

Session Summary

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| Session: | LONG RANGE SHOOTING PRACTICE (Unopposed > Opposed) | | |
| Date: | - | Coach: | Ian Knapp (ianknappuk@gmail.com) |
| Duration: | 30 mins | Equipment: | Balls / Bibs / 2 Goals |
| #Players: | 10 | Age Group: | U9 - U18 |

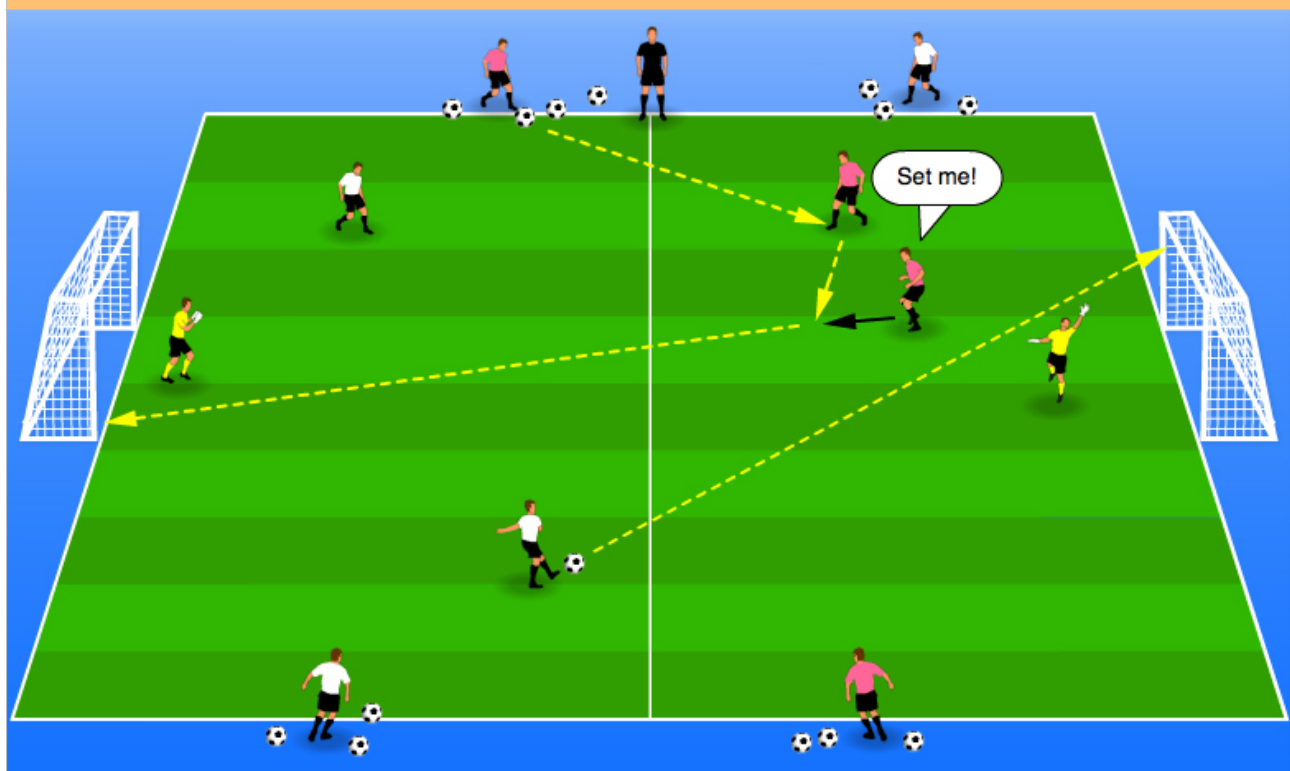
Introduction

This practice deals with long range shooting specifically, giving the players plenty of opportunities to get shots away and practice their skills from distance. Depending on the age group, the pitch should be set up so that players can manage to hit the target from just inside the opposition half, meaning a short pitch is preferable. Questions, e-mail ianknappuk@gmail.com

Setup

- Short pitch - the players should be capable of shooting from just inside their own half.
- Goal at each end with a goalkeeper in each goal.
- 4 players in white tops, 4 players in pink tops (or whatever colour bibs you have)
- 2 players of each colour as strikers shooting at the goal in the other half of the pitch to the half they're in.
- Other 2 of each colour on sidelines as servers.
- Each server has several footballs.

