

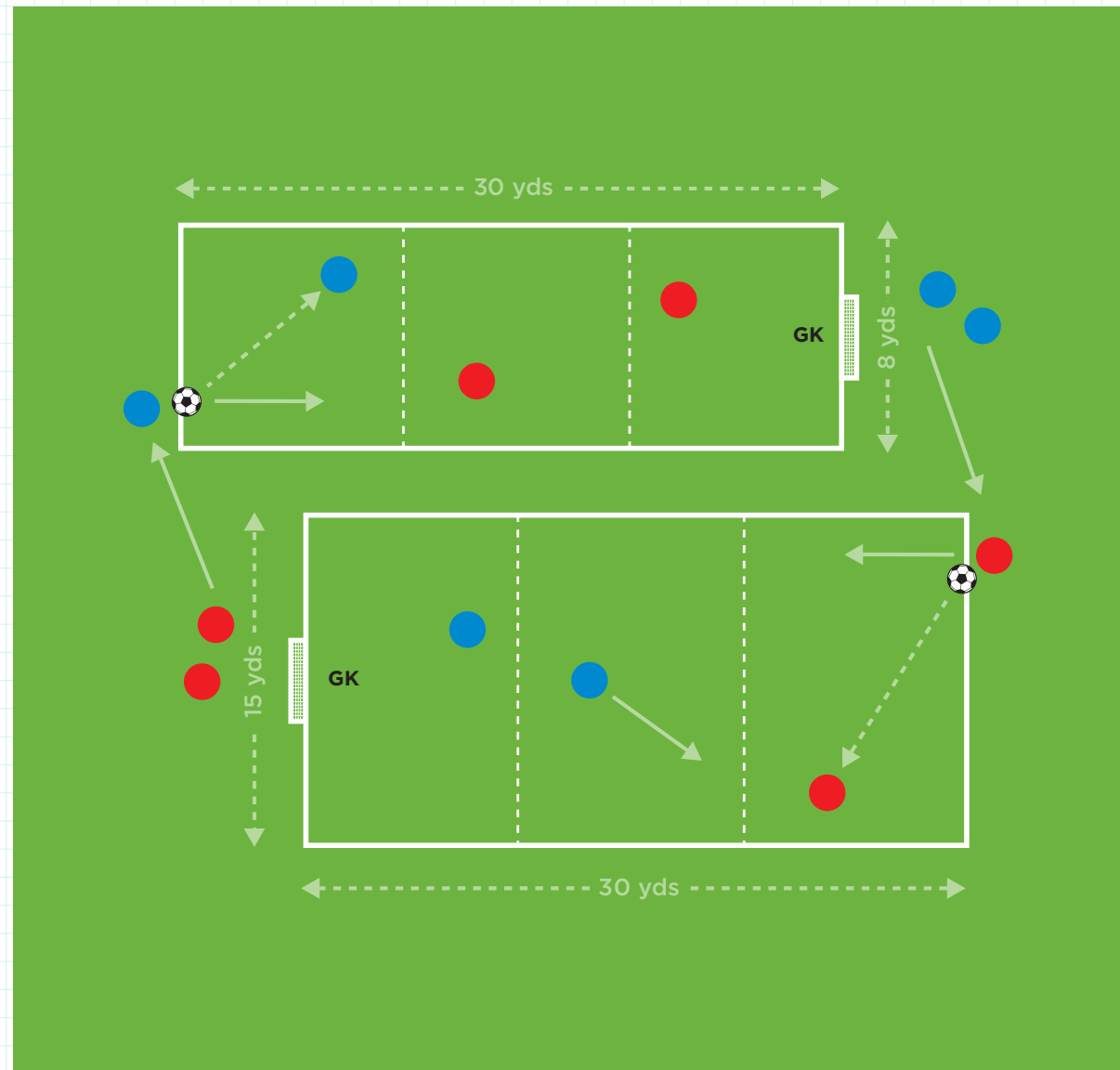
Shooting circuit 1

Practice organisation

- 2 practice areas measuring 30x8yds & 30x15yds with one goal at alternate ends of each, set-out as illustrated.
- 14 players (incl. 2 GK's), with outfield players arranged in pairs.
- Each pair has a ball, with exception of 2 pairs who operate as D's inside grids, before rotation of roles.
- Practice starts with: A's work around circuit, combining 2v1 against D's who are restricted to designated defensive grids.
- Objective: score as many goals in a pre-determined time, before rotating D's

Detail

- 1st. touch to attack D or protect ball.
- Attack D at speed & with control.
- Dribbling to eliminate D in 1v1 or combination play with team mate
- Assessing position & movement of GK.
- Decision of how to score: power or placement.
- Feints to shoot & moving ball to a better striking position.
- Supplying team mates with appropriate pass to feet or space.
- Always hitting the target with shot.
- Simple progressions for this practice are:
 - Increase/decrease size of defensive areas (grids) to affect demands on A's.
 - Allow 2nd D to advance into front/middle grid (making 2v2).
 - A's attempt to score before engaging 2nd D (looking for swerve & early shots).
 - A's can only score in the grid nearest to the GK.



The finishing phase

Age group
12-16 years

Key coaching points

- When to dribble, when to pass, when to shoot.
- Quick passing & wall-passes.
- Taking shooting opportunities early.
- Overlapping & movement to distract D's.
- Shot selection.
- Assessing position of 2nd D & GK.