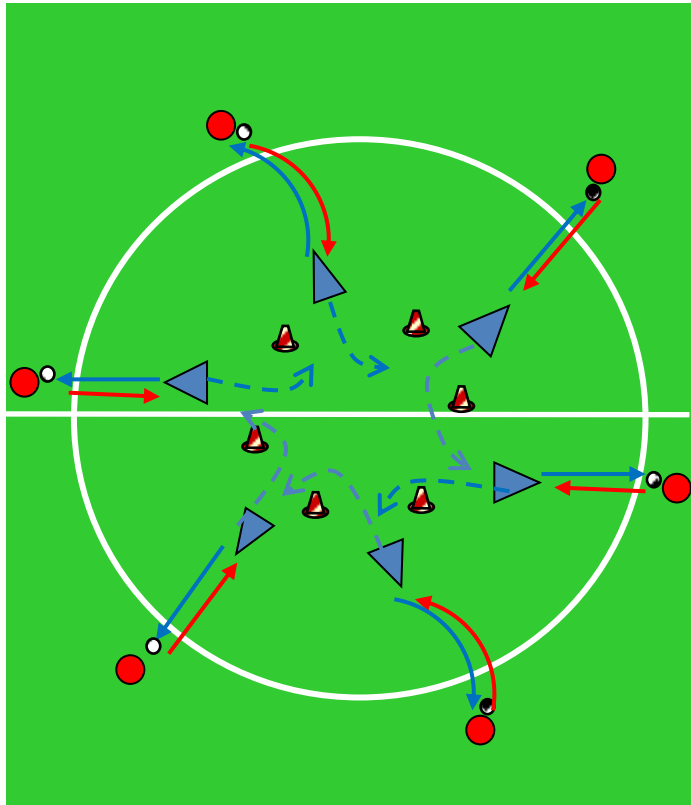


Striking the ball model session 3: shooting



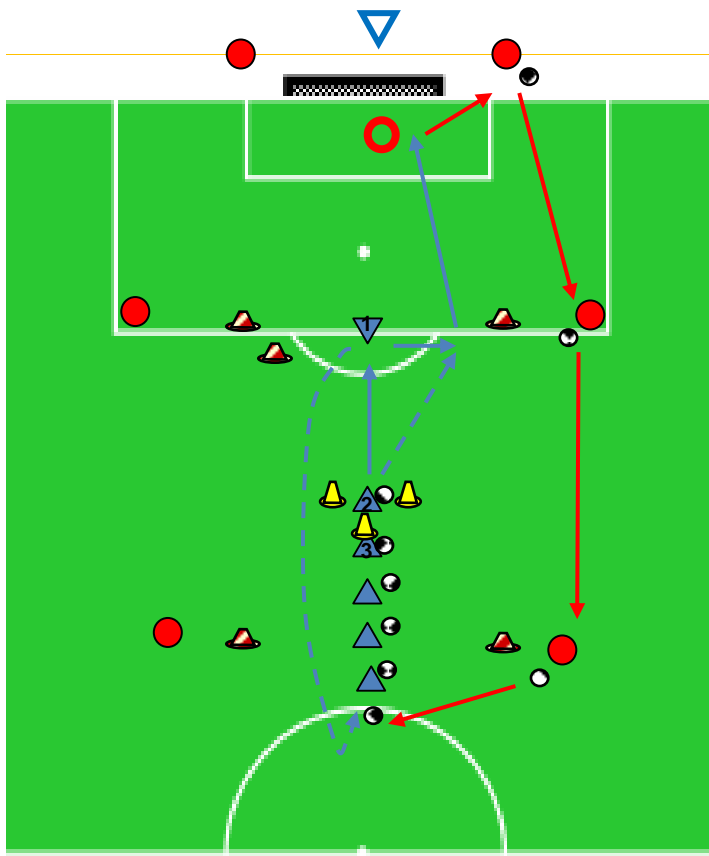
1. Skill introduction

- 6 red players are positioned outside of the centre circle with a ball each and act as 'goalkeepers'
- 6 blue players are inside without a ball, in a smaller (7-8m diameter) circle shaped by 6 cones
- They receive a rolled ball from a 'goalkeeper' and shoot it back into the goal keeper's hands
- After first going back around a cone they receive a ball from the next 'goalkeeper'
- Change roles and **direction** every 2 minutes.
- "when we move in the direction of the clock, only use your right foot"
- "when we move the other way around, only use left"
- "now goalkeepers: throw the ball and players: volley it back in the goalkeeper's hands before it hits the ground"
- "it's about accuracy, not power"
- "now a drop-kick"
- Need to make bigger than prescribed to allow proper technique execution.
- Ball needs to be stationary to start with before Striking

Concluding Challenge

- "for every proper shot which the goalkeeper catches during one full round you earn a point"
- "now change roles"
- "count your points, who wins individually?"
- "and which group wins when you add up all individual points"
- "now we do it again but in the opposite direction with our other foot"
- "now only proper volleys count"
- Etc.

Striking the ball model session 3: shooting



2. Skill training component

Organization:

Two cones are placed on the edge of the penalty box, 15m apart and two more on the same level 20m outside the penalty box.

