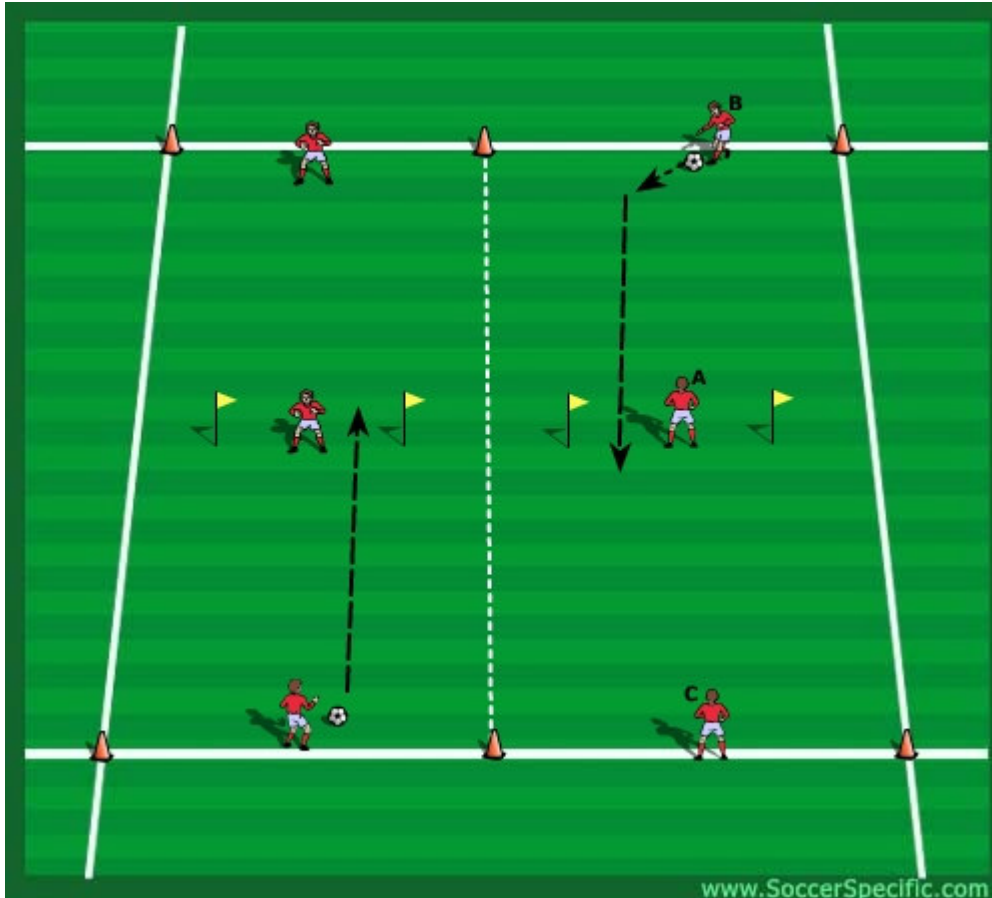


Central Goal

Emphasis: Correct mechanics of shooting for power with the laces.



Set-up:

30 x 10 yard grid with a central goal created using flags. Groups of 3 players per grid with one ball. Two players are positioned at the ends of the grid: one player is positioned between the flags and acts as a goalkeeper as shown. Repeat set up to accommodate the entire team.

Objective:

Player (A) acts as the goalkeeper. Players (B) and (C) must attempt to score through the central goal. Players must not dribble before shooting – all shots must be from distance. If the goalkeeper makes the save, he must turn and throw the ball to the player on the opposite side of the grid to continue the sequence. In the above diagram player (B) has taken a preparation touch at an angle and must shoot with the next touch. Play is continuous for a designated period of time. Rotate the goalkeeper after each round of play.

Progression:

1. Shooters must get their shot off within 2-3 touches.
2. Competition – how many goals can you score in 3 minutes?

Coaching Points:

- Prepare the ball at a slight diagonal to set up for the shot.
- Follow through and land on the shooting foot.
- Strike through the center of the ball.