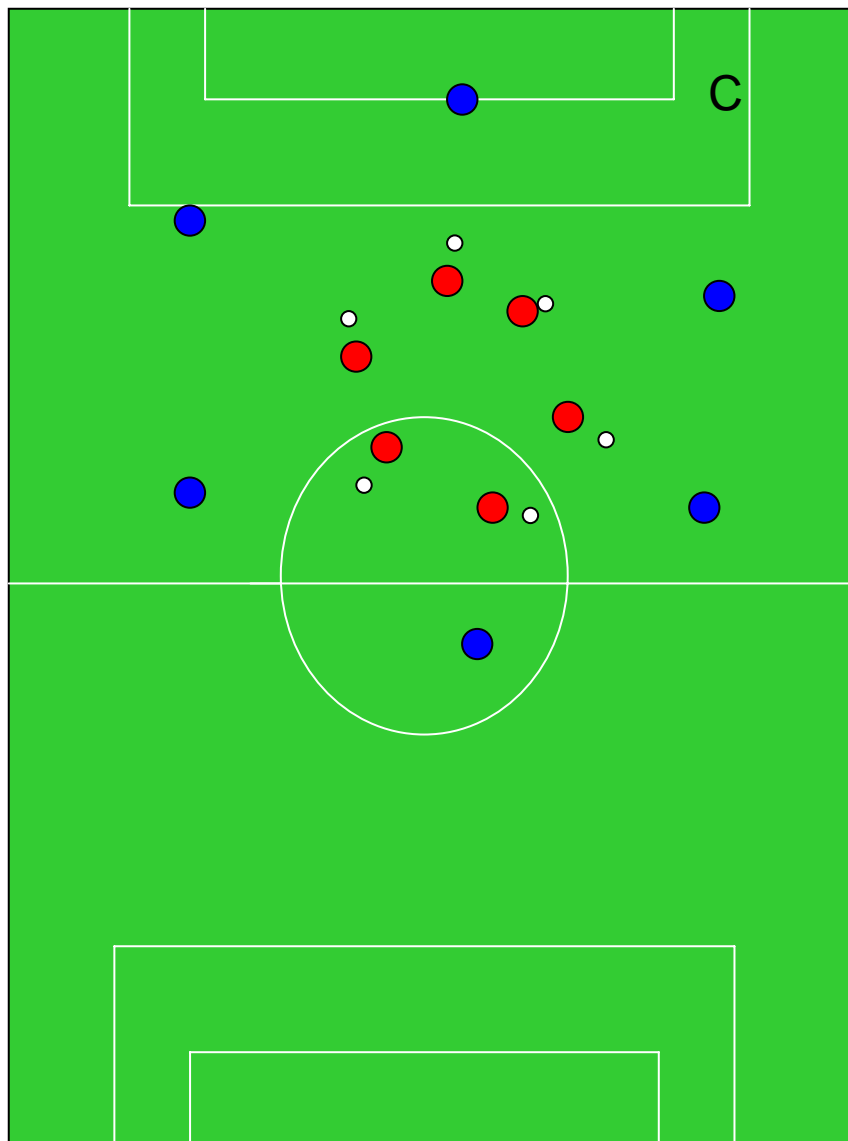
Progression

Have defending players use attacking players when possible. Attacking players can know go to goal with ball. Use this game for FUNCTIONAL training, Your 4 midfield players + your 2 strikers. Use same set-up for your final game

Coaching Points

- . *Support foot*
- . *Round and compact over ball*
- . *Stay down on ball with steady head*
- . *Positive attitude about success of shot*
- . *Strike through center of ball*

General Attacking 2v1 (Warm up)



Set-up

. Half your squad forming a circle with the other half inside that circle with one ball for each player.