Finally, 10-12m outside the penalty box and in front of the goal, two more cones are placed 2m apart (see diagram on the left)

Two teams (red and blue) of 6 outfield players and a goal keeper line up as shown:

red:

- goalkeeper in goal
- 2 players left and right of the goal
- 2 players on the edge of the penalty box (on the outside of the cones)
- 2 players at the far cones

blue:

- goalkeeper behind the goal
- blue #1 centrally on the edge of the penalty box, back to the goal (without ball)
- blue #2 between the yellow cones facing #1 with the other players lined up in behind. All players with a ball each.

Instructions:

“you must shoot direct from the bounce, 1st touch”
“increase the tempo, shoot as often as you can”

Player Tasks:

“bouncer, make an angle for the wall pass”
“show the bouncer beforehand with which foot you want to shoot”
“also finish balls that come back from the goalkeeper or the post” (both bouncer and finisher!)
“bouncer, you are only allowed to touch the ball once”

Step Up:

- Only right or left foot
- different techniques (volley/drop-kick)

Step Down:

- no wall pass but run with the ball to the edge of the penalty box and finish
- more touches (2-free) allowed for the bouncer and/or finisher

The exercise starts with blue #2 playing a wall pass with #1 and finishing on goal from outside the penalty box

Blue #1 now joins the end of the blue line while #2 takes over #1's position, etc

The red team's task is to transport the balls back to the end of the blue line as quick as they can without hindering the blue team.

