

Finishing from a Distance: Skill/Technique #2

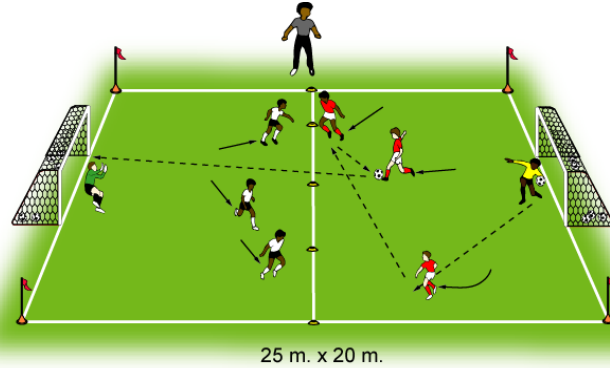
Skill Work:

Shooting - King Louis 1

20 minutes

Organization:

- Use markers to set up a 25x20m area as shown.
- Two teams of three plus a GK.
- Two goals
- All soccer balls in the goals.
- Play starts with GK.



Coaching Points:

- Be composed.
- Look at goal on approach.
- Square hips toward goal.
- Look at ball & head steady.
- Long step and stretch toe down, lock ankle.
- Drive through the middle of the ball with instep.
- Shoot low & to the side of

Description:

1. All players are restricted to their own half of the field. The GK serves a ball into one of the red players who must try and score directly, or pass to his/her teammate to score. The defenders must try and prevent the reds from scoring and, if possible, block the ball and shoot for the goal in the opposite half of the field. Play continues until the ball goes out of play at which time the nearest GK serves a ball into his/her players and the game continues. Players should try and shoot as the first option and only if they don't think they can shoot past an opponent should they pass to a teammate. Keep track of combined score.
2. Progression: Can you try and bend the ball around an opponent?

Emphasis: Be composed and efficient. Kick through the middle of the ball.

CANADIAN SOCCER ASSOCIATION • L'ASSOCIATION CANADIENNE DE SOCCER

