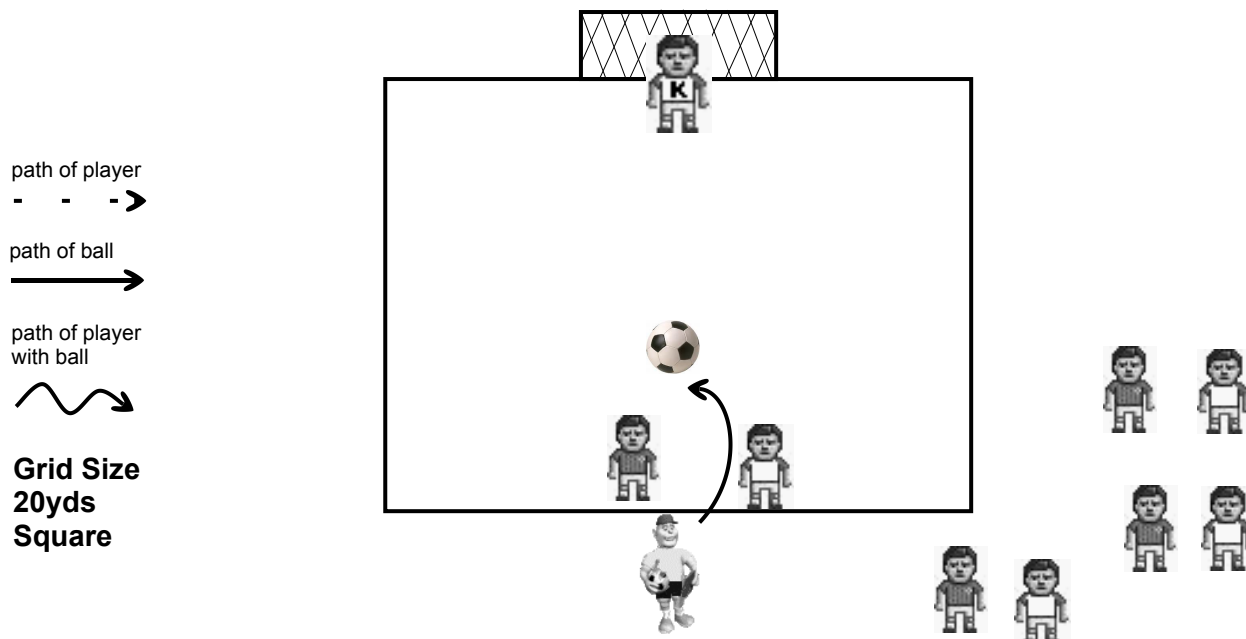


## No. 39 “Snap Shot”

- Shooting
- Goalkeeping

U8 ✓  
 U10 ✓  
 U12 ✓  
 U14 ✓  
 U16 ✓



Time favours the defence and strikers must take their shots without delay. Watching one of your players taking an eternity to tee-up a shooting opportunity is one of the most frustrating things for a coach. This practice will give the group loads of practice at finishing under pressure. Don't give any credit for a goal in this drill if it should have come much earlier. Use it to work with your keepers as well and praise good shot stopping.

### Organisation

Organise the group into two teams and pair them up, the keeper is neutral  
 The first player from each team stand together facing the coach  
 The coach lobs the ball over their heads and they turn and compete for the ball  
 They play until the ball is dead - goal, save or ball out of the area  
 The next pair step up quickly for their turn, after each round make sure everybody has a new opponent  
 Make it competitive - Award a point for shot on target and two points for a goal

### Coaching Points

- ♦ Players should be on their toes, balanced and alert
- ♦ Knees bent, low centre of gravity
- ♦ Get in front of your opponent and win the ball
- ♦ “*Be aggressive*”
- ♦ Do they look up and observe the target?
- ♦ They must take the shot as early as possible
- ♦ Technique, accuracy and power of shot
- ♦ Follow up shots for rebound

### Development

- i Limit number of touches allowed before a player can shoot
- ii Take a point off the team for player not taking chance to shoot