



Striking the ball / Shooting

Category: Technical: Shooting

Difficulty: Moderate

Am-Club: Omaha FC
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Screen 1 (10 mins)

Set-up

Running with the ball, player dribbles through gate and passes to waiting teammate, teammate dribble back to start line.

Grid size - 25x25, two goals

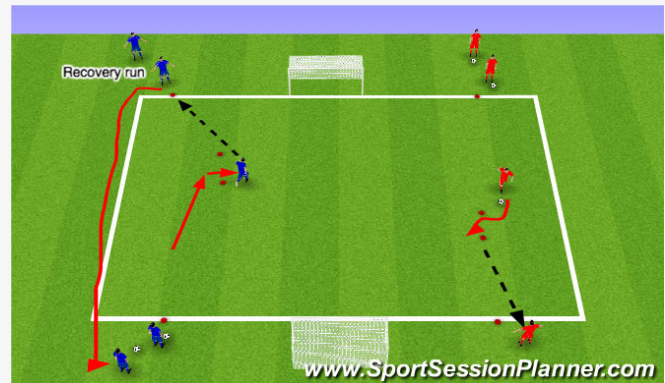
CPS

Dribble at pace

Head up

Ball control through gate

Quality pass into waiting teammate



Screen 2 (15 mins)

Advancing onto striking at goal.

CPS:

Player dribbling the ball now has a pass/receive combination before striking into an empty goal.

Coach every step, the Running with the ball - the cut through the gate - the pass - receiving the ball - the prep touch and finally the strike on goal



Screen 3 (25 mins)

Add keepers:

Gate has now been moved closer to the dribbling player, quick cut through gate, longer pass into their teammate advance on to goal to receive and strike on goal.

Red team shows a defender has now been added.



Screen 4 (25 mins)

Set Up: Two correct size goals based on age of players

Game:

Coach passes a ball into space for a 1v1 game to shoot at either goal.

CPs:

- 1) Increased shooting chances
- 2) Quality of shot
- 3) Balance and Posture
- 4) Plant foot, head steady, eyes on the ball, correct contact, follow through
- 5) 1v1 battles
- 6) Keeper coaching
- 7) Fun



Screen 5 (25 mins)

Set up: Set as many goals needed based on size of group, two teams.

Game, Coach passes a ball into the field, a player from each team races out to receive and turn to goal, game becomes a battle back and forth (Transitional)

CPs:

- 1) Speed of play
- 2) Ability to receive and turn
- 3) Tight ball control
- 4) Type of shot
- 5) Accuracy of shot
- 6) Awareness - rebounds
- 7) 1v1 demands
- 8) FUN

