

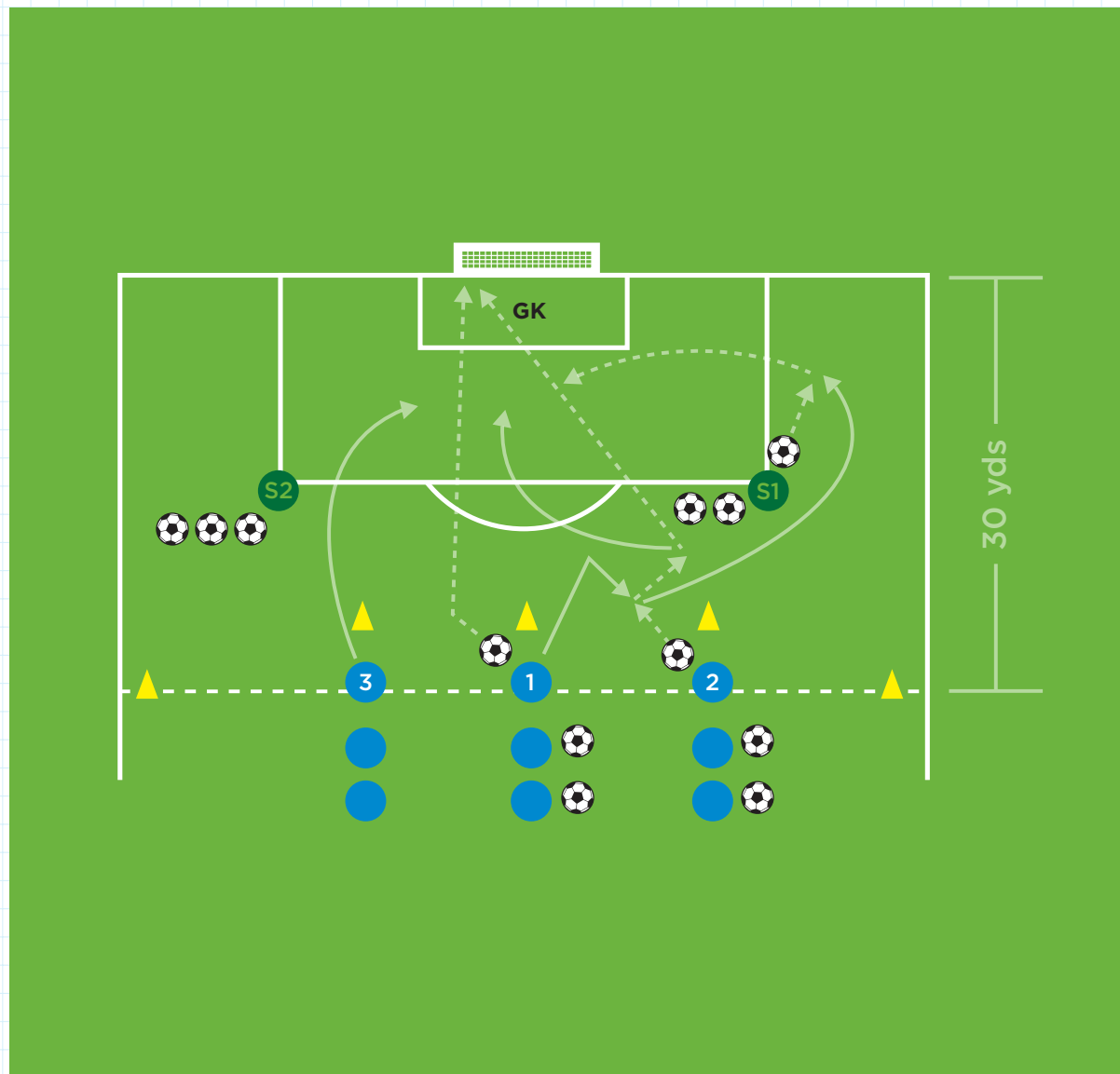
# Shooting around the penalty area

## Practice organisation

- Practice area 30yds in length, full width of pitch, incorporating penalty area with goal, as illustrated.
- 12 players (incl. GK), working in 3 groups of 3 Attackers plus 2 Servers.
- Supply of balls with A's & with S's.
- Practice starts with: A1 touches ball past cone to shoot from distance in central area.
- A1 then assists A2 with a wall-pass for A2 to shoot at goal from an angle.
- After assisting A2: A1 overlaps S1 cone to receive a pass from S on corner of penalty area, to supply A2 & A3, moving into scoring positions from outside area.

## Detail

- Employ power & placement skills when striking on goal.
- Observe position & movement of GK before deciding technique to strike at goal.
- Concentrate on excellent technique: body position/shape, footwork, arriving into position/timing of movement.
- Clean contact on ball with a chosen part of body or foot surface.
- Movements & interchanges of A's should co-ordinate to cover major goal-scoring areas within penalty area.
- Simple progression for this practice is:
  - Position D on edge of penalty area to defend cross from A1 & block shots from A2.



The finishing phase

Age group  
17-21 years

## Key coaching points

- Strike with power & accuracy from a distance.
- Keep ball low when striking at goal.
- Deliver crosses accurately, avoiding GK's intercepting range.
- Early decision on selection of technique to use, striking at goal.
- Contact ball with precision & excellent technique.