



Week 8 - Striking The Ball (Level 2) Shooting

Category: Technical: Shooting
Difficulty: Beginner

Mike Penny, Sydney, Australia
Individual-Adult Member

Description

Skill Introduction (10 mins)

Instructions:

Players in pairs, 1 ball per pair.

Players strike the ball through the gate. Watch for shooting technique and accuracy of shot.

Aim is to accurately shoot between the cones not to get the ball past the shooting partner.

Possible Coach Remarks:

Body weight learning forward (head, shoulders, hips then knee over ball).

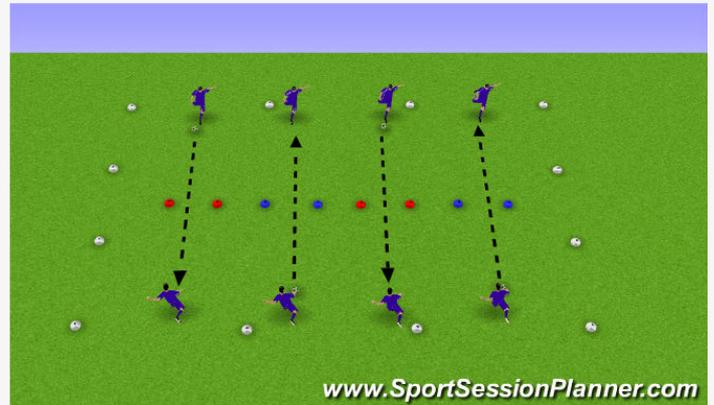
landing foot pointing towards the gate.

Strike ball with a mixture of inside of foot and laces.

Progressions:

Move the players closer or further apart dependent on ability.

Possibly switch pairings or make it a competition to see who can be the first to score 10 goals against their partner.



Skill Training - Shooting from central position (10 mins)

Instructions:

On coaches call players A dribble the ball towards and around the pole and when in space shoot the ball into the goal.

Players collect their ball and join the back of opposite line.

Players B go on next coaches call.

Shooting needs to be from the front of the goal.

Possible Coach Remarks:

Head up to be aware of other players on the pitch and when gap appears, strike for goal.

Fast pace to the pole, small touches around the pole and towards the goal.

Keep close control of the ball and apply good shooting technique.



Skill Training - Shooting from wide position (10 mins)

Instructions:

On coaches call first player from each side dribble the ball towards and around the pole and when past the pole shoots the ball into the goal.

Players collect their ball and join the back of opposite line.

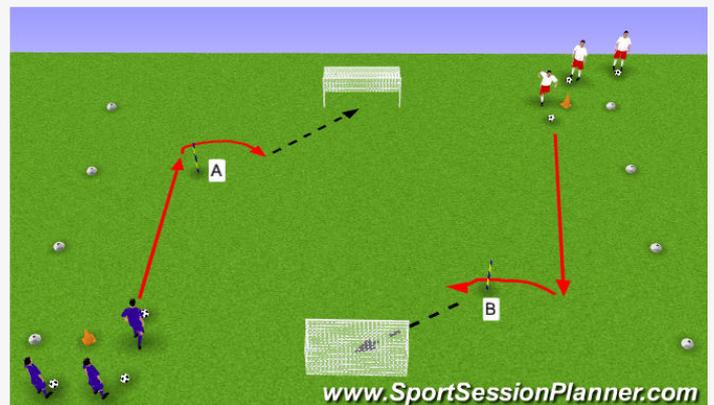
One side runs under the pole before shooting (A). One side runs over the pole before shooting (B).

Shooting needs to be on an angle from the side of the goal.

Possible Coach Remarks:

Fast pace to the pole, small touches around the pole and towards the goal.

Keep close control of the ball and apply good shooting technique.



Game Play (30 mins)

Instructions:

Standard match game 15 minutes each half.

Promote the skill that has been taught during the training session.
Look to see if the skill has been learnt.

Emphasise the importance of when shooting hit the target to make the goalkeeper make a save.

If required, also use the 30 minute match time to work on match day issues or ideas.

