

DATE 07/06/2022	VENUE	DURATION	NO OF PLAYERS	ABILITY / LEVEL
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EQUIPMENT	PURPOSE
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TIME	TASK / ACTIVITY / SESSION CONTENT
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## 1V1 FINISHING

### Description

Every other player in each line has a ball. The ball is played into space so that the attacking player can take the ball in their stride.

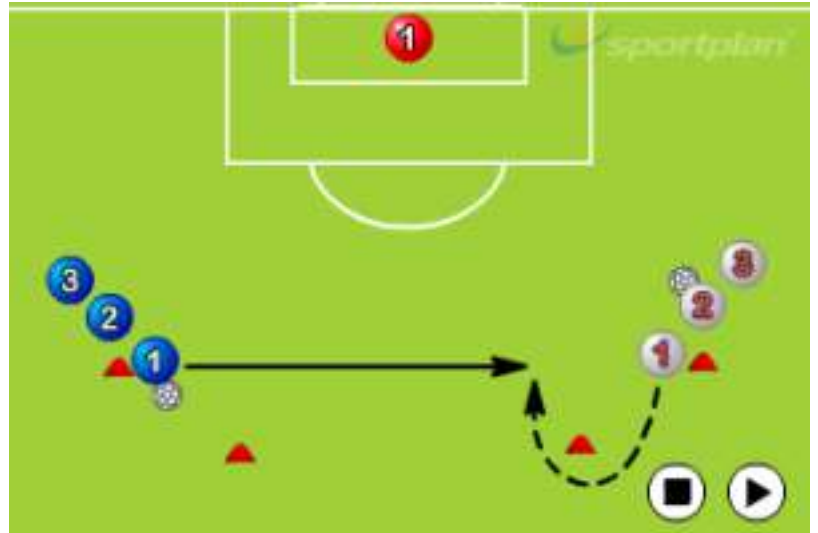
Once the player has the ball they try to score against the goal keeper.

The feed is then reverseeed to the other side.

### Coaching Points

Ball must be played into space at the right pace.

Always try and shoot across the GK



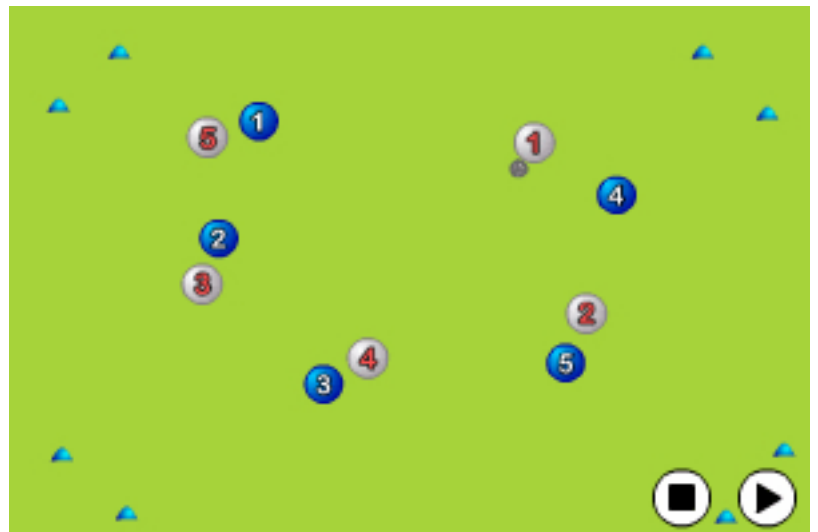
## FOUR GOAL FOOTBALL

### Description

Play small sided game in a suitable area (e.g half field 6v6). Two teams attempt to score in any of the goals. A goal counts if the ball is passed through the goals and one of your teammates receives the pass round the otherside of the goal. The game is continued so it does not stop after every goal.

### Coaching Points

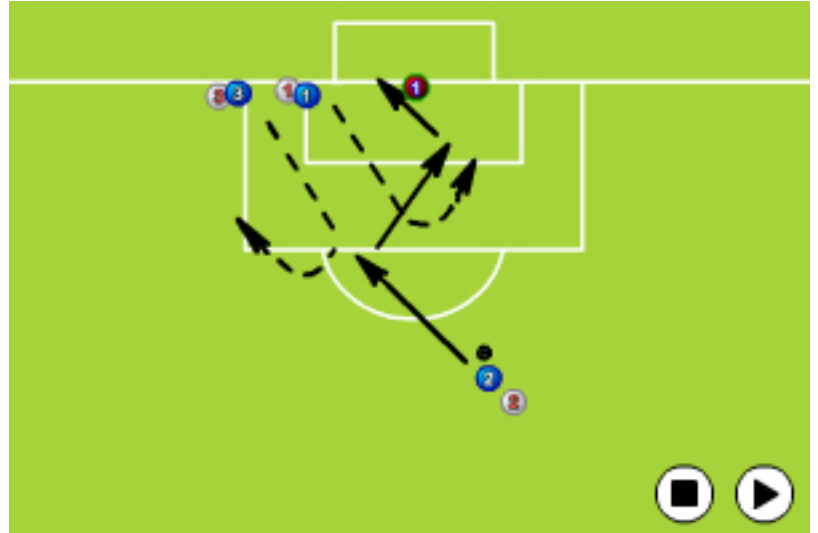
Use depth and width. Game can be made hard/complex when the rule that the ball is not allowed to travel above head height.



