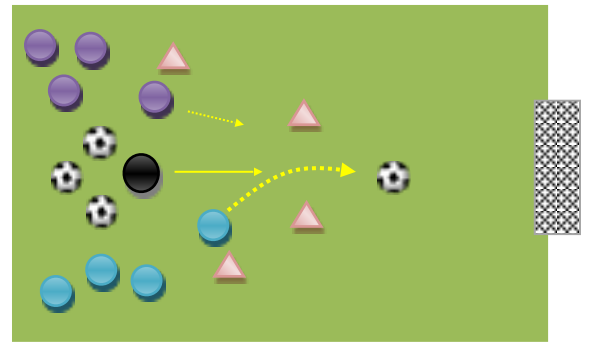


**Topic**

## Shooting

- ◇ Players
- ◇ Cones
- ◇ Balls



- ◇ Area: 25x20

**Organization:**

Two groups of players. One group positioned at a cone 25 yards from goal – runners with ball. The other group at a cone which is 5 – 8 yards back and to the side – “chasers”. Place a gate 2 yards wide, central to goal and 20 yards from goal. Coach serves the ball from the centre position.

Coach plays ball into space for “running player” to run onto ball, “runner” must go through gate and finish. “chasing” player can chase him as soon as coach plays the ball and try and stop him scoring. Rotate runners to chasers after shot.

**Objectives** – Running quickly with ball in straight line towards goal, cutting across chasing defenders, composure in box, finishing. Defending.

**Progressions** - 1. “Runners” must turn with ball 2. Runners must set ball and then curve run. 3. Serve bouncing ball in front of “runners” 4. “Runners” start position wider and angle run into goal.