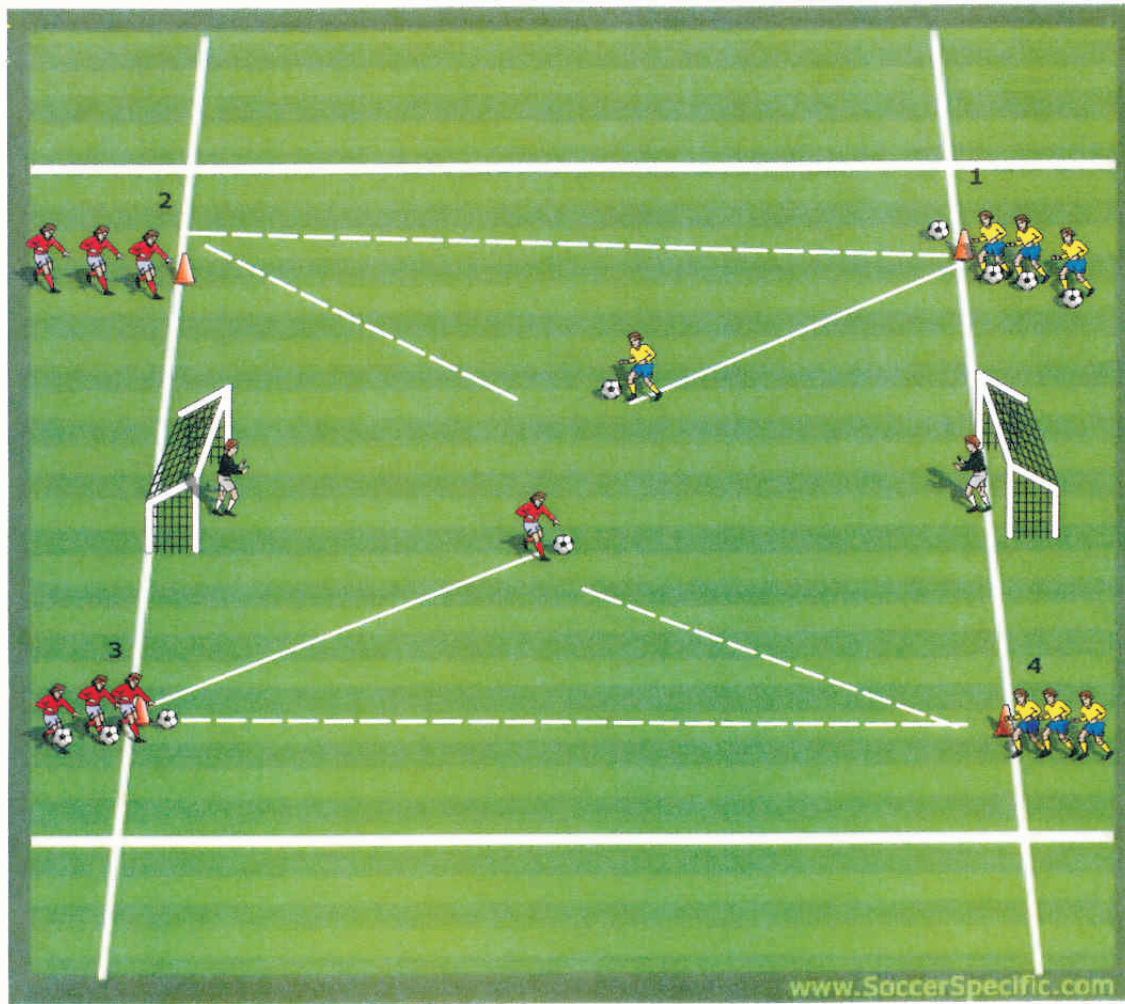


Shooting to Goal



Purpose: Working on shooting to the goal

Organization

1. Group #1 passes to group #2, group #2 passes the ball back
2. First player from group #1 runs out and strikes the ball into the goal
3. Player 1 from group #1 joins group #2, first player in group #2 joins group #3
4. The same happens with group #3 and #4
5. Group #3 passes to group #4
6. Group #4 lay the ball off, first player from group #3 runs in and strikes the ball
7. Player from group #3 who strikes the ball, then joins group #4
8. The player who passed the ball from group #4 then joins group #1

Progression

1. Change the balls to opposite side so that players are forced to use left foot and right

Coaching Points

1. Good passing (weight of pass)
2. Strike the ball with their laces
3. Angle of approach
4. Angle across the goal keeper