

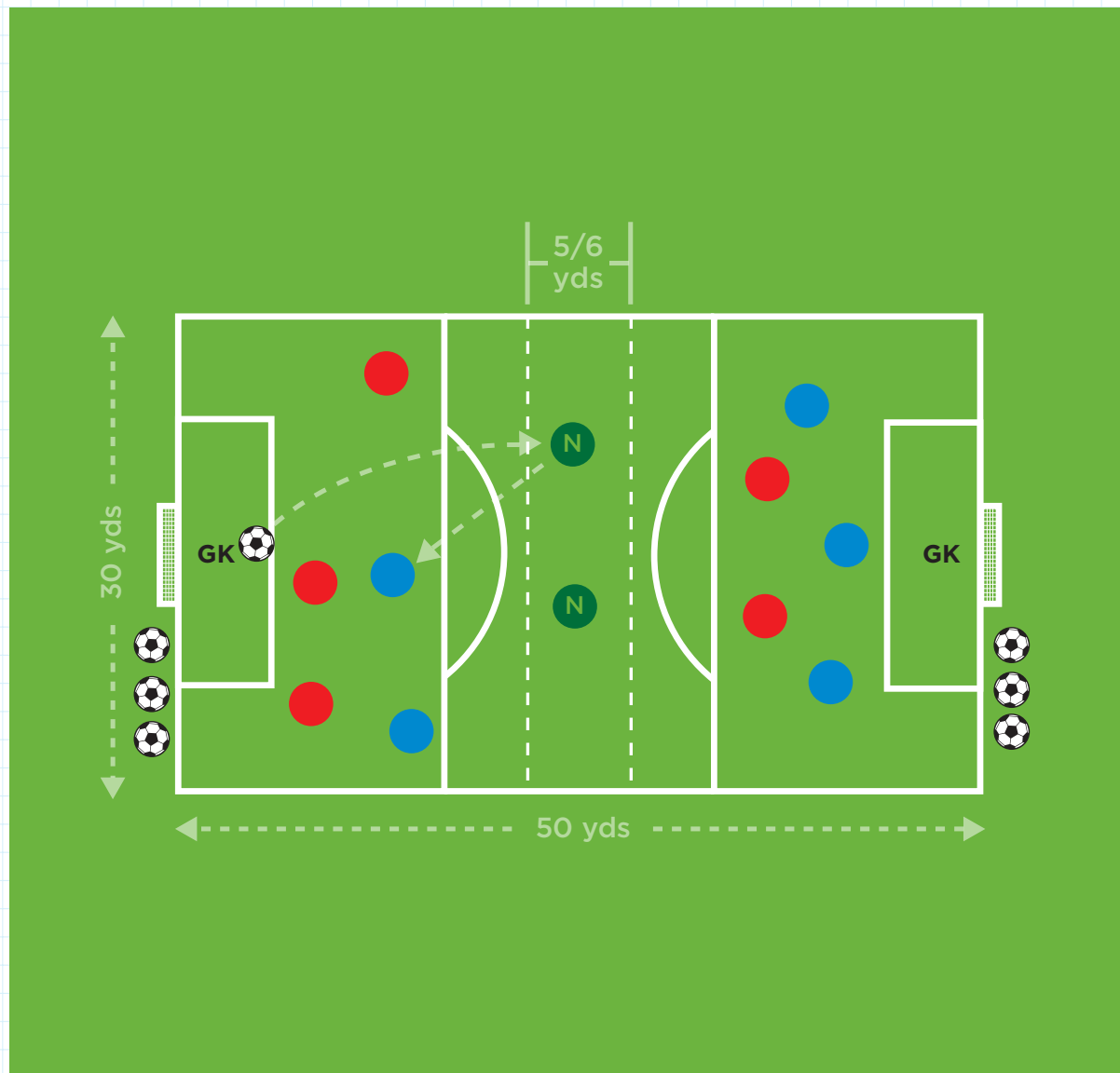
# Receiving to shoot

## Practice organisation

- Area 30x50yds, with 2 narrow penalty areas & appropriate size goal at each end, separated by a safe zone of approx. 5/6yds, as illustrated.
- 14 players (incl. 2GK's), arranged 2 Attackers versus 3 Defenders in each penalty area.
- 2 Neutral players in central safe zone.
- Supply of balls with each GK.
- Offside line can be determined where appropriate (line drawn or normal rules apply).
- Practice starts with: GK serves ball to an N, who in turn, plays into either pair of forwards.
- Forwards look to combine & shoot from within designated attacking area.
- Change roles of players at appropriate time.

## Detail

- Overloads can be adapted, depending on age & ability of players.
- Monitor physical load on GK's.
- Simple progressions for this practice are:
  - N's combine before passing to a forward.
  - If D's win ball: they can counter-attack with a pass into their own forwards.
  - N can move into area to create 3v3.
  - N shoots (e.g. with 2 touches) from middle zone.
  - GK rolls-out to D's who play directly into forwards.



## Key coaching points

- N's looking for 'best pass' into forwards & focus on pass selection & execution.
- Forwards looking to create space to receive & evade D's.
- Awareness of position of D's.
- Looking for clever play (turning ball around corners, feints, quick turns to shoot, wall-passes etc) & combinations with team mate.