

Equipment: Balls, bibs, cones, hurdles

Purpose: shooting

Notes:



**Side Jumps**

**DESCRIPTION**

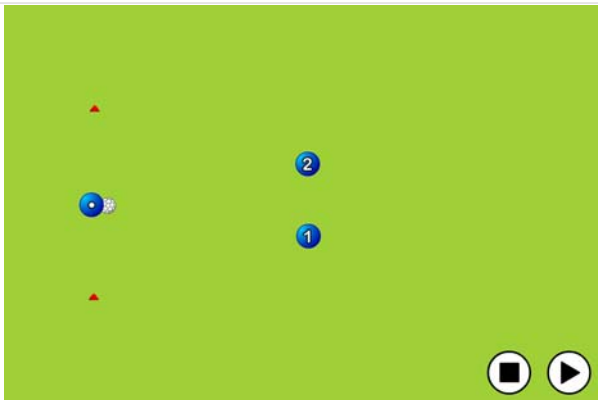
- Jumping sideways over a hurdle, while holding a ball.
- Touch the ball to the ground on each side.



**Sidestep**

**DESCRIPTION**

Players run towards each other, and then sidestep around each other at the last moment.



**1v1 to Goal**

**DESCRIPTION**

Organise the players into groups of 3, 1 goalkeeper and 2 outfield players. Player 1 and player 2 stand or sit facing away from goal. The goalkeeper then throws the ball out and player 1 and player 2 play back to goal.

**COACHING POINTS**

- Have confidence to try a skill move.
- Shoot at every opportunity.



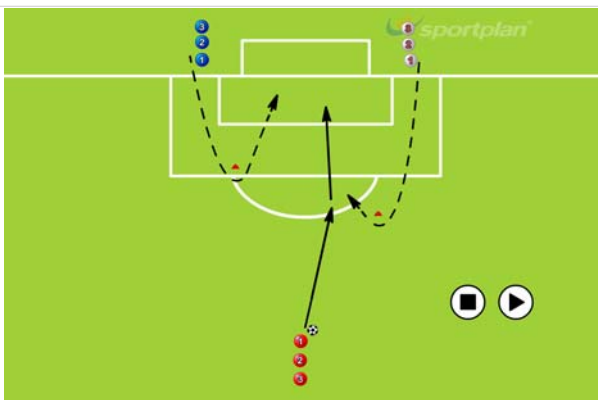
**Goals, Goals, Goals 2**

**DESCRIPTION**

Three players line up facing each other. Player 1 plays the ball into player two's feet. They meet the ball and turn then play a wall pass with player 3. Player 2 then shoots first time.

**COACHING POINTS**

- Make sure player 1 shouts turn as the ball is played into player 2.
- Player 2 comes to meet the ball on the half turn.
- Player 2 plays the ball into player 3 and signals where they want the return ball
- Do the drill at pace



**DESCRIPTION**

Players sprint around discs to get into position. One is a goalkeeper and one is an outfield player who is to shoot.

Red player rolls a ball down between the discs when players have begun to run. Swap lines after one repetition.



**Box Shooting 2**

**DESCRIPTION**

Players line up in 3 groups.

Player 1 from the left of the square moves into the square.

Player 1 from the top of the square plays the ball into

**COACHING POINTS**

- If the defender drops of the attacker then passer calls 'turn' and the attacker receives the ball on the half turn.
- If the defender closes down the attacker then the passer calls 'man on' and