

Finishing from a Distance: Skill/Technique #3

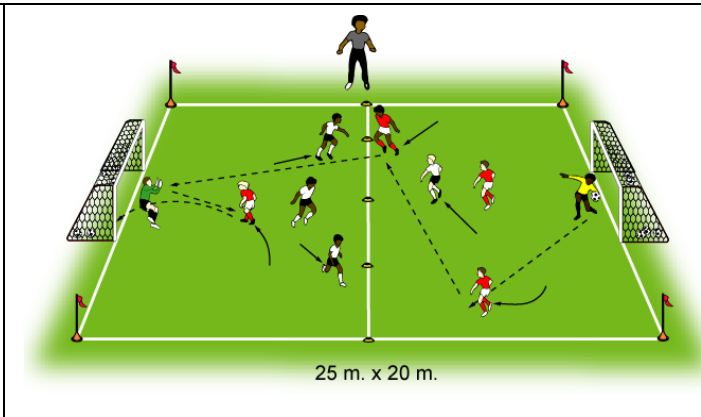
Skill Work (Advanced):

Shooting – King Louis 2

20 minutes

Organization:

- Use markers to set up a 25x20m area as shown.
- Two teams of four plus a GK.
- Two goals
- All soccer balls in the goals.
- Play starts with GK.



Coaching Points:

- Be composed.
- Look at goal on approach.
- Square hips toward goal.
- Look at ball & head steady.
- Long step and stretch toe down, lock ankle.
- Drive through the middle of the ball with instep.
- Shoot low & to the side of

Description:

1. As the previous exercise but one additional player on each team is restricted to playing in the opponents half. The GK serves a ball into one of the red players who must try and score directly, or pass to a teammate to score. The reds must now make quick decisions as the opponent in their half can steal the ball and score. The white players must try and prevent the reds from scoring and, if possible, block the ball and shoot for the goal in the opposite half of the field. Play continues until the ball goes out of play at which time the nearest GK serves a ball into his/her players and the game continues. Players should try and shoot as the first option and only if they don't think they can shoot past an opponent should they pass to a teammate. Keep track of combined score. Encourage players to try various shooting techniques.

Emphasis: Be composed and efficient. Kick through the middle of the ball.

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