Objective

. *players passing and receiving the ball back from outside players. Once they receive the ball back they should look for a different outside player and repeat move. Switch roles*

Progression

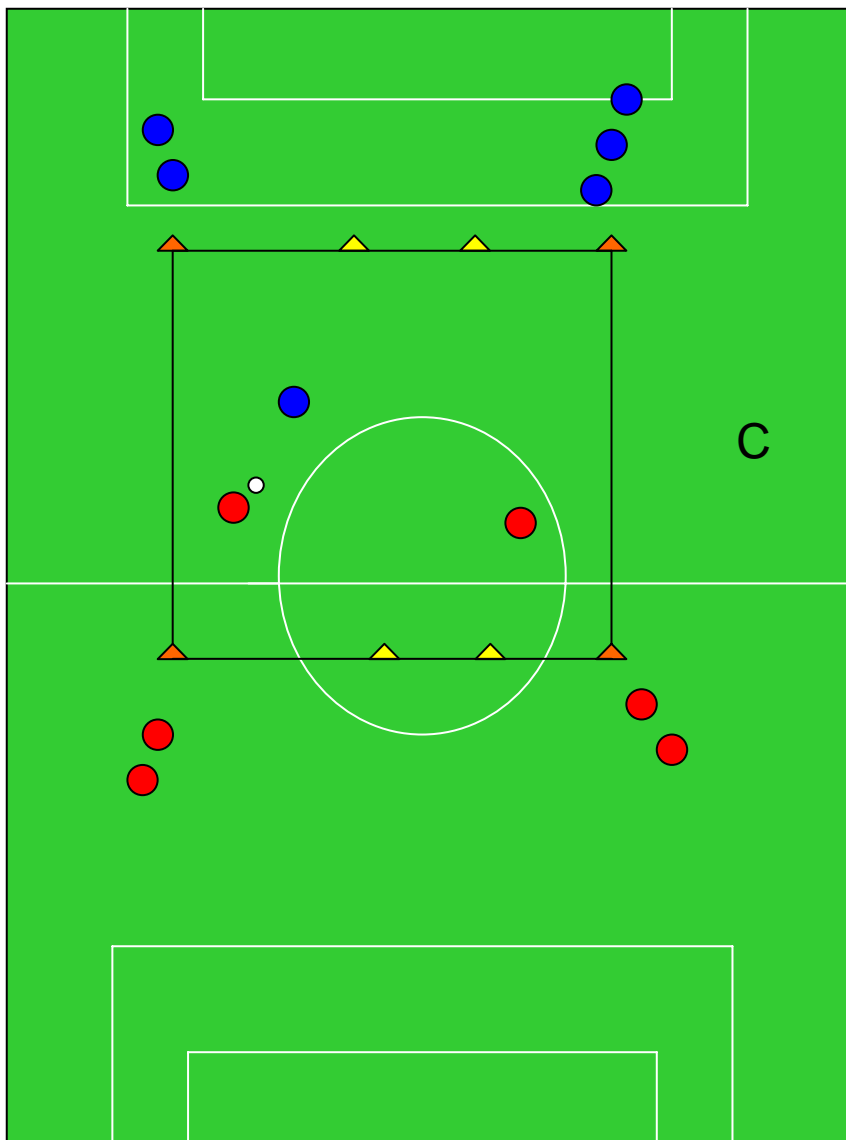
*Ask your players to do small combinations with outside players, overlap, take over's , one-twos etc...
Players should increase speed of execution*

Coaching Points

- . *Quality of passing and receiving*
- . *Awareness of space*
- . *Timing of the pass*
- . *Communication between players*

General Attacking 2v1

(could also be used for defending 2 v 1)



Set-up

. In a grid 15x25, two teams. One starts Attacking 2v1 towards a 2yrd goal placed at extremities of the grid and one team defends, switch teams after a while, defending team becomes attacking team.

Objective

. *Work on Attacking 2 v 1, players should know there role when similar situation occurs on a part of the field. Player with ball should be looking for penetration (1st option).*

Progression

Player who wins the ball can attack opposite goal. Keep track of the score to make game competitive. Make grid larger and work with goalkeepers making it a small sided game.

Coaching Points

- . *Quality of first touch*
- . *1st attacker looks for penetration*
- . *Commit the defender*
- . *2nd attacker good distance of support*
- . *Timing of the pass*
- . *Timing of the run*