



SHOOTING FROM DISTANCE - CREATING OPPORTUNITIES

Date: Feb 01, 2018

Duration: 30min

Team: SoccerSpecific

Intensity: ● (5/10)

Category: Tech / Tact

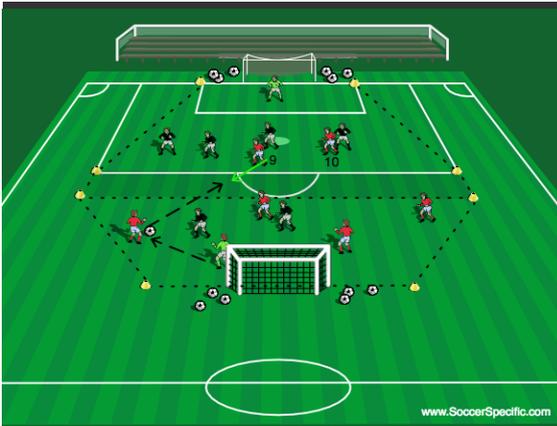


1

Setup: 12 Players + 2 Goalkeepers utilised. Each half of the playing area has 4v1; in the central (shaded) area 2 'Free' players are positioned - these 'Free' players play for the team in possession.

Instructions: Play begins with a pass from the Goalkeeper to his teammates; one opponent attempts to disrupt the possession. Team in possession must use quick 1 + 2-touch play to circulate the ball - after 5 or 6 passes the players must look to pass forward to either of the 'Free' players in the central zone. The Free players must lay the ball back for teammates to execute a shot from distance. The lone forward in the opposite half must follow up for rebounds from shots. Game is continuous. If goal is scored the scoring team maintains possession.

Coaching Points: Quick ball circulation and movement to maintain possession in congested area. Timing of movement to run forward to shoot - must delay run! Angles of approach to shoot. Various shooting techniques - inside of foot, driven, curled, etc.



2

Setup: 12 Players + 2 Goalkeepers utilised. Each half of the playing area has Goalkeeper +4v2 (5v2); Free players are no longer required.

Instructions: Play begins with a pass from the Goalkeeper to his teammates; two opponents attempt to disrupt the possession - the 4 players + Goalkeeper must keep possession (5v2). Team in possession must use quick 1 + 2-touch play to circulate the ball - when opportunity arises the players must look to pass forward to either of the Forward players (#9 / #10) checking into the central zone. The Forward players must lay the ball back for teammates to execute a shot from distance. The Forwards in the opposite half must follow up for rebounds from shots. Game is continuous. If goal is scored the scoring team maintains possession.

Coaching Points: Quick ball circulation and movement to maintain possession in congested area. Timing / Coordination of movement of Forward players to receive passes. Timing of movement to run forward to shoot - must delay run! Angles of approach to shoot. Various shooting techniques - inside of foot, driven, curled, etc.



3

Setup: 12 Players + 2 Goalkeepers utilised. Playing area divided into 3 zones; Goalkeeper+2 v 1 in each end zone / 3v3 in Central Zone.

Instructions: Play begins with a pass from the Goalkeeper to his teammates; one opponent attempts to disrupt the possession - the 2 players + Goalkeeper must keep possession (3v2). Team in possession must use quick 1 + 2-touch play to circulate the ball - when opportunity arises the players must look to pass forward either into the Central Zone or to the Striker #9 in the other end zone. Game is continuous. If goal is scored the scoring team maintains possession. Goals scored within the attacking end zone = 1 goal. Goals scored from Central Zone = 3 goals
*Players from Endzones may move forward into Central Zone to shoot.
**In the Diagram #6 has passed forward to #9; #11 has sprinted into the space to receive the pass + shoot!

Coaching Points: Quick ball circulation and movement to maintain possession in congested area. Timing / Coordination of movement of Forward players to receive passes. Timing of movement to run forward to shoot. Angles of approach to shoot. Various shooting techniques - inside