

TURN AND SHOOT 1V1

WHY USE IT

This is an introductory shooting activity for players in late Stage 2 and Stage 3. Players receive numerous opportunities to pass over a short/medium distance, receive the ball, turn and shoot. Goalkeepers and defenders can be added for older players.

SET UP

The set-up is a 30x20 yards area with 2 appropriately sized goals at each end. 2 cones are placed halfway, approximately 12 yards apart and 2 groups of players start in opposite corners with a large supply of balls.

HOW TO PLAY

The focus is on the striker in the center shooting at goal, but the quality of pass made from the server, supporting runs following a pass, goalkeeping and defending can also be coached. The activity commences with a player from one group starting in the middle of the area facing the other group. The first player in the serving group makes a firm pass to the feet of the striker. With young players it is acceptable for the player to receive the ball and turn, but as the players get more proficient the coach should encourage the central player to move away from the ball and check back to replicate creating separation from a defender. On receipt of the pass the striker turns and attempts to shoot at goal within 2-3 touches. The coach can place some cones or run a line 8 yards from goal and the striker must shoot before crossing the line. Once the pass is made, the server should sprint to the middle and he/she is the next striker receiving the pass from the other group.

COACHING NOTES

- + Coaching objectives – Work on different turns to evade the defender and smartly take a shot. Sensing the direction of defensive pressure is essential for a striker who should constantly look over the shoulder to see the positioning of their opponent.
- + Coaching tips – Add defenders starting at the cones to each side of the striker. Only 1 defender is permitted to defend each serve and the coach should identify which defender is permitted to defend before the serve. Now the striker must decide how to receive into space to set up the shot.

HOW TO MODIFY THE ACTIVITY

- + Less challenging: Bring the servers closer to the center to shorten the pass. Remove the goalkeepers.
- + More challenging: Add defenders and goalkeepers. Let the defenders choose who defends.

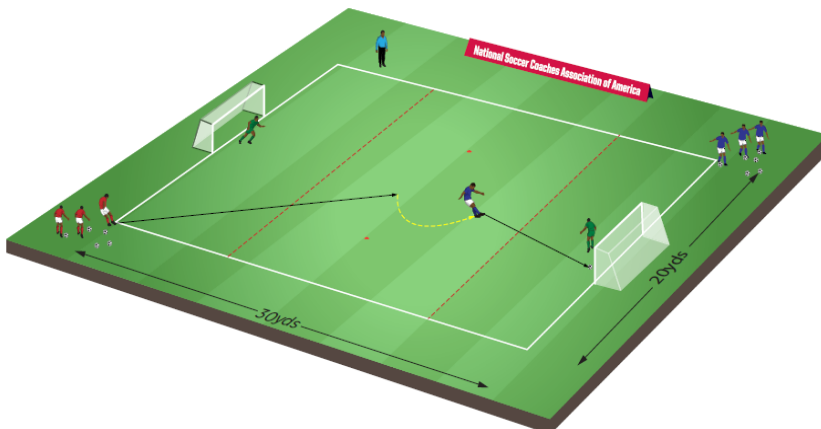
STAGES COVERED BY ACTIVITY

Stages 2, 3, 4 & 5 - 6-18 year old players

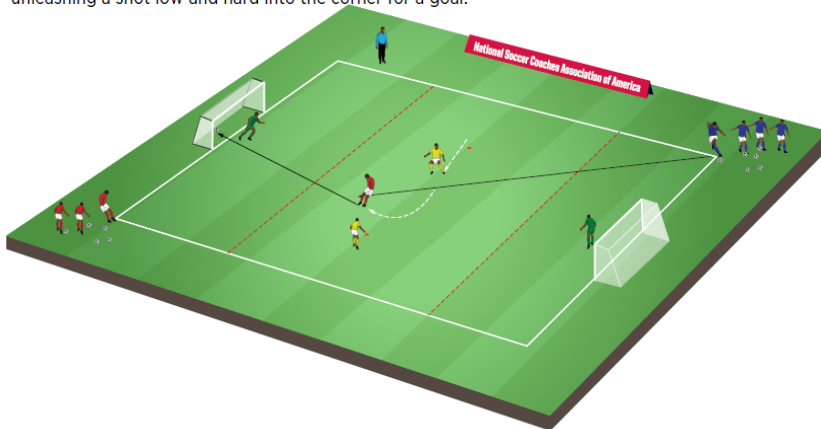
THEMES & COMPETENCIES

Top 3 themes: Attacking and defending 1v1, shooting and creating space.

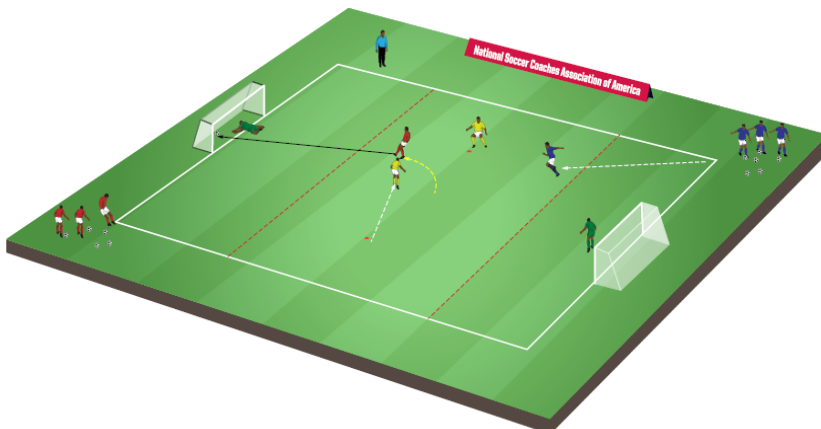
Top 3 competencies: Beating an opponent, defending pressure and turning with the ball.



- + A blue player starts in the center of the area facing the red players. The blue striker must be on his/her toes.
- + The red server drives a short pass into the feet of the blue striker.
- + The striker decides to receive the ball on the half-turn and moves in the direction of the pass before unleashing a shot low and hard into the corner for a goal.



- + The red server continues his/her run into the center and becomes the next striker.
- + The coach has now added 2 defenders standing next to cones 5 yards inside each touch line.
- + Sensing the pressure is coming from the ball side, the striker allows the ball to run across the body.



- + In this sequence the defensive pressure comes from behind the striker.
- + After a quick glance over the shoulder, the striker plays a firm touch into space and shoots.
- + The striker's decision to turn to the ball side is a good one and the defender has no chance to stop the shot.