

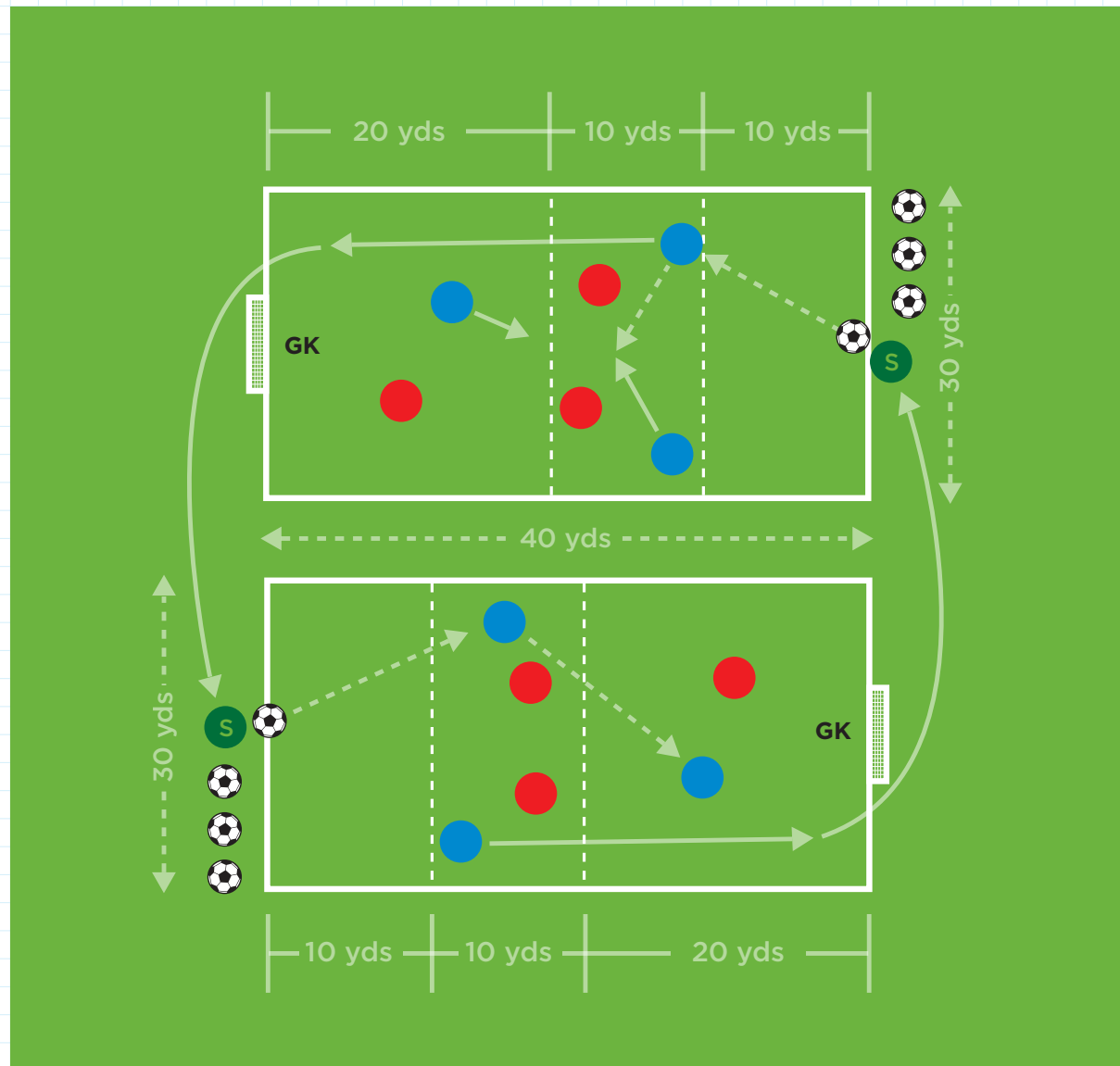
Shooting circuit 2

Practice organisation

- 2 areas measuring 40x30yds, divided into 3 zones of 20x30; 10x30; 10x30yds with goals of appropriate size at alternate ends of each area, as illustrated.
- 16 players (incl. 2GK's), arranged 2 Attackers versus 2 Defenders in middle zones & 1v1 in each end zone, as shown in the diagram.
- Supply of balls with each Server.
- Off-side rules apply in the 20x30yd end zone.
- Practice starts with: ball played into 2A's by S, who then supports play from behind (making 3v2).
- 2A's look to combine & play into advanced A in end zone.
- One A is able to move into end zone to support (creating 2v1) & combine in build-up to shoot at goal.
- When attack is concluded: one A rotates to next group & initial set-up arrangements are re-established.

Detail

- Losing markers with changes of pace & direction.
- Turning quickly & using disguise.
- Observing GK position & evaluating possibility of early strike on goal.
- Execution of excellent technique in finishing situations.
- Following-up/rebounding initial shots at goal.
- Simple progressions for this practice are:
 - Dribble/drive with the ball into end zone to link with advanced A.
 - Play wall pass in middle zone to free A & wall pass with advanced A to shoot or cut back, depending on reaction/position of D & GK.



Key coaching points

- Supporting distances & angles.
- Combination play & looking to turn against D's in middle zone areas & make forward passes.
- Opening-up passing opportunities with quality movement to dislocate defensive stability in middle zone.
- Precision & quality of ball played in to advanced A.
- Timing of forward run to support advanced A.
- Combination-play to produce strikes on goal.
- Recognising early opportunities to strike on goal.
- Striking at goal with accuracy & placement.