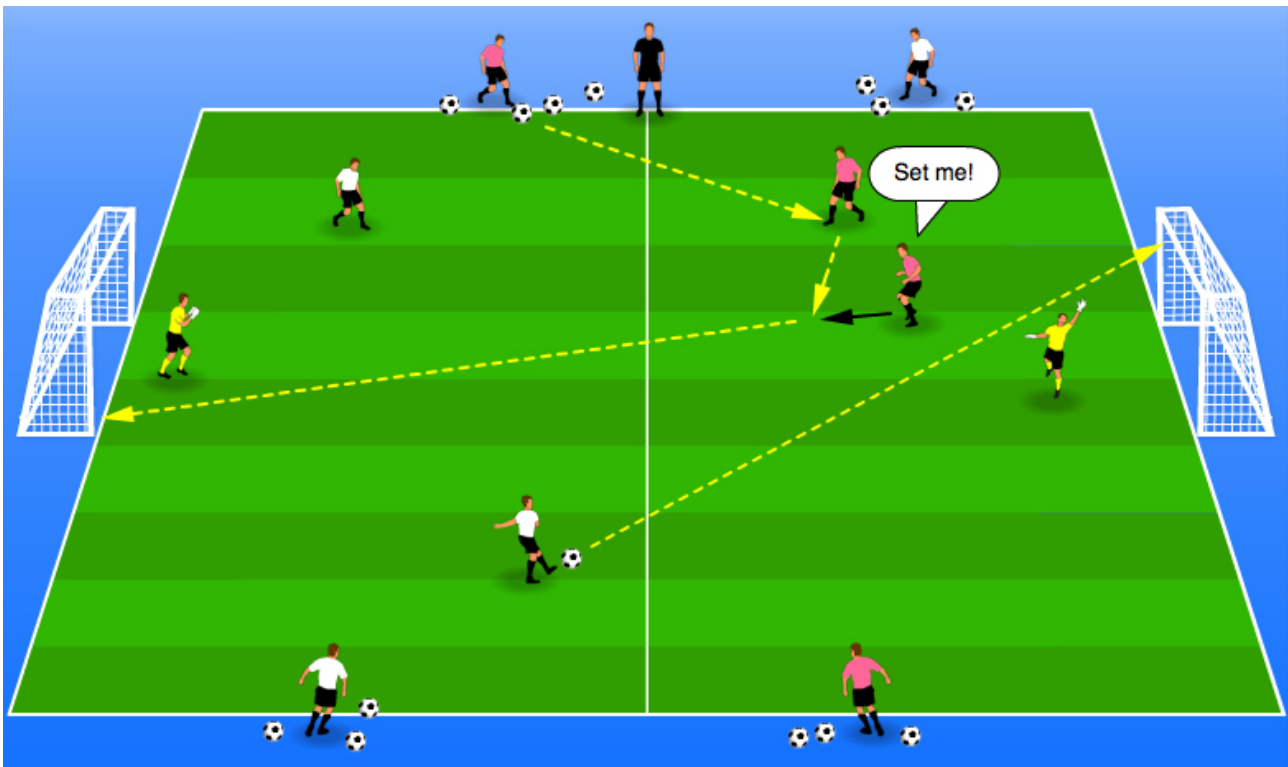


| Session Summary |                     |            |                                       |
|-----------------|---------------------|------------|---------------------------------------|
| Session:        | LONG RANGE SHOOTING |            |                                       |
| Date:           | -                   | Coach:     | Ian Knapp (ianknappuk@googlemail.com) |
| Duration:       | 60 mins             | Equipment: | Balls / Bibs / 2 Full Size Goals      |
| #Players:       | 10                  | Age Group: | U9 - U18                              |

| Key Coaching Points (4 Corners)   |   |
|---|---|
| <p><b>Technical</b></p> <ul style="list-style-type: none"> <li>- <b>First touch</b> to take the ball into a shooting position or to hold the ball up.</li> <li>- <b>Shot type</b> - power / placed / lobbed / chipped / curled / outside of boot / inside of boot / laces.</li> <li>- <b>Early shot</b> before the goalkeeper is set.</li> <li>- Lay off for team mates, <b>playing with back to goal</b>.</li> <li>- <b>Placement</b> of shot - across the goalkeeper for rebounds, near post if goalkeeper not expecting it etc.</li> <li>- <b>Movement</b> of the striker <u>and other players</u> to create space and passing options.</li> <li>- <b>Follow in</b> shots in case the goalkeeper spills the ball.</li> <li>- <b>Unbalance</b> defenders by using your body movement and "fakes".</li> <li>- As a team, can we <b>create space</b> for our team mates to shoot by making runs that drag defenders with us?</li> </ul> | <p><b>Psychological</b></p> <ul style="list-style-type: none"> <li>- <b>Communication</b> (tell the player on the ball what to do with it)</li> <li>- <b>Decision making</b> - when to shoot, when to lay the ball to a team mate, when to hold the ball up and wait for support.</li> <li>- Confidence to <b>try again</b> if a shot is missed or a poor touch is taken.</li> <li>- <b>Confidence</b> to try things - a quick, early shot through defenders' legs for example rather than always trying to get perfectly set.</li> </ul> |
| <p><b>Physical</b></p> <ul style="list-style-type: none"> <li>- <b>Strength</b> to hold off defenders and shield the ball.</li> <li>- <b>Speed</b> - making runs in behind defenders.</li> <li>- <b>Agility</b> when receiving the ball and getting into shooting positions.</li> <li>- <b>Balance</b> when receiving the ball.</li> </ul>  | <p><b>Social</b></p> <ul style="list-style-type: none"> <li>- Working as a <b>team</b></li> <li>- <b>Encouraging</b> others and not being negative</li> <li>- <b>Communication</b></li> <li>- Have <b>fun!</b></li> </ul>   |