## RECEIVING THE PASS - 2V1

### Description

Player 1 comes short to receive the ball from player 2; player 1 dummies and spins out left.  
Player 3 comes to take ball and passes back across for player 1 to shoot.  
Player 3 then goes to far post for rebounds.



## RUN ONTO BALL AND SHOOT

### Description

Practice starts with a bleu player running to wards the goal player from the white team passes the ball to this player, blue player shoots. next a player from the white team makes a leading run and receives the ball from a player from the red group.

next a player from the red group runs and receives the ball from the blue team.

### Coaching Points

- a second pass can be introduced by a player being available for a wall pass (second part of animation)



## SHOOTING FROM RANGE GAME

### Description

This game can be played with almost any number of players.

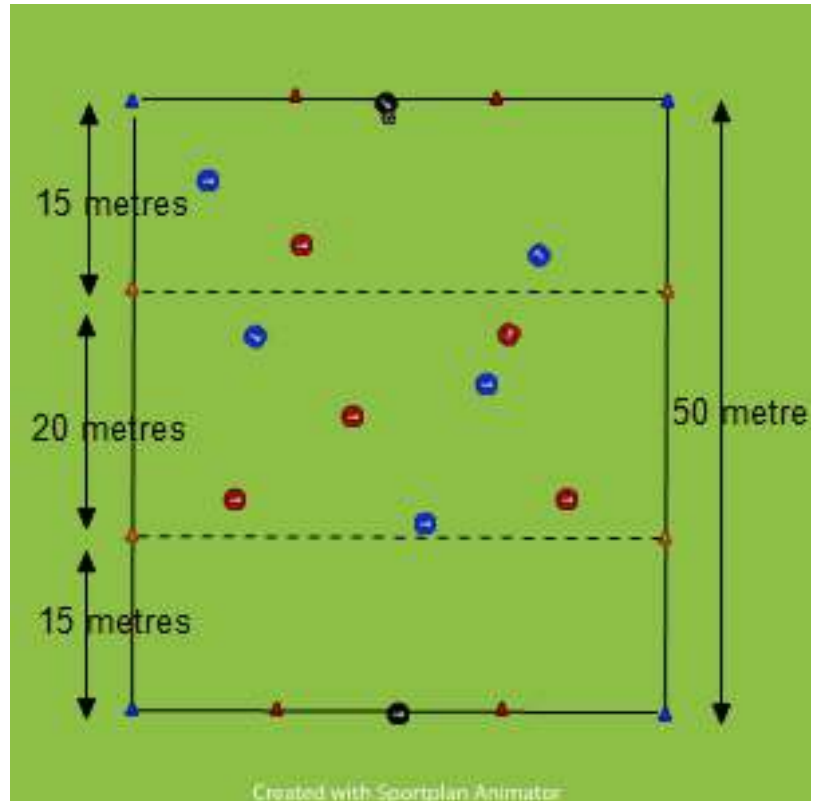
In this game the pitch is 50 metres long, split into two 15 metre shooting zones (at both ends) with a 20 metre mid-section.

Players are allowed in all areas of the pitch but are only allowed to shoot outside of the 15 metre area.

### Coaching Points

This game forces your players to shoot from distance and will encourage them to take their chances (or to have a *pop*) when given the opportunity in their next game.

Players should pass and move as usual.



## SHOOTING ACROSS GOAL

### Description

Set up two goals, one at either end of the half pitch and two narrow channels (with cones), one to the left and the other to the right of the goals.

Players must dribble with the ball using both feet through the channel towards goal.

When they are within 15m of the goal they should prepare to shoot, with a shot across the goalkeeper into the far corner.

### Coaching Points

After players have had a shot they should collect the ball and join the back of the other line, ready to repeat the drill in the other direction.

In order for the shooting players to be successful the keeper cannot venture too far off their line.

Shooting players should keep their shots low and be aiming for the far bottom corner.

### Progression:

Remove the channels but continue the drill as before - players should still be looking to hit their shots across goal into the bottom corners.



## LOB THE KEEPER

### Description

Players pass the ball through the square ahead of the player running onto the ball this player then takes a shot from long distance.

### Coaching Points

Practice can be brought in closer to the goal. shooting players should try to run on to the ball and shoot with their first touch.



## TURNING OUT TO SHOOT

### Description

Receiving the ball and either turning out or in to have a shot at goal

### Coaching Points

Players should replicate the skill as if it were a live situation.  
Drop a shoulder to send the defender the wrong way, sharp change of pace and a shot that tests the keeper (no shots firing high or wide!)



## PASS, RUN AND SHOOT

### Description

- 1) White 1 stands 10 yards from players.
- 2) Players pass ball to white 1 and run around the D; - white 1 lays ball off for each player to shoot.
- 3) Must be a moving ball.
- 4) Coach  
- angle of shot - technique and timing.