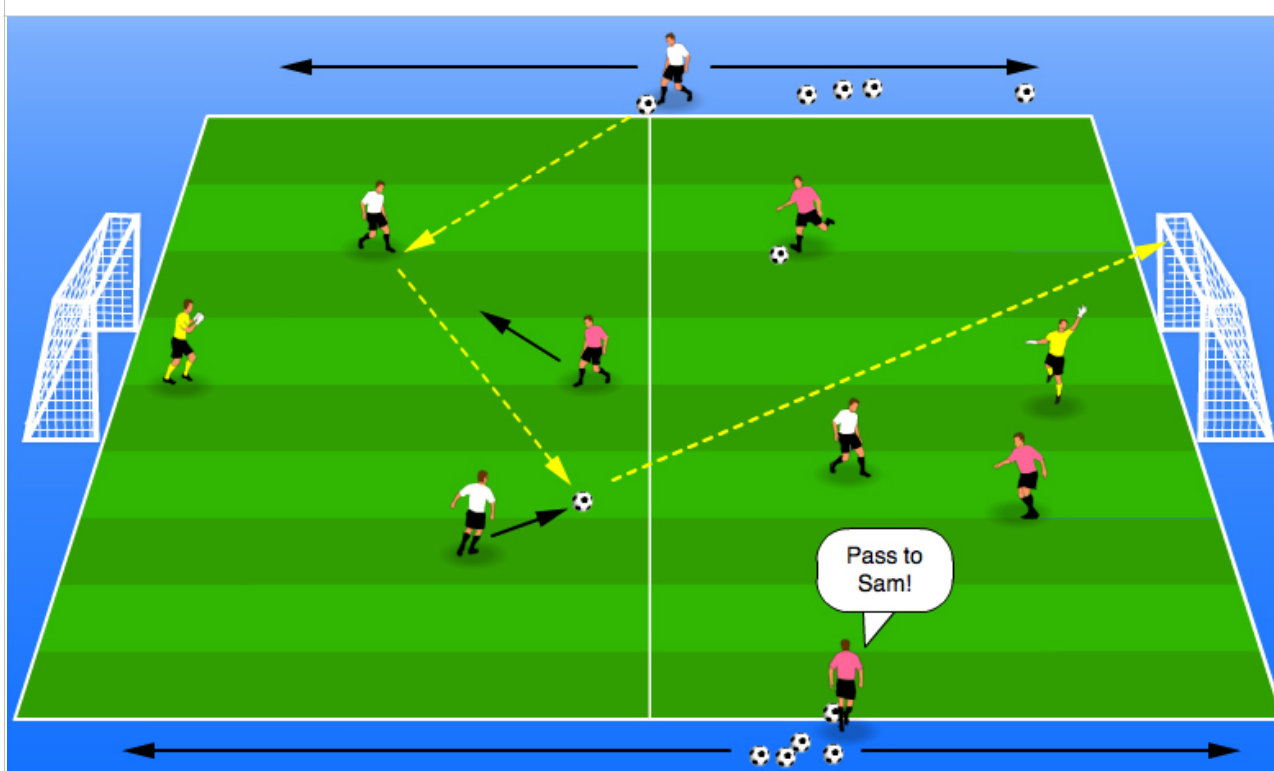
Rules



- White servers take turns to serve white strikers. Pink servers do the same for their strikers.
- White strikers can combine or receiving player can look to get an early shot away. Encourage the players to try different things.
- If the players have the confidence, encourage servers to put different types of balls in - on the floor, in the air, hard, curled etc. If players are younger or less experienced, ask the servers to keep the passes simple.
- One point for a shot on target, 3 points for a goal.
- Play for 4 minutes and then switch the servers with the strikers. Repeat this again so everyone gets at least 2 turns being the strikers.
- Switch goalies out if necessary.
- Count the score and see which team wins.
- Goalkeepers get points for saves.

Progression to Opposed Practice

- Introduce a "defender" in each half, whose job it is to pressure the two strikers. You can remove one server from each team and turn them into the defenders.
- If the defender wins the ball, they can try and score too (5 points for a goal and 2 for a shot on target)
- Servers can move up and down the touchline to deliver balls from a variety of angles.



| Key Coaching Points (FA's 4 Corners) | |
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| Technical <ul style="list-style-type: none"> - Early shot when keeper is unbalanced. - Body shape when shooting (don't lean back) - First touch to take the ball where you want it. - Look up and pick your spot for your shot (where is the GK? Shot placement). Can you go right into the corners? - Shot type - from distance probably power (laces) or curled (instep). - Which surface of the foot are you using to strike the ball? - Weight and accuracy of passing / crossing from servers. - Body shape when receiving the pass. - Movement of striker to "lose your marker". | Psychological <ul style="list-style-type: none"> - Communication from the servers or between the strikers. - Decision making - type of shot, when to shoot. - Confidence to try again if a shot is missed or a poor touch is taken. - Confidence to try things - different types of finish. - Competitiveness - how does the competition against the other pair of strikers motivate or distract players? Avoid "rushing" things but play with pace still. |
| Physical <ul style="list-style-type: none"> - Strength to hold off defenders and shield the ball if required. - Agility when receiving the ball and getting into shooting positions. - Balance when receiving the ball. - Speed and pace to get to the ball quickly. Effort levels with regard to that. | Social <ul style="list-style-type: none"> - Working as a team between you to create chances. - Encouraging others and not being negative - Communication - Have fun! |

| Session Review For Improvement | | |
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| What Went Well | Even Better If | Change For Next Time |
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