

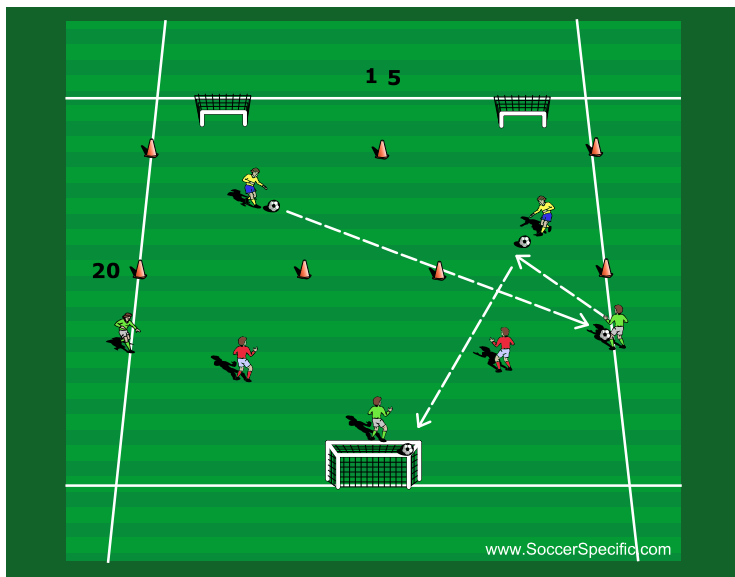
ACTIVITY #1

Set up: Overall 20x12 approx. PICTURE SHOWS ALTERNATIVE TO A GOAL BEING USED, TRY TO USE A GOAL AS PLAYERS WILL GET MORE REPS

Instructions: SHOOTER HAS TEAMMATES BALLS AT TOP OF SHOOTERS BOX, TAPS BALL FORWARD TO HIT MOVING MOVING BALL, KEEPER STAYS DEEP AND CAN MOVE AFTER THE INITIAL TAP, REPEAT 4 TIMES, PLAYERS CHANGE ROLES FROM SHOOTER/SHAGGERS/KEEPER.

KEEP SCORE FOR SHOTS ON TARGET AND ACTUAL GOALS.

Coaching Points: HEAD UP TO SEE PICTURE BEFORE INITIAL TAP FORWARD THEN ALL SHOOTING TECHNICAL POINTS; HEAD DOWN, KNEE OVER BALL, ANKLE LOCKED, INTEP/LACES CONTACT, MID POINT OF BALL, FOLLOW THROUGH

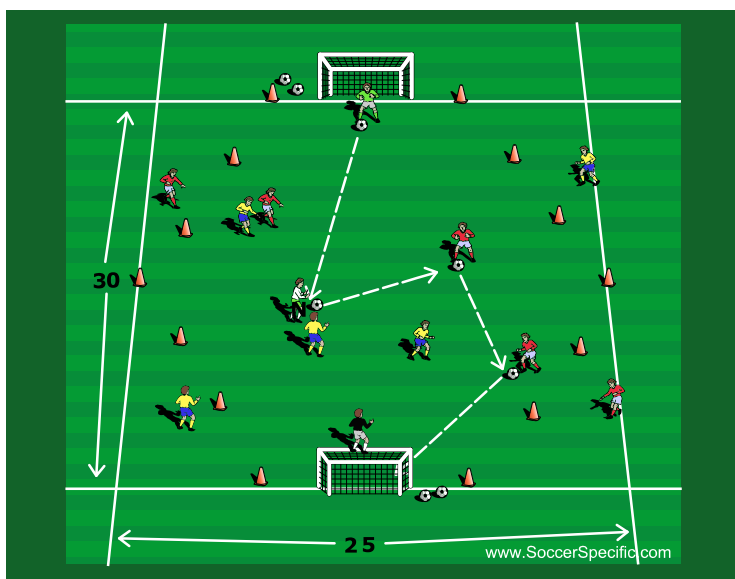


ACTIVITY #2

Set up: 20X15 GRID, CAN BE 2 GRIDS IF MORE THAN 9 PLAYERS.

Instructions: TEAMS PLAY IN OWN HALF AND CREATE SHOOTING OPENINGS BY MOVING BALL, CAN USE BUMPERS WHO ARE FREE TO MOVE ENTIRE LENGTH. CHANGE ROLES SO THAT EACH TEAM HAS TURN GOING TO BIG GOAL AND ALSO SMALL GOALS. BALL NEEDS TO KEEP MOVING. THIS IS A LOW PRESSURE ACTIVITY THAT GIVES YOUNG PLAYERS THE CHANCE TO WORK ON TECHNIQUE AND KEEPING EYE ON BALL

Coaching Points: SHOOTING TECHNIQUE AS WEEL AS ENCOURAGING A SHOOTING MENTALITY. THIS IS A LOW PRESSURE ACTIVITY THAST GIVES YOUNG PLAYERS A CHANCE TO WORK ON KEEPING THEIR EYE ON THE BALL AS THEY SHOOT.



ACTIVITY #3

Set up: SHOOTATHON!!!! PITCH IS MARKED HEXAGON LIKE TO EMPHASISE SHOOTING ZONE/ANGLES

Instructions: 3 TEAM MATCH OR USE SUBS OFTEN. PITCH IS SHAPED TO ENCOURAGE SHOOTING, EXPLAIN TO PLAYERS THAT THEY ARE PLAYING WITHIN THE SHOOTING ANGLES.

Coaching Points: ENCOURAGE SHOOTING!!