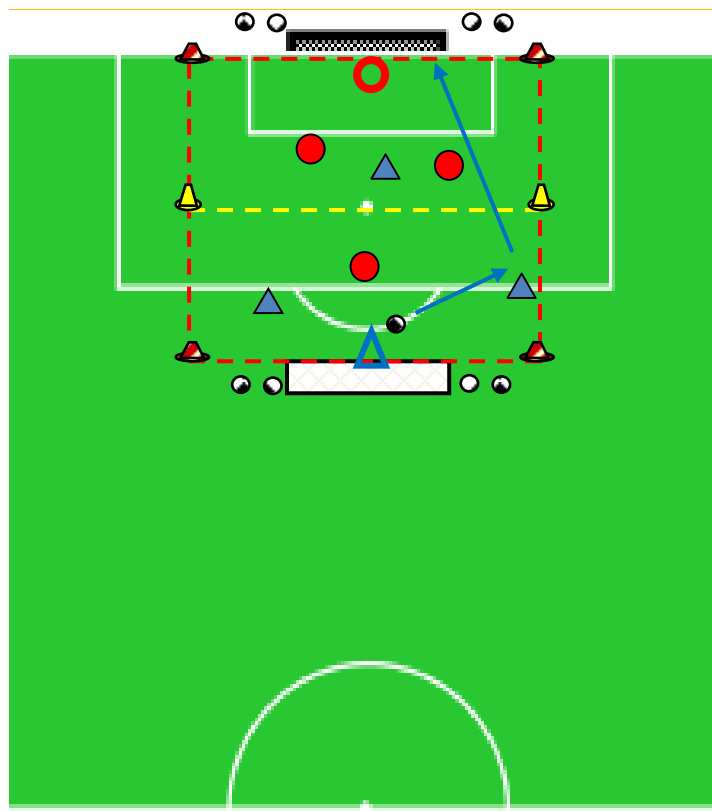
Change team roles every 2-3 minutes

3-4 turns each team

“who scores most?”

“who is the winner per series or overall”

Striking the ball model session 3: shooting



3. Skill game:

3 v 3 'shooting game' in a grid of approximately 25x25m divided by a half way line.

In each half there is the goalkeeper + 2 outfield players from one team and 1 outfield player from the other team (see diagram), all players must stay in their own grid.

Plenty of balls in/next to the goals.

The game starts with one of the goalkeepers in their grid (3 v 1)

A team can only score by:

1. shooting from their own half
2. a finish by the lone striker from a ball bouncing back from the goalkeeper; a defender or the post/bar

Rotate the players regularly

Player Tasks / Actions:

"as soon as the line to the goal is open: SHOOT"
"move the ball quickly to open the line to the goal"
"don't just boot it, precision is more important"

Step up:

- limit the time or number of passes to take a shot
- make the grids smaller

Step down:

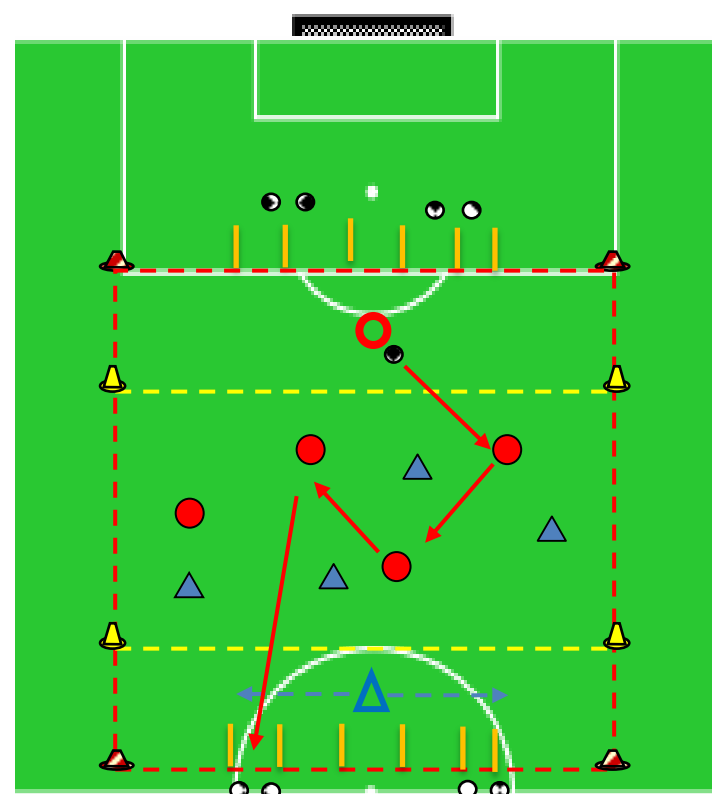
- add an extra player (4 v 1)
- Introduce bouncers and reduce to 3v3 in middle
- make the grids bigger

Here is another option (with the emphasis on awareness and shooting precision)

4 v 4 in the middle grid between the yellow cones, scoring by shooting in one of the three goals (3 5m wide)

The goalkeepers try to defend all 3 goals.

The outfield players are not allowed to enter the 7-10m long goalkeeper grids



If not enough shooting takes place: add 1 or 2