

Six Shooter

Objective –

GameFocus onTransition/ResetProgression

Great way to improve attitude to shooting, accuracy/power, support play and follow ups. Skills include creating space and good body shape to receive the ball for a potential first time shot. Attitude to shoot, first touch, angles, support communication and accuracy/power rebounds.

THE RULES

Split players into three teams of three.

The keeper serves to the first attacking team which uses free play to get a shot through to the opposition goal as quickly as possible.

After a shot or goal the keeper serves to the opposition.

You coach at the side with a good supply of balls.

The games last three to five minutes. Then you rotate the teams.

Record all player's possible shots, shots taken, shots on target and shots off target on a notepad. Use this information to feedback to players and then set new targets to help improve play.

OBJECTIVES

Improves attitude to shooting, accuracy/power, support play and follow ups.

KEY SKILLS

Creating space and good body shape to receive the ball for a

potential first time shot. Attitude to shoot, first touch, angles, support communication and accuracy/power rebounds.

SET UP

Area: 30×30 yards diamond shaped pitch

Players: 9 plus keepers

Equipment: Two goals, cones, balls

WHAT TO CALL OUT

“Can you shoot?”

“Angles”

