



Shooting REC week 3

Category: Technical: Shooting

Difficulty: Beginner

Warm up (5 mins)

Simple warm-up where players would dribble across and then shoot into a goal.

Make sure to switch inside foot, shoe laces and weaker foot. Encourage looking up before a shot, locking ankle and proper technique.



Game drill (10 mins)

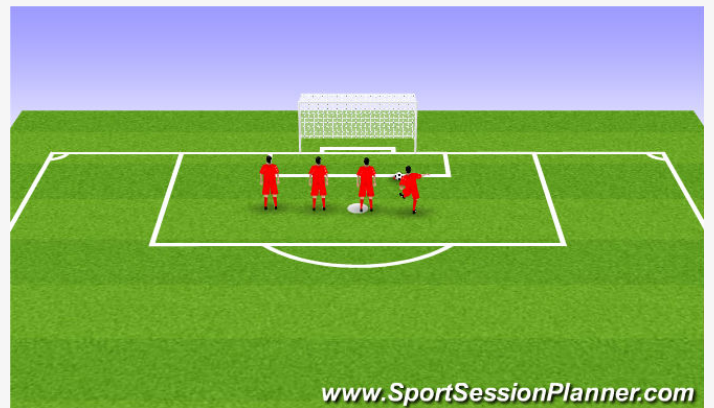
Have players line up across and have them put the ball on top of the cone.

Using the right technique and locking their ankle they will shoot and try to score.

Make sure they switch the feet and shoot with weaker foot also.

If no goalies, coach should be the goalie.

After couple of shots move the cones further away from the goal.

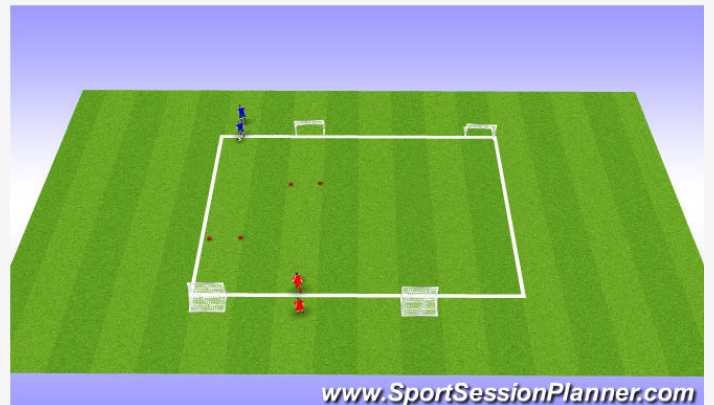


Competition (10 mins)

Progress from warm-up to competition game.

Players try to score as many goals as possible in 2 minutes. They should not be passing the disks in front of the goal that are set up.

Switch after 2 minutes and have them shoot with weaker foot and shoe laces.



Small sided games (25 mins)

Simple small sided games with 2v2 or 3v3.
Switch teams after 7min, so everybody plays each team once like a tournament.
Encourage dribbling and looking up.

