

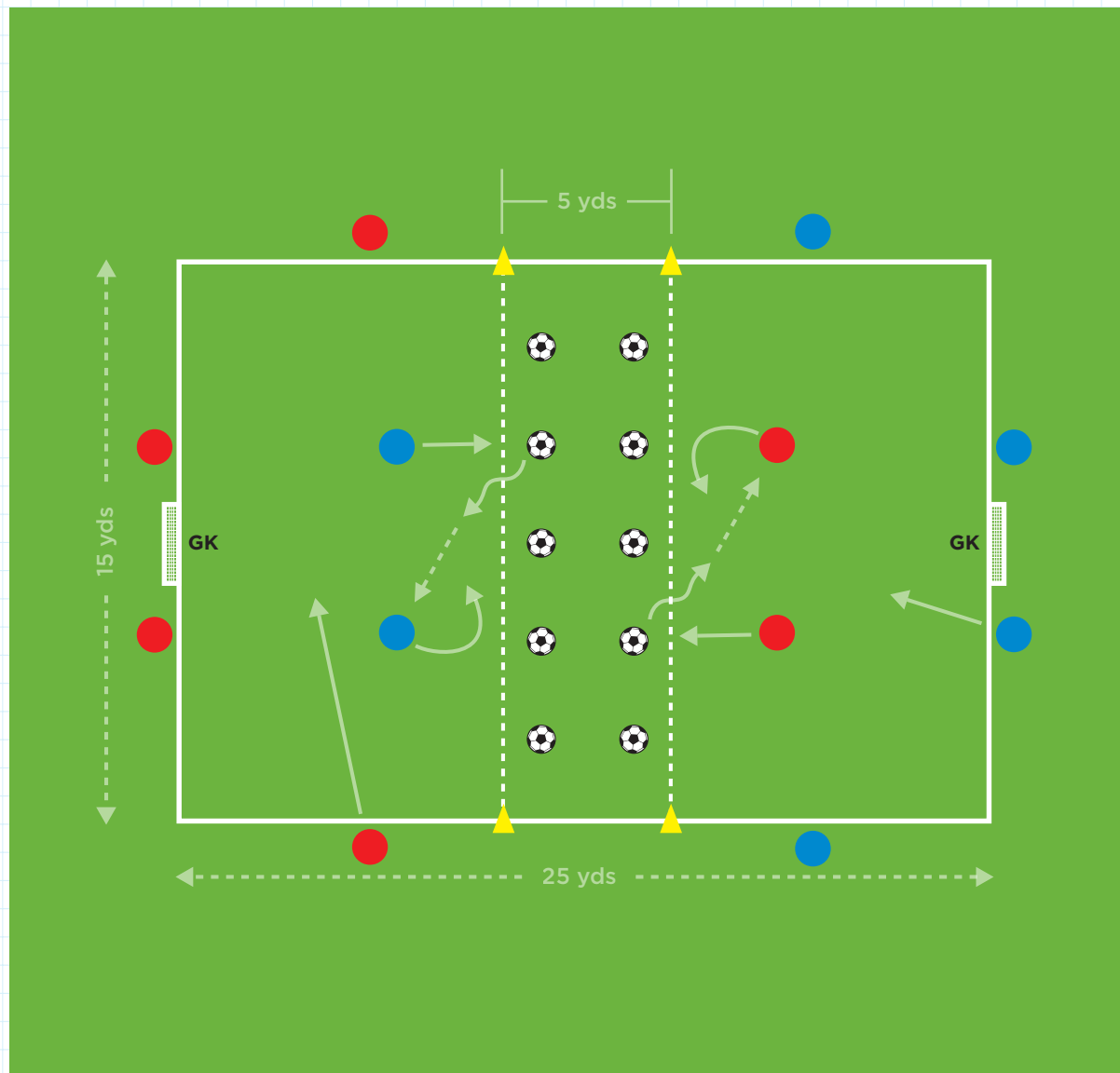
Shooting & defending 1

Practice organisation

- Area 25x15yds, with 5yd channel across full width marked with cones & goals at each end, set-out as illustrated.
- 14 players (incl. 2 GK's), with outfield players arranged in 2 teams of 6.
- Each team has 2 Attackers & 4 Defenders.
- 10 balls (5 balls for each team).
- Practice starts with: 2A's (one from each team) move to collect a ball from central area.
- On collection: D moves from edge of area to defend (making 2v1).
- Once attack has concluded: 2A's collect 2nd ball & new D enters area to combat.
- A's have 5 attacks, with different D's against each attack.
- Practice is mirrored in other half of practice area.
- Players rotate roles & repeat practice.

Detail

- Area can be modified, depending on age & ability of players.
- Early decision to shoot from distance or move nearer to goal before the strike.
- Moving quickly but under control when moving forward.
- Timing & accuracy of pass to other attacker.
- How to beat the GK (techniques to use).
- Looking for & finishing rebounds.
- Simple progressions for this practice are:
 - Coach may vary overload (A/D ratio) depending on level of ability of individual players.
 - Allow 2nd D to enter.
 - Bring 3D's into area (1 from front, 2 from side) to increase intensity.



Key coaching points

- A's scan to assess position & movements of D.
- Quickly move into goal-scoring range.
- Evaluate which A is in best position to score & either take shot, or pass.
- Look to eliminate D with individual skill move or clever movement off ball.
- Assess position of GK.