

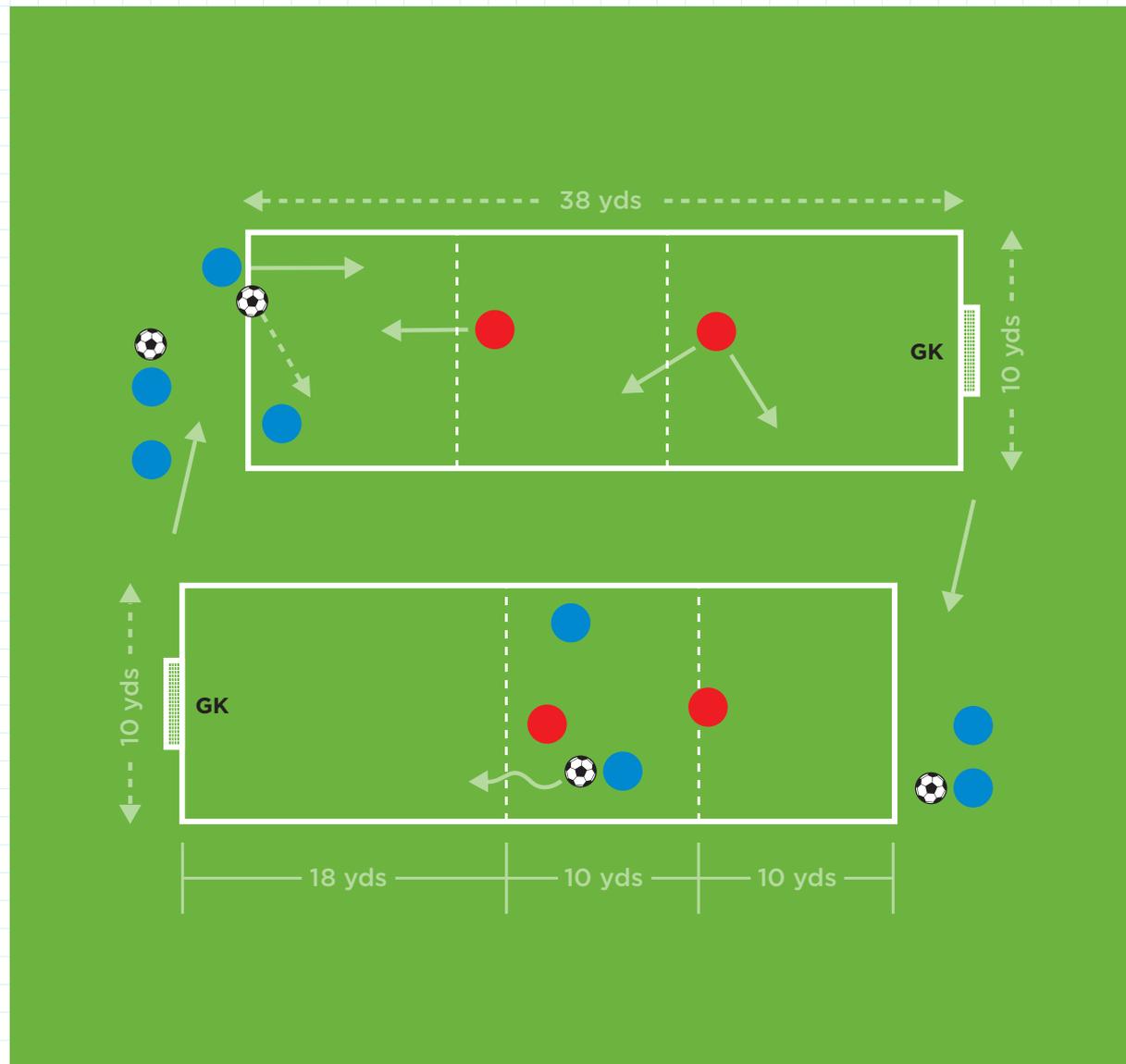
Shooting circuit 3

Practice organisation

- 2 practice areas measuring 38x10yds, with end grid within each area of 18x10yds & goals at alternate ends, as illustrated.
- 14 players (incl. 2GK's), working in pairs, with 2 pairs operating as Defenders.
- Practice starts with: A's work up & down each practice area, to complete circuits.
- Off-side applies in final third.
- D's are restricted to defending individually in 1st & mid thirds, but 2nd D can defend back into end third.
- Attackers can shoot from any position.
- Pairs operate around circuit & after per-determined time, changes roles with D's.

Detail

- Area can be modified, depending on age, ability of players & learning focus.
- Attacking at speed with ball under control.
- Feints to off-balance D with intent to dribble or pass.
- Timing of release of passes to fellow A's.
- Action on releasing pass to other A.
- Assessment, decision & execution of strike at goal.
- Disguising the strike & striking with power & accuracy.
- Hitting the target as the prime aim.
- Simple progressions for this practice are:
 - Initial D can defend 1st two thirds.
 - A's restricted to shooting in end third.



Key coaching points

- Quality of first receiving touch.
- Attack D with ball.
- Individual dribbling skill or combined attacking play to eliminate D's.

- Shooting from distance or attacking to move closer to goal.
- Assessing both GK position & location of D.