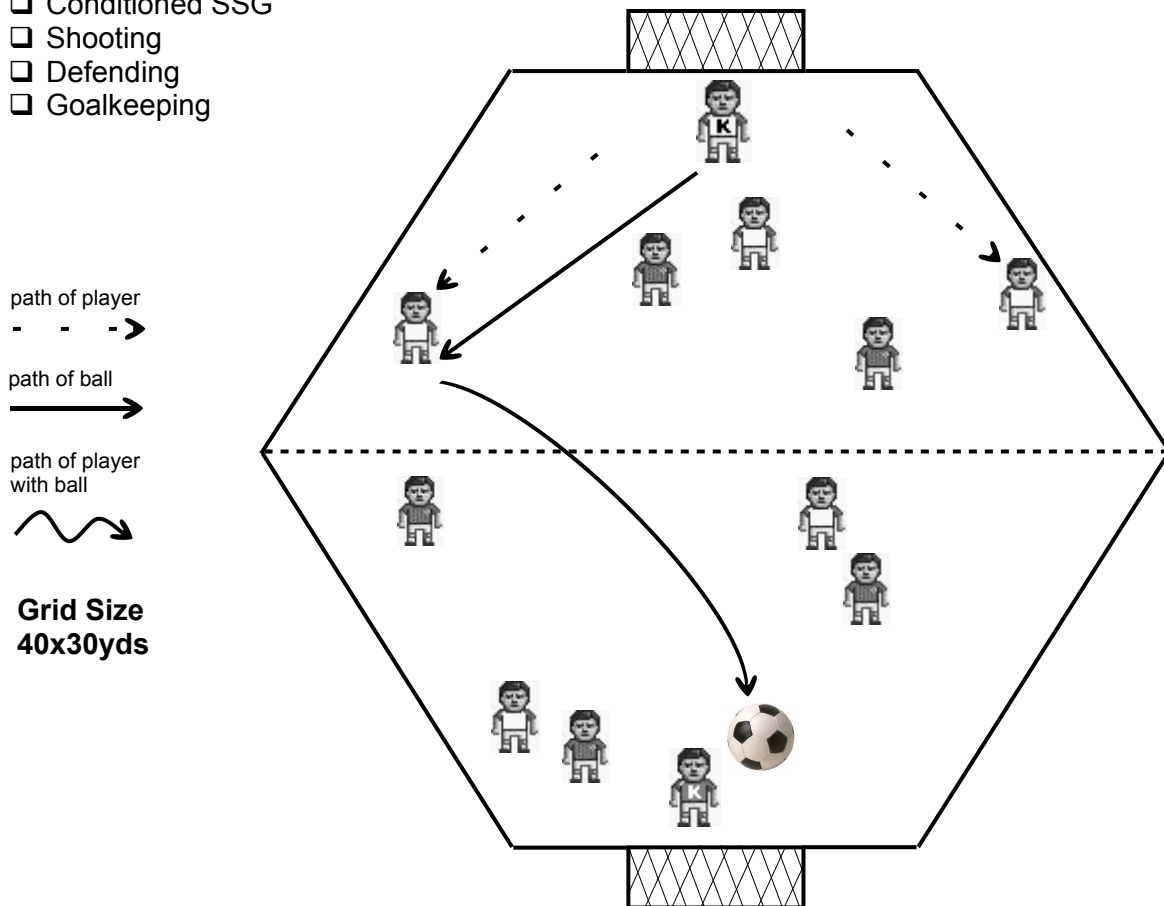


No. 44 "Have a Go"

- Conditioned SSG
- Shooting
- Defending
- Goalkeeping

U8 ?
 U10 ✓
 U12 ✓
 U14 ✓
 U16 ✓



As the name suggests this is mainly about encouraging a good attitude to shooting. A player who claims to be a striker but who passes when a shot was on, or who wastes time with unnecessary touches in this drill is not going to get your team many goals. Praise effort and courage but also take time to coach and demonstrate good shooting technique, a shot that goes outside the the back post is more forgivable than one blasted over the bar.

Organisation

Set up grid as shown with half-way line marked - reduced size for younger players
 Split both teams in two with more players in defensive half
 No player crosses half-way line at any time
 All restarts from keepers
 Keeper serves to player in own half
 1 point for shot on target, 2 points for goal from attacking half and 3 for goal from own half.
 Make it competitive - play for an agreed time and keep the score or play to a target score

Coaching Points

- ◆ Create space quickly when keeper has ball
- ◆ Good first touch out from feet
- ◆ Observe space
- ◆ Take every chance to shoot
- ◆ Technical quality of shot
- ◆ *"Accuracy before power"*
- ◆ Forwards follow up shots, pressure keeper
- ◆ Praise good attitude to take shots
- ◆ Defending team close down and press ball

Development

- i Increase depth of area to create longer range shooting
- ii Give ball to opposition keeper &/or remove 1 point for failure to shoot
- iii Allow distribution to front payers for set-up passes