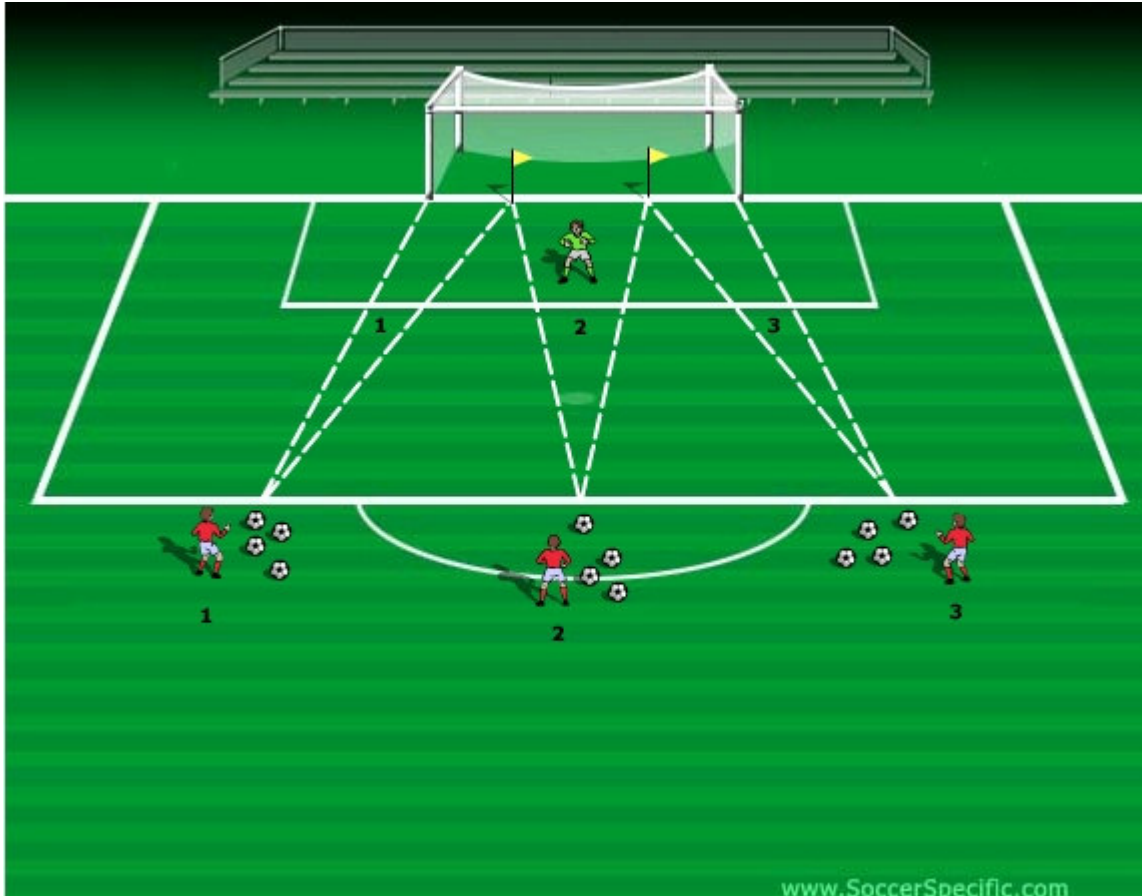


Zone Shooting

Emphasis: Confidence and clean handling



Set-up:

Three servers are placed at the top of the penalty box, one in the middle and the other two on the sides of the D. All need at least 4-6 balls each. Divide the goal mouth into thirds by placing two flags on the goal line, 1/3 from the goal post.

Objective:

Goalkeeper starts in the middle of the goal. The servers are numbered 1, 2, and 3. The coach shouts a number and that server shoots on goal within their respective zone. The goalkeeper must save everything cleanly. The servers must shoot a moving ball.

Progressions:

1. Server can go on a 1v1 breakaway to goal.
2. Server can play another server in to goal.
3. Coach stops shouting the number, must react to any of the three shooters.
4. 10 push-ups for every dropped ball.

Coaching Points:

- Find your angle quickly and get set.
- Concentrate on handling (no dropped balls).