



## Week 5B Shooting

Category: Technical: Shooting

Difficulty: Beginner

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### Shooting from pass (10 mins)

#### First Activity: Shooting Off a Pass

Theme: Shooting

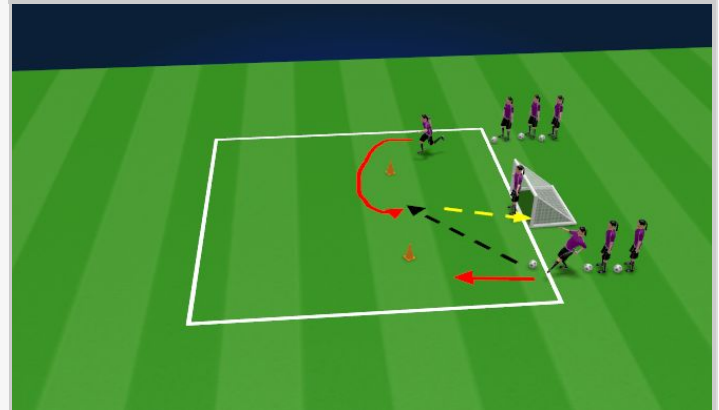
Set Up: Goal with a Goalie, Two groups, cones 8 yards out.

Time: 8-10 minutes

Player runs out and around the cone, opposite group passes to them to shoot. Passer then runs around cone to receive pass to shoot. Always alternating sides.

Waiting players can work skills 10 toe taps and 10 pendulums (passing inside foot to inside foot).

Coaching Points: Timing of pass - as player is about to go around the cone. Shooter should have a control touch and then shoot.



### Shooting from pass (10 mins)

#### Second Activity: Shooting on the run

Theme: Shooting

Set Up: Goal with a goalie, 2 groups with a ball each facing goal, Player sprints to goal, other group passes leading runner to goal for the shot. After pass, run to goal to receive pass. Always alternating sides.

\*\*\*Can have waiting players to complete skill work 10 toe taps and 10 pendulums (passing between feet).

Coaching Points: Pass is made ahead of player to run on to. Receive by taking a control touch and shoot.

