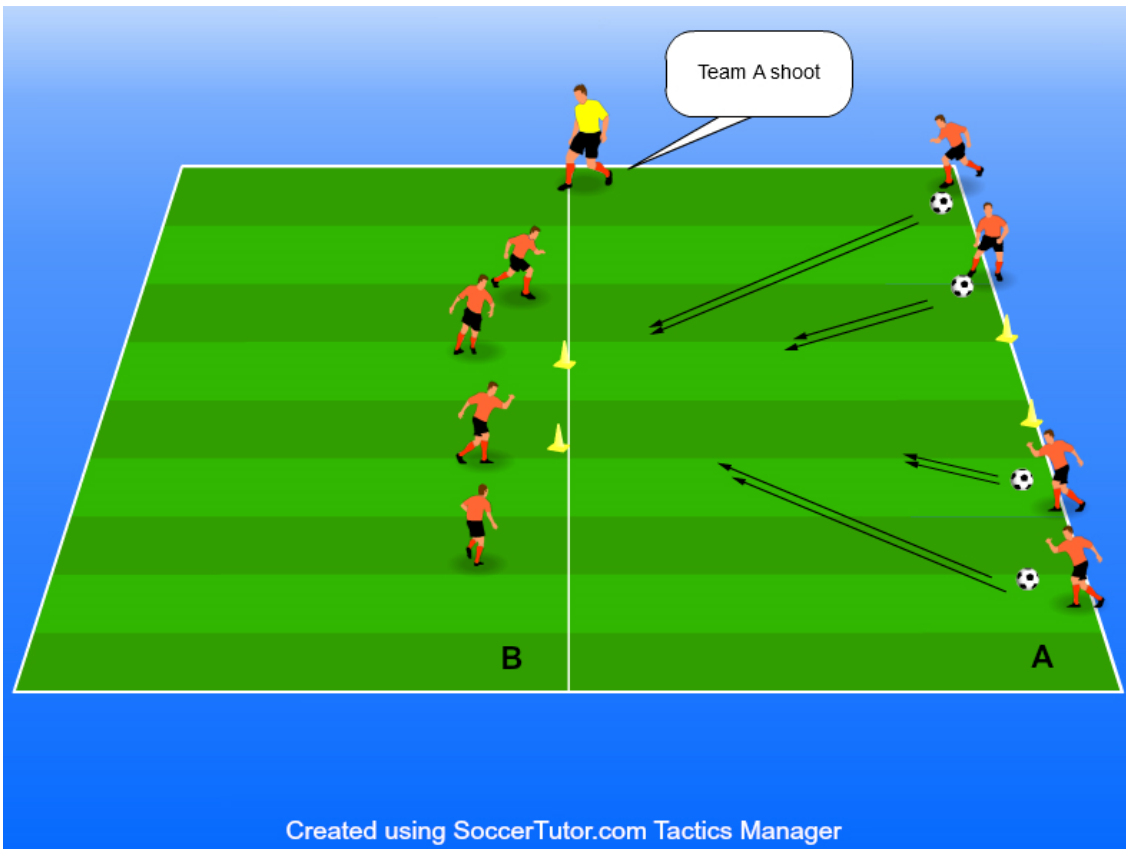




Shooting practice



Date: 27/Apr/2021

Measurement: 20 x 20

Time: N/A:N/A

Players: 0

Duration: N/A

Level:

Objective:

Description:

Split teams as per picture.

team A shoots all at once, team B is behind the goal and counts how many goals were achieved by team A.

Collect the balls (B) and line them up.

Focus points:

Run up to the ball

Strike with firm ankle

Do not discourage toe kicks, they are normal at this age

Focus on balanced position when striking the ball

Variations:

-Throw the ball

-Roll the ball

-Volley the ball

-Adjust the distance you using from goal to goal.

Coaching Points:

Progression: