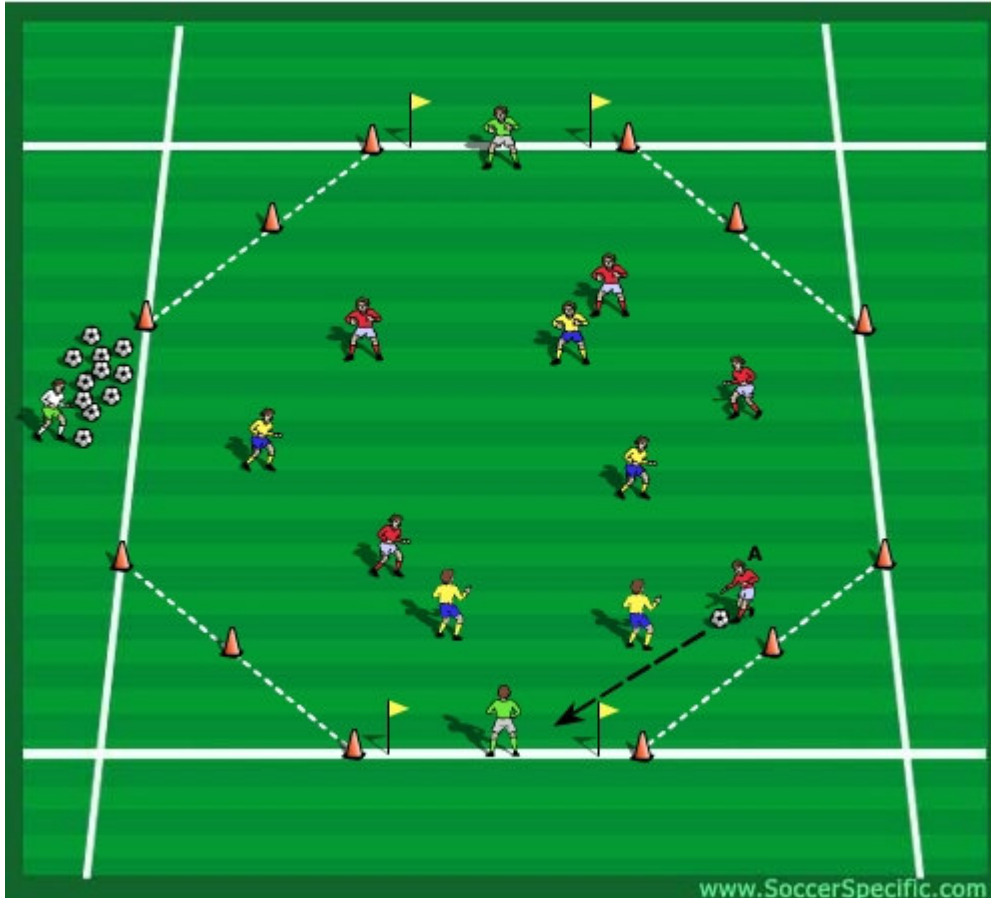


Look to Shoot

Emphasis: To develop the mentality to shoot – small sided game.



Set-up:

30 x 30 yard grid. Teams are arranged in a 6v6 format. Flags are placed at opposite ends to create goals. Goalkeepers are positioned in each goal. Cones are placed to make the sidelines on a diagonal towards the goal. A supply of balls is placed with the coach at the side of the playing area.

Objective:

Both teams compete for possession of the ball. Teams must score as many goals as possible in the designated period of time. Players are encouraged to shoot at every opportunity – don't look to pass or dribble if a shot can be taken. Players may pass or dribble to create shooting opportunities. The diagonal sidelines create a playing area where there are NO bad angles to shoot. If a ball leaves the playing area the coach passes the next ball in quickly to maintain a high tempo. In the above diagram player (A) can be seen striking a shot on target.

Progression:

1. Add a touch restriction for all players.

Coaching Points:

- Shoot early and often.
- Take chances – don't pass the responsibility to others.
- Strike the ball with the laces.
- Strike through the ball – land on the kicking foot.
- Accuracy before power on all shots.