



Attacking (Shooting from Distance)

Category: Functional: Striker

Difficulty: Moderate

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Description

Start with a high intensity activity that involves lots of shooting technique repetition. The next activity is more game like and still focused on shooting.

Shooting with Cardio - 20 min (20 mins)

Shooting Exercise - 20 Minutes

Equipment needed: Lots of balls, 2 nets facing each other about 40 yds apart, 2 sets of pinnies

Each player partners up and one team stands ready on the right side of each net with the balls.

1 - The first player in each line dribble at pace towards manequin, make a move to one side or the other and have a shot on net.

2 - After the shot they must sprint towards gate located at the right of the net they just shot on.

3 - After they go through gate they get their ball and join the end of the opposing line.

4 - The next player goes only once the player is through the gate

5 - Drill is done at 12 minutes with lots of pace. Each player keep track of own goals and forfeit is done for whatever team or individual in the original partnership scores more.

Coaching Points

1. Shoot when possible
2. Good contact on the ball (Laces or in-step)
3. Accuracy over Power
4. Follow through



Learning Objectives



Technical (28%)

Tactical (15%)

Physical (22%)

Psychological (21%)

Social (14%)

Technical - 35 min (35 mins)

Tactical/Technical Component - 35 Minutes

Set Up:

Equipment Required - 2 Full Size nets, 2 sets of pinnies, All the balls

Field is divided in 2 sections.

Player Setup - 2 GK, 4 defenders & 2 Attackers in different halves (*Rotate defenders and attackers every 5-10 minutes*)

Instructions

First Progression - 10 minutes - Players must stay in their zones, Unlimited touches. If the ball is played out of bounds it restarts at keeper of the team that regains possession.

You can pass to your teammates in the other half to score or shoot from the defensive half. The objective is to keep the shots on target and score goals.

Second Progression - 10 minutes - Once players pass into the zone in front of them, the player that passed into that zone can now join into the section on the field. If possession is lost the players must hustle to get back into original section. Losing team does forfeit

Third Progression - 10 minutes - Once players pass into the zone in front of them, any player from that grid can join their team mates in the next group.

Fourth Progression - 10 minutes - Players from the defensive section can now pass or lob the ball into the strikers section directly. Once the ball is played into striker, a team mate from the middle section can join the striker. Losing team does forfeit

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Scrimmage - 25 min (25 mins)

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Set Up:

Using Half the field, play a game. Normal FIFA rules apply.

Play in a 2-3-1 formation

Finish off with a competitive scrimmage highlighting the coaching point from pervious excercise.

