

Shooting 2

Practice organisation

- Area 15x10yds, with a central area 2/3yds wide across grid & goal of appropriate size at one end, as illustrated.
- 5 players (incl. GK), arranged 3 Attackers v 1 Defender, as shown in the diagram.
- Practice starts with: 2A's with ball in deep zone, looking to combine, evade D (who is confined to central area) & get ball to A in advanced zone.
- On receiving forward pass, advanced A controls, turns quickly & strikes at goal.
- If D intercepts or blocks/deflects forward pass, a point is scored.
- Once ball goes dead: players rotate roles & practice recommences with initial set-up arrangements.

Detail

- Nature of support play from A's.
- Intelligent marshalling of defensive situation from D.
- Simple progressions for this practice are:
 - D can leave central zone once ball is advanced to A & chase/apply pressure from behind.
 - 1 of the 2A's in deep zone can move into advanced zone to support advanced A.
 - Introduce 2nd. D in central area who can retreat when forward pass is made into advanced A.
 - Increase depth of central area (to 8/10yds), so advanced A can come short to receive; turn & attack goal from a deeper position.

Key coaching points

- Early recognition & vigilance by 2A's of D's position & movement.
- Awareness of movement beyond D by advanced A, offering support.
- Movement of advanced A, showing good supporting position (depth & angle of support).
- D sliding, covering & awareness of passage of ball with 2A's along with movement behind.
- Selection of appropriate passing technique & execution to advanced A.
- Reception of forward pass: body shape & 1st touch to control.
- Awareness of position of goal & GK.
- Shooting techniques to be employed & execution of finish.

