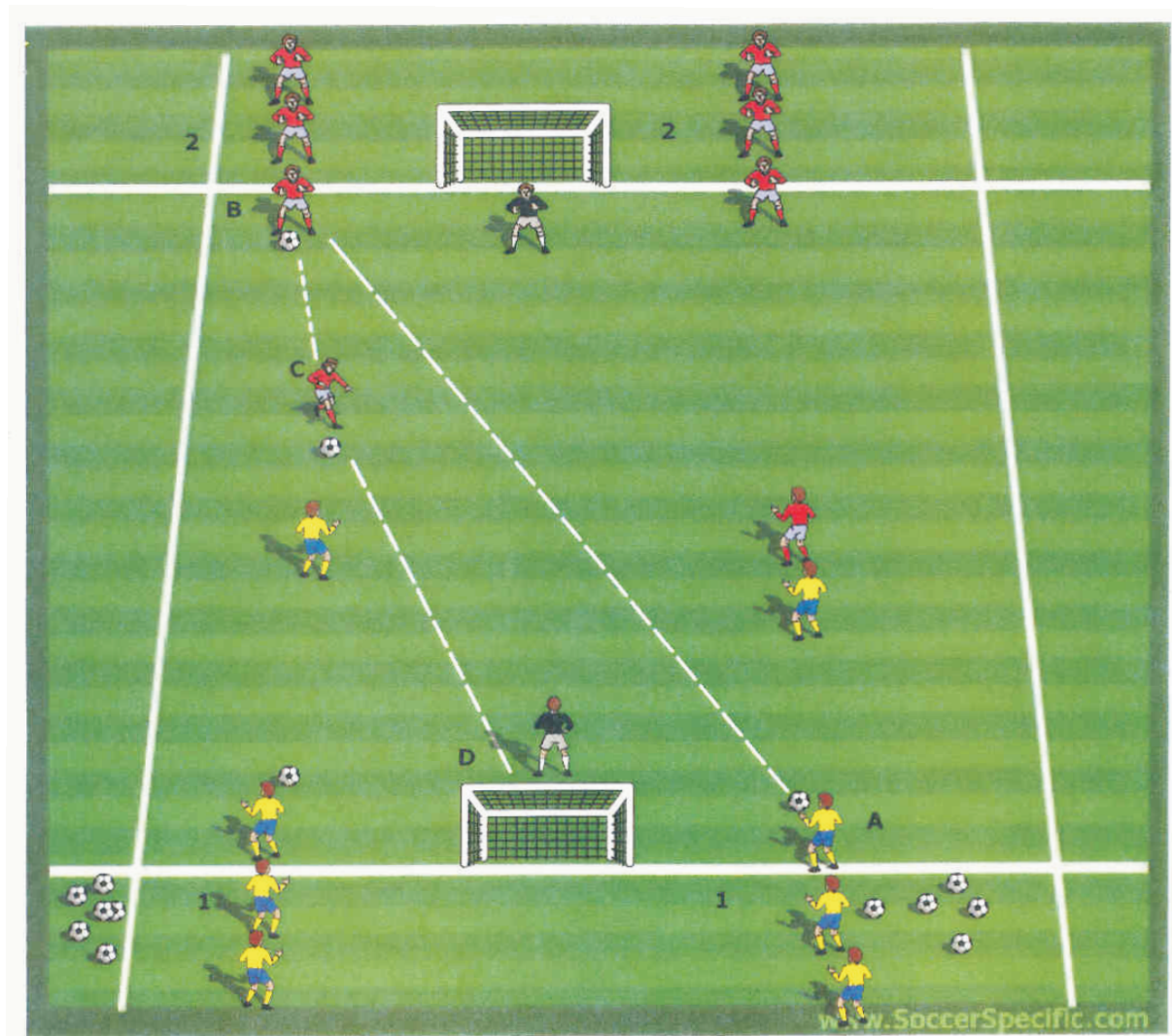


Shooting Opposed



Purpose: Shooting with opposition

Organization

1. Team 1 (yellow) plays the ball to team 2 (red), ball moves from position A to position B
2. Two players from the team come out and play 2v2 as seen at position C
3. Player C then has the choice to pass or strike the ball towards goal, object is to shoot and score
4. The players from the team then change position. Player from team 2 move to team 1 and players who came out from team 1 go to team 2
5. This way each player has the chance to play offense and defense

Coaching Points

1. Good first touch out of your feet
2. Can you shoot?
3. What are my other options?
4. Ball at angle
5. Strike through the ball
6. Laces are a must
7. Aim to go across goal keeper