

SHOOTING CIRCLE

STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

THEMES & COMPETENCIES

Theme:

- + Passing combinations
- + Attacking transition.
- + Shooting

Competencies:

- + Short passing along the ground (5-15 yards).
- + Receiving using the feet.
- + Mobility on and off the ball.
- + Attacking as an individual.
- + Attacking in pairs.
- + Attacking support.
- + Shooting technique

WHY USE IT

This activity creates shooting frequency. The types of shooting scenarios can be varied and the coach can observe closely to provide individual instruction.

SET UP

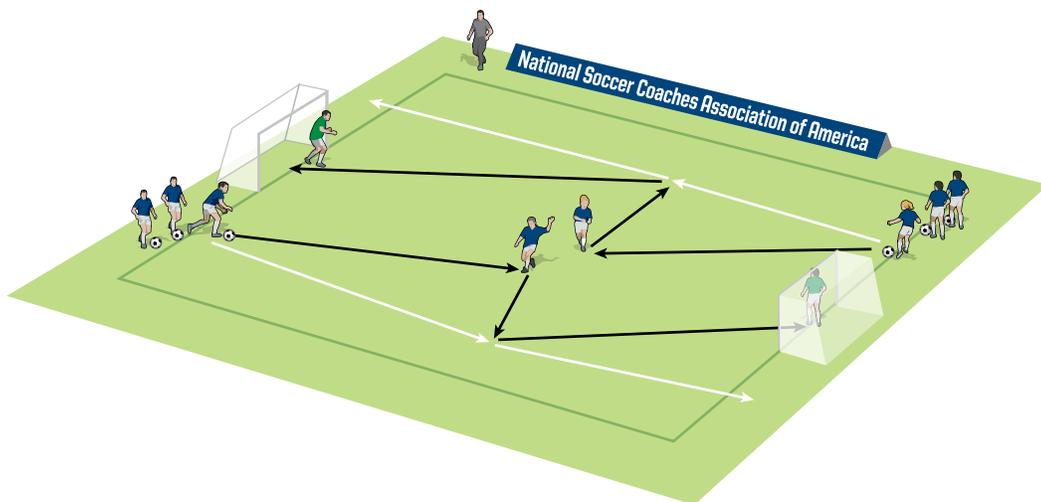
Use 2 big goals with keepers. The distance between goals should provide an appropriate challenge. Start with groups of players at each goal with plenty of balls.

HOW TO PLAY

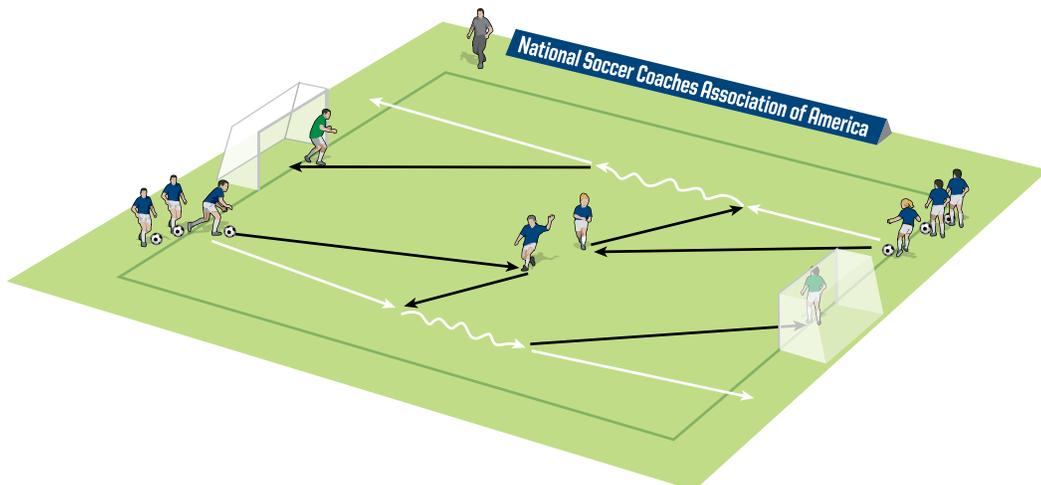
The ball is passed by the shooter to a target who lays it off for a shot. When the ball is dead the shooter becomes the target and the target retrieves the ball.

COACHING NOTES

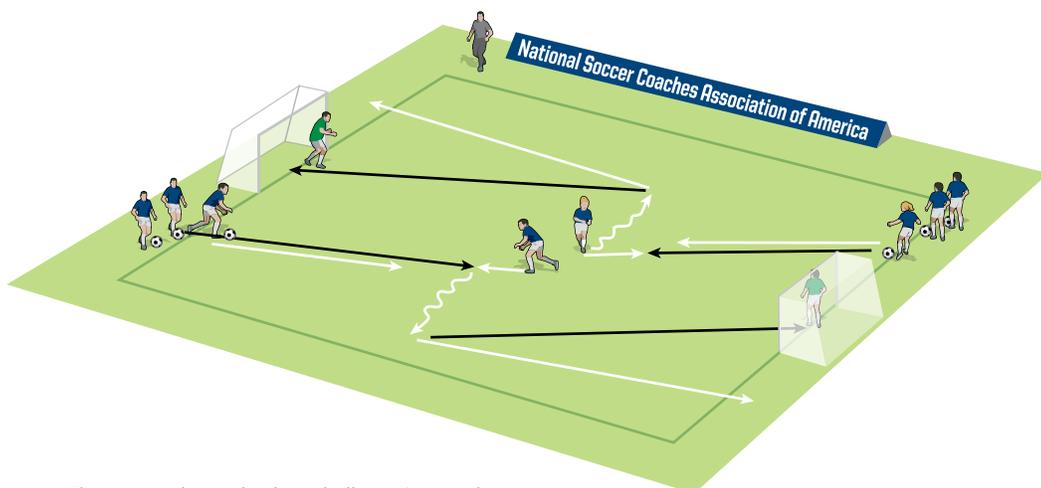
- + Coaching objectives - to give the players repetitions for strikes at goal with a variety of service.
- + Coaching tip - encourage players to take a look at the goalkeeper's position as they move, without the ball, on to the shot. Head over the ball for the shot.
- + Adaptations - have the target spin and take the shot (diagram #3)



- + A pass made to a central targets is laid off to the outside.
- + The shooter runs onto the ball.
- + The shooter attempts to score near and far post.



- + A pass made to the central target is played back.
- + Shooter must collect ball and dribble before shot.



- + The target player checks to ball, receives and turns.
- + The target player takes the shot on the turn then retrieves. The ball.

