



**SESSION PLAN**

**Session Title**      **13 + Shooting**

**Objectives**                      **To Develop Technique of The Long Shot**

**To Develop a Positive Attitude To Shooting**

| PHASE & ACTIVITY   | DIAGRAM | TIME | COACHING POINTS   |
|--|---------|------|---|
| <p><b>1. Warm up</b></p> <p>6 v 6 with 2 balls. The coach plays in goal and the teams can score through any of the 3 sides of the triangular goal. Can divide into 3 teams of 4.</p> <p><b>2. Technical Practice:</b></p> <p>W plays to X who shoots on goal and they rotate positions. At the same time Y passes to Z and they rotate.</p> <p><b>Progression 1:</b> W follows pass to put pressure on X.</p> <p><b>Progression 2:</b> Y plays to X who shoots on GK1 and W plays to Z who shoots on GK2. The rotation is from X to W to Z to Y etc. Include retrievers in the rotation.</p> <p><b>3. Game Related: Shooting</b></p> <p>T's (one team) act as neutral players and will pass back to whoever passes to them. 3X's v 3O's in the centre. Immediately after a shot on goal one of those T's passes into the team that was defending and they attack immediately. Ensure that the Gk's on each team rotate, maybe after every goal. Rotate teams.</p> <p><b>4. Regular Scrimmage</b></p> |         |      | <p>Close control<br/>Head up<br/>Accuracy of shot.<br/>Positive attitude to goal.</p> <p>Strike with laces and ankle locked.</p> <p>Touch the ball forward and to the side to allow a run up</p> <p>Step into the ball and follow through in the direction of the target</p> <p>Non kicking foot alongside the ball but not too close<br/>Point towards target</p> <p>Awareness of defenders<br/>Awareness of space<br/>Importance of the 1<sup>st</sup> touch<br/>Shape</p> <p>Be positive towards goal.</p> |

