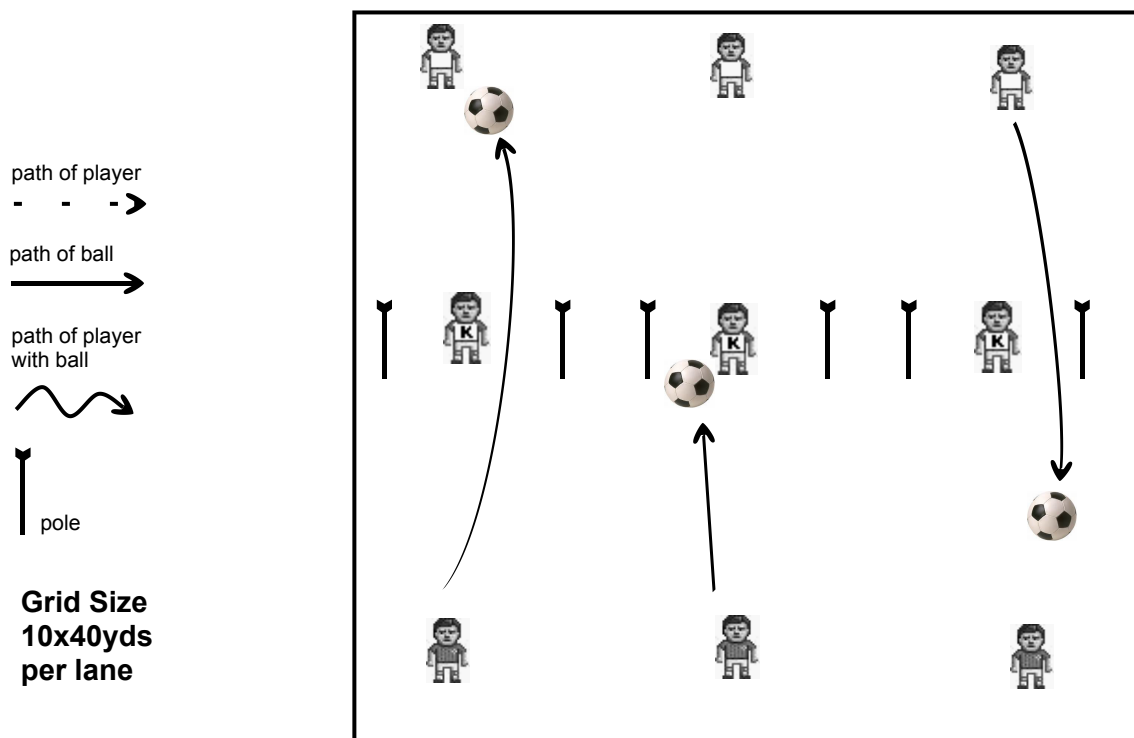


No. 38 “Shooting Gallery”

- Shooting
- Goalkeeping
- Volleying (development)

U8 ✓
 U10 ✓
 U12 ✓
 U14 ✓
 U16 ✓



Accurate shooting takes regular practice. This is a useful way of organising a group for repetitive shooting practice so that they get as much time on the ball as possible. You can put more than one player at each end of a grid taking turns and can use them to serve for each other as well in the developed practice. Keep stressing the need for having a look at the target on the run up, and the importance of accuracy before power.

Organisation

- Use discs and poles to divide up lanes with 4 yd goals and keepers
- Keep at least a 2 yard gap between goals
- Player at either end of each lane take turns at shooting
- Make sure they give keeper plenty time to turn, don't shoot until keeper signals he is ready
- Do not allow player to shoot from too close in for keeper safety
- Make it competitive - keep the score

Coaching Points

- ♦ Get ball out from feet
- ♦ Look up and observe keeper - select shot
- ♦ Get standing foot up beside ball
- ♦ Leading shoulder pointing towards target
- ♦ Head steady; focus on ball
- ♦ Firm ankle “*Scrunch your toes*”
- ♦ “*Accuracy before power*”
- ♦ Strike through mid-line of ball; keep it down
- ♦ Transfer of body weight through shot

Development

- i Adjust distance for shot
- ii Put in a server beside post and have ball served on ground for first time strike
- iii Have ball thrown in for volley 1st time or on bounce
- iv Have serves coming from the side across the player on the ground and in the air