## Technique - Unopposed Shooting



### 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.

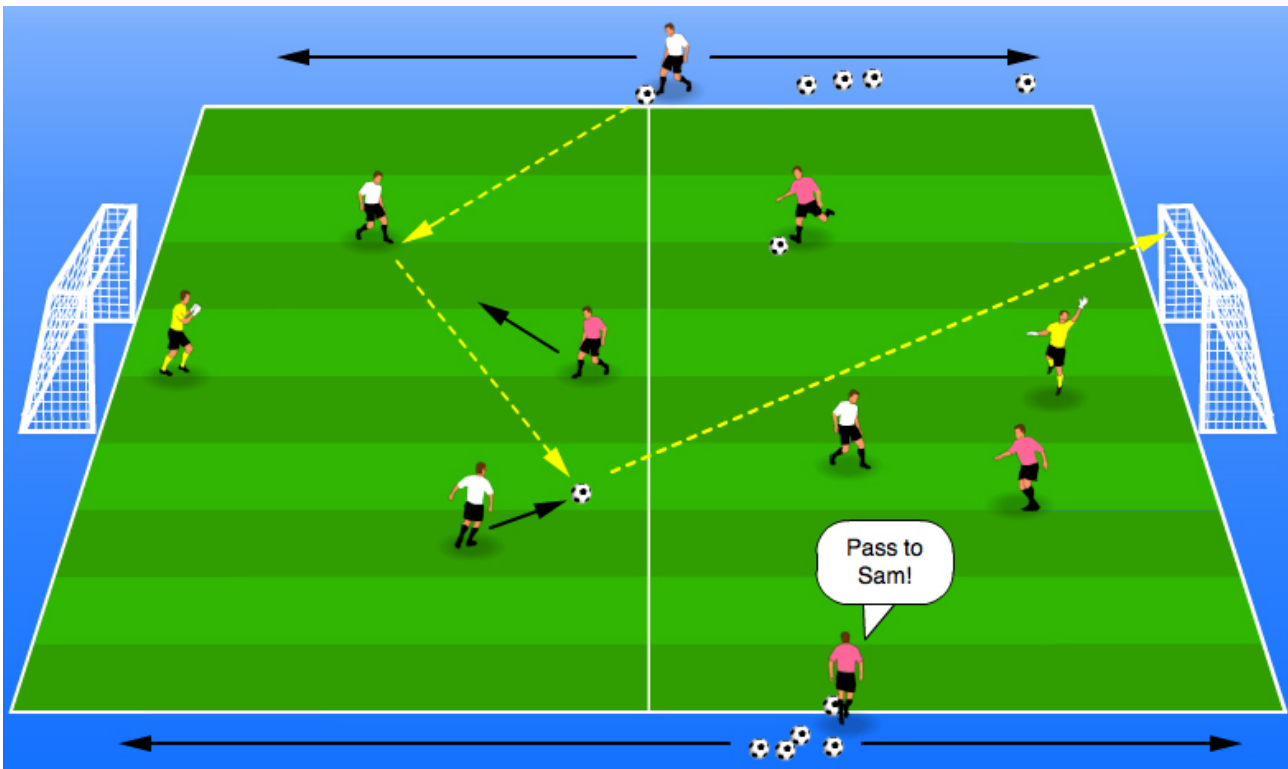
### Rules:

- 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.

### Coaching Points:

- Technique of striking a ball from distance - use the laces or curl with the instep, head over the ball, don't lean back etc.
- Type of finish - driven, curled, possibly a volley if ball set in the air.
- Where is the goalkeeper? Don't shoot straight at them.
- Communication between the players.
- Passing accuracy and weight from the servers and between the strikers.
- Dealing with the "traffic" of the players in the other half.

## Skill - Opposed Shooting - 20 mins



### Setup:

- As per the technical practice, but one of the servers from each team moves into the opposition half to pressure the two strikers whilst they're trying to get their shots away.
- One server on each side, who can now move up and down the touchline to deliver more realistic crosses and passes from different angles.
- Servers can server to either pair of strikers, regardless of colour.
- Servers have a number of footballs.

### Rules:

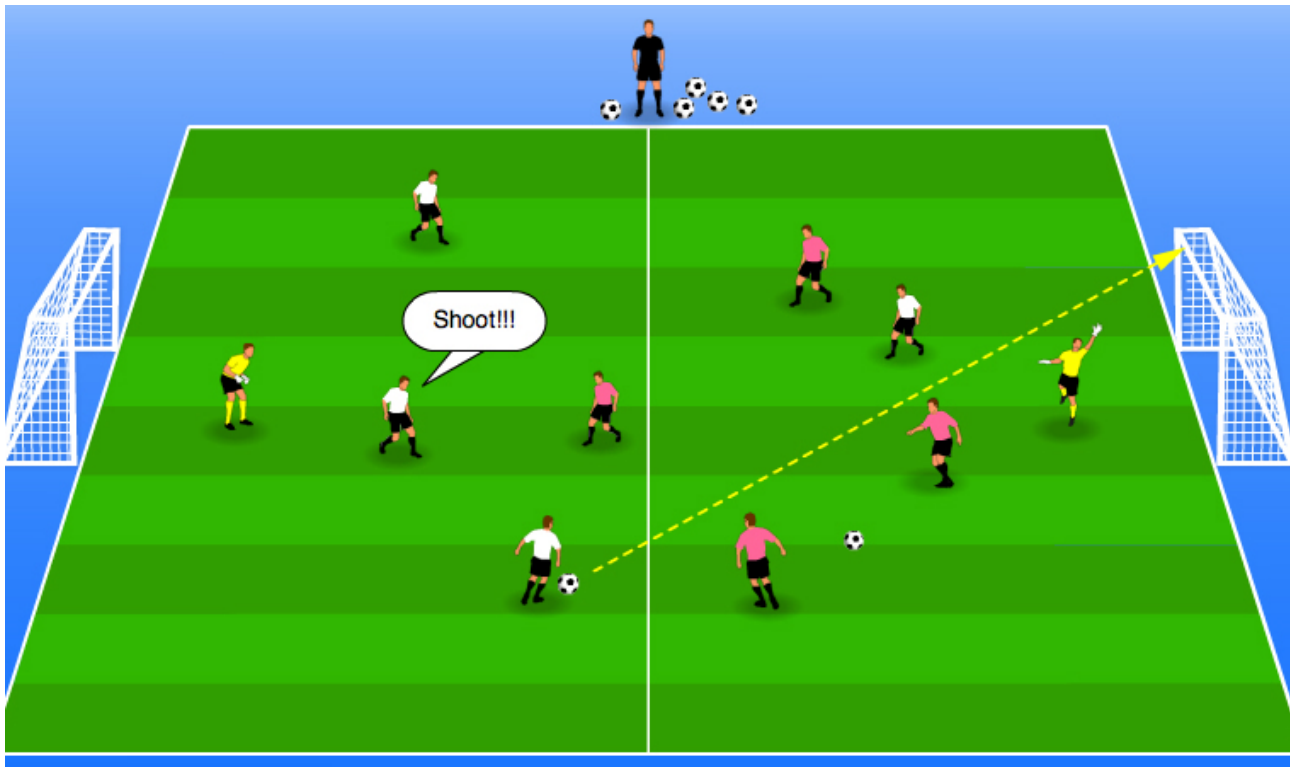
- As before, each pair of strikers has to combine to score in the goal furthest from them but now have the added problem of the opposition player in their half to deal with.
- 1 point for a shot on target and 3 points for a goal.
- Play for 5 minutes and then switch the server and "defender" with the 2 strikers and repeat.
- Tot up the points and see who wins at the end!
- If the opposition player (the "defender") wins the ball from the 2 strikers, they can try to get a shot away at the goal in the opposition half. If they get a shot on target, they get 2 points. A goal is worth 5 points.

### Coaching Points:

As per previous part of the session, but with the addition of:

- Awareness of where the opposition player in your half is (play with head up, communicate)
- When to shoot and when to pass to your teammate.

## Small Sided Game - Conditioned and finally into "Normal" match - 20 mins



### Setup:

- Play 4v4 + GK
- Each team has 3 players locked into their defensive half with their goalkeeper. These players are shooting at the goal in the opposite half.
- Each team has one player locked into the opposition's half to follow up shots and pressure the opposition players.
- Coach has a number of footballs at the side.

### Rules:

- Regular rules of football except players are locked in whichever half they started in.
- Players scoring from their own half get 3 points.
- If the lone striker follows up a shot to score they get 2 points.
- If the lone striker scores a regular goal from a pass out of their own half they get 1 point.

### Progression:

- Remove the positional restrictions and play a "normal" 4v4 game.
- 2 points if a goal is scored from your own half.

### Coaching Points:

As per the rest of the session plus...

- Principles of play - width and depth when in possession / narrow and compact when out of possession.
- Can you create space for your team mates by moving off the ball and dragging defenders with you?