



In the Strike Zone

PART 2

In Part Two of Shooting Elements, we take shooting practice to the next level.

Today's modern football is about mobility and having a combination of fast and accurate sequence of short passes supported by individual inventiveness to create scoring opportunities in the front quarter.

All combinations of play should lead or end with a shot at goal. As a result, shooting and mastering the correct shooting technique should play an important part in your structured coaching sessions.

Here are some examples that I use in my training sessions for players aged 13-to-17+ years:

SHOOTING ELEMENTS 13 TO 17+ YEARS

1 SHOOTING ELEMENT NO 1 FOR 13 TO 17+ YEARS OF AGE (20 MINS)

From a crossed ball three players attack one goal while two players defend. All the footballs are with the two goalkeepers. The exercise starts with the goalkeeper throwing the ball to the player in the side channel. This player cannot be tackled. The player dribbles and crosses the ball into the penalty area. Before the cross is made, the three strikers interchange and run into attacking space. When the ball arrives the three strikers have to outsmart the two defenders and go for goal. The exercise is completed with a shot at goal or the ball being intercepted. The exercise continues from the other side.

2 SHOOTING ELEMENT NO 2 FOR 13 TO 17+ YEARS OF AGE (20 MINS)

The two groups to the side of the goals have all the footballs. The groups at the 1/4 line are without a ball. A long ball is

It all pays off on game day



kicked diagonally across the goals for the player to play a one-touch pass, without receiving, with the player that kicked the ball. Following the 1-2 pass, the player then dribbles and shoots for goal. Both players change positions. After the shot the same exercise continues from the other side.

3 SHOOTING ELEMENT NO 4 FOR 13 TO 17+ YEARS OF AGE (20 MINS)

In this exercise, two players attack one goal while one player defends. The other defender (partner) goes behind the goals. There are two goalkeepers. On a given signal, both groups attack the two goals at the same time, playing against one defender. The exercise is complete from both sides with a shot at goal or loss of possession. The player that shoots at goal now becomes the defender for the next group while the attacking player that passed the ball goes behind the goals. Both defending players from that exercise now rotate and become attacking players in the 2:1 situation on the other side. All the footballs are with the two attacking players.

4 SHOOTING ELEMENT NO 3 FOR 13 TO 17+ YEARS OF AGE (20 MINS)

In this exercise, three players attack one goal while two players defend. The third defender goes behind the goals. There is one goalkeeper. The exercise starts with the ball being passed to the middle attacking player by the goalkeeper. The three attacking players must now pass and interchange in the field of play, trying to create a situation ending with a shot at goal. The exercise is complete within 10 seconds, with a shot at goal or loss of possession. Two of the attacking players now become

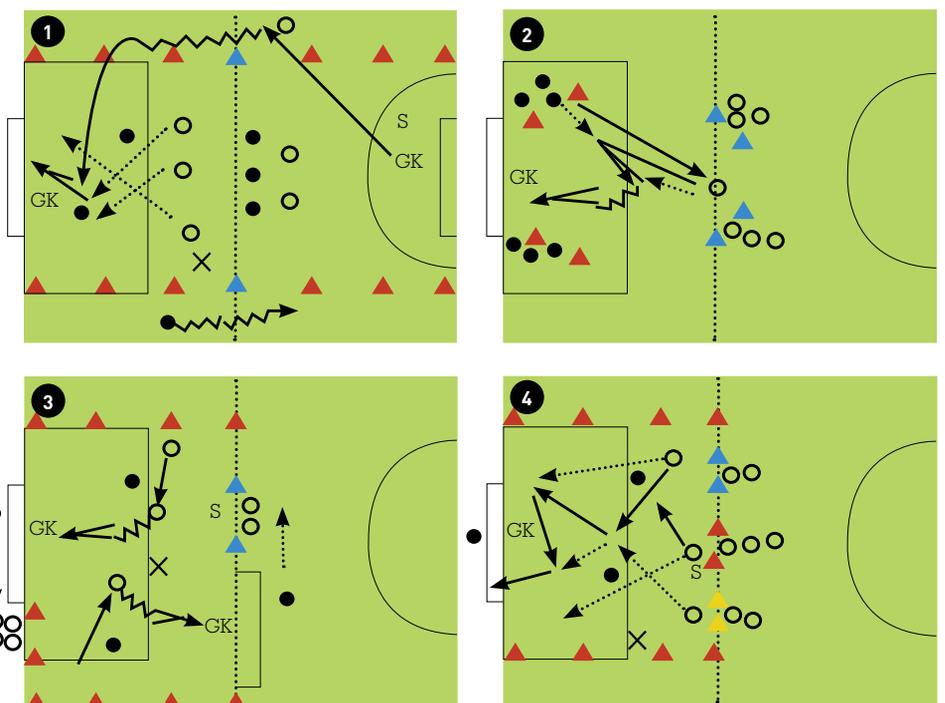
defenders with the third player going behind goals. The rotational exercise continues with next group of three attacking the two defenders and going for goal. This exercise can also be done with

two goals and groups rotating anti-clockwise. **SI**

For more information, visit www.pacificsoccer.com.au



Focus on technique and hitting the target



LEGEND

- Player ●
- Coach X
- Flag ▲
- Markers ●
- Run without ball →
- Movement of ball →
- Movement in possession →
- Shot at goal →
- Start of exercise S
- Movement not in possession →