

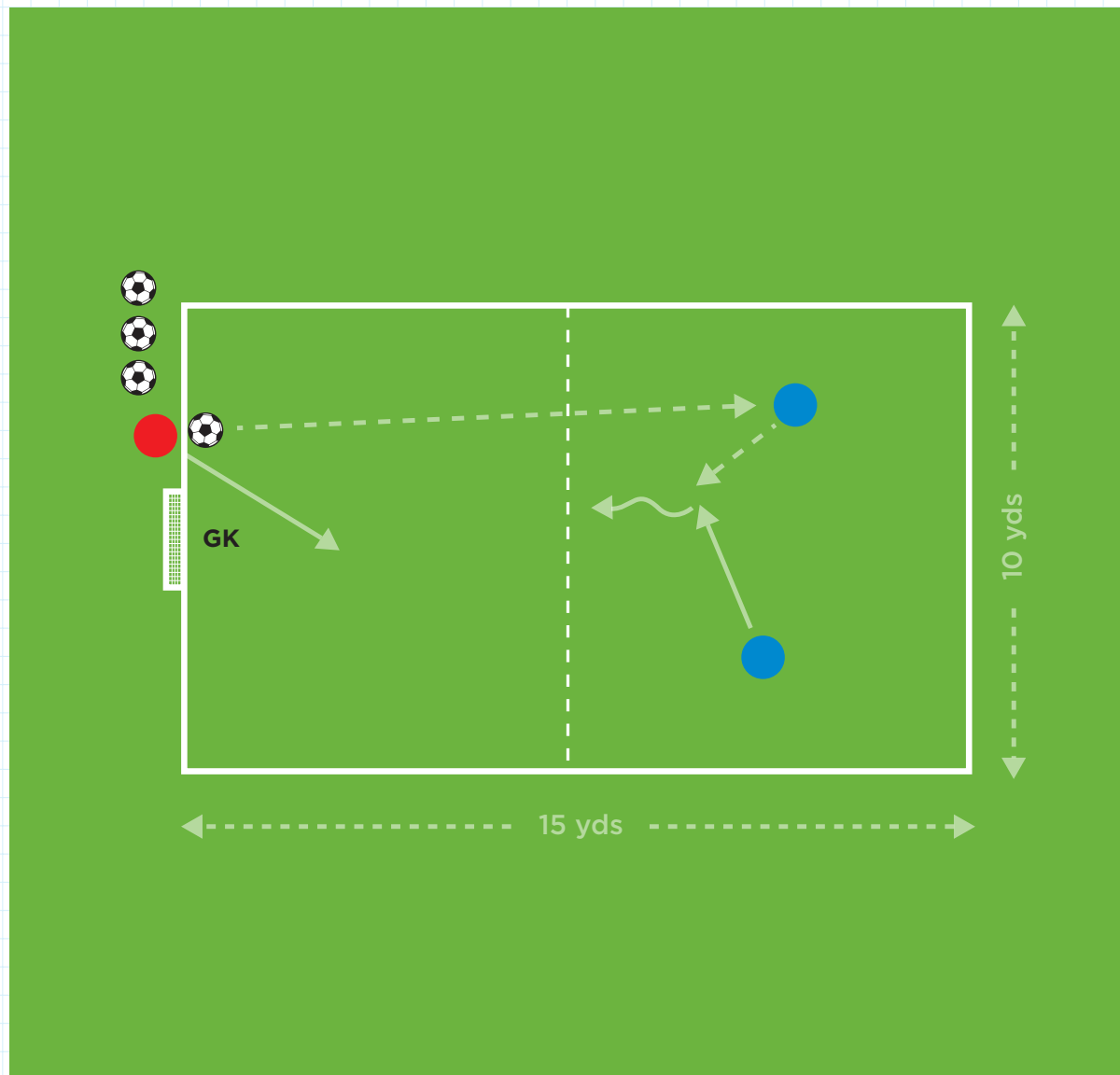
Shooting 1

Practice organisation

- Area 15x10yds, with appropriate size goal at one end, as illustrated.
- 4 players (incl. GK), arranged 2 Attackers v 1 Defender, as shown in the diagram.
- Practice starts with: D passes ball forward into 2A's.
- Receiving A controls & passes to partner who attacks the goal 1v1.
- D moves forward to defend goal in tandem with GK.
- Practice continues until ball goes dead.
- A's & D rotate roles & practice recommences with initial set-up arrangements.

Detail

- Receiving, controlling & passing to partner enables D to move forward & establish a realistic defensive position.
- Furthermore: it will create varying levels of pressure on A, determined by partner's efficiency of control.
- Angle, distance & communication between A's to best deal with incoming long pass from D.
- Simple progressions for this practice are:
 - D plays ball into space for A's to collect & organise on the move.
 - Develop 2v1 in existing organisation to further challenge D & A's use of support.
 - Change the shape of practice area (long & narrow, or wide & shallow).
 - Build number of players in practice (& hence complexity of options/challenges).



Attacking play

Age group
8-11 years

Key coaching points

- Accuracy & quality of initial pass from D to A's, served with pace & precision.
- Receiving A getting into line of ball & receiving with good 1st touch, using appropriate controlling surface.
- Early decision from receiving A on where & how to play pass to supporting team mate that will make it easier to receive & take ball on.
- Positive & early decision from A, on best way to take ball past D to create an opportunity to shoot at goal.
- Consideration of position of GK & how that will affect choice of attacking move to score.