

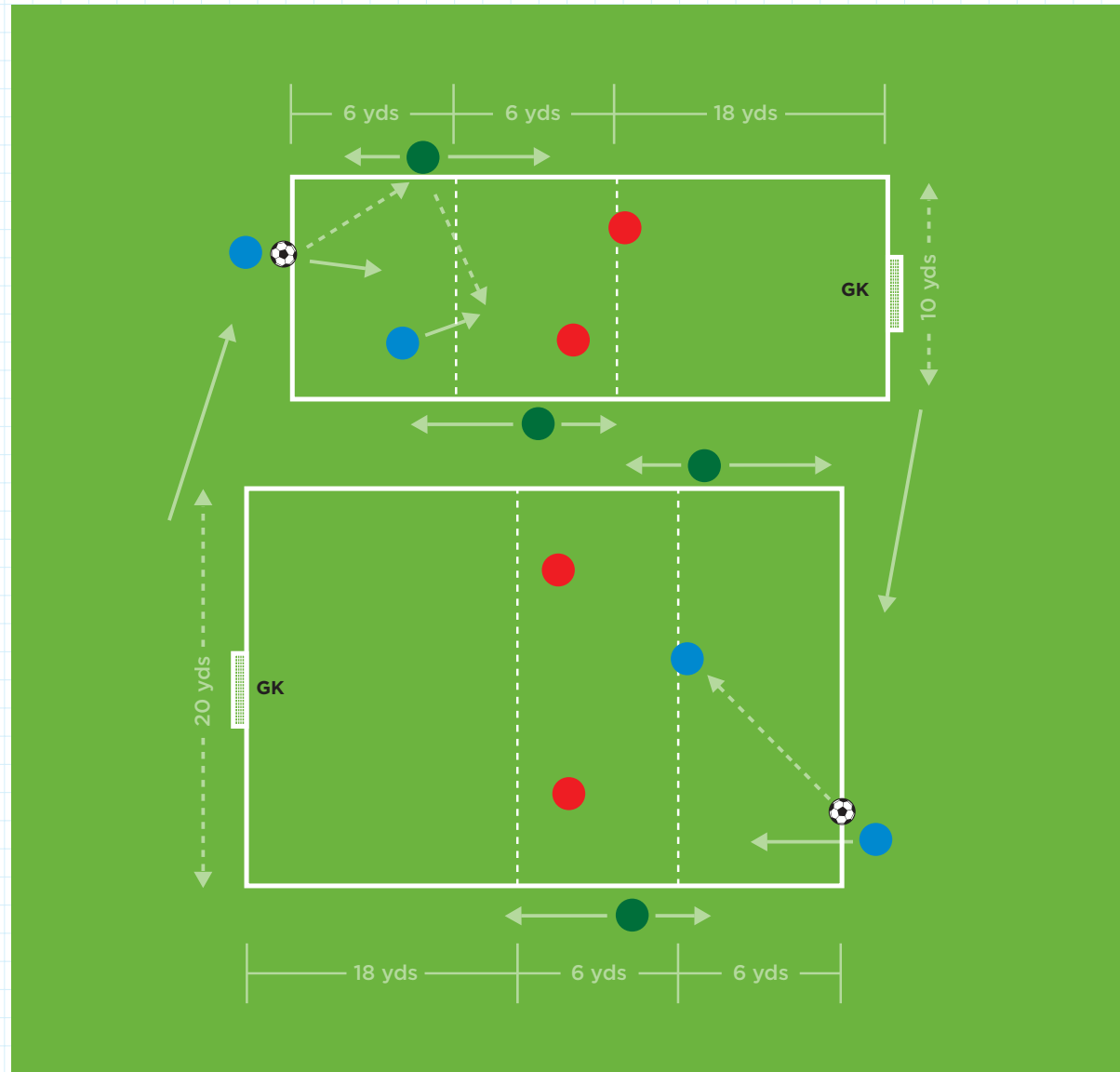
# Shooting circuit 4

## Practice organisation

- 2 practice areas: 30x10yds & 30x20yds, including end grid within each practice area 18yds deep with one goal at alternate ends, set-out as illustrated.
- 14 players (incl. 2 GK's), working in pairs, with 2 pairs operating as Defenders & 1 pair working as Support players on side of each practice area.
- Practice starts with: A's at end of grid who are free to play unopposed in 1st third.
- D's are restricted to mid & defensive thirds.
- A's work up & down each area to complete circuit.
- Off-side applies in final third.
- A's can shoot from any position.
- Pairs move around circuit & after per-determined number of attempts, change roles with D's & S's.

## Detail

- Areas can be modified, depending on age, ability of players & learning focus.
- Width in attack to stretch D's distances from each other.
- Attacking with ball centrally to pull D's together.
- Passes to feet or measured to space.
- Early strikes after one or two touches.
- Hitting the target as prime aim.
- Rebounding all strikes at goal.
- Simple progressions for this practice are:
  - D's defend early in 1st third on 1st touch of A receiver.
  - Award points for hitting the target & deduct points for failure to do so.
  - Support player moves into mid third to create 3v2.



## Key coaching points

- Initial receiving touch.
- Assessing positions of D's.
- Movement by A's to disorganise D's.
- Pass quality when supplying team-mates with scoring opportunities.
- Assessing GK's position before striking at goal.
- Decision on how to beat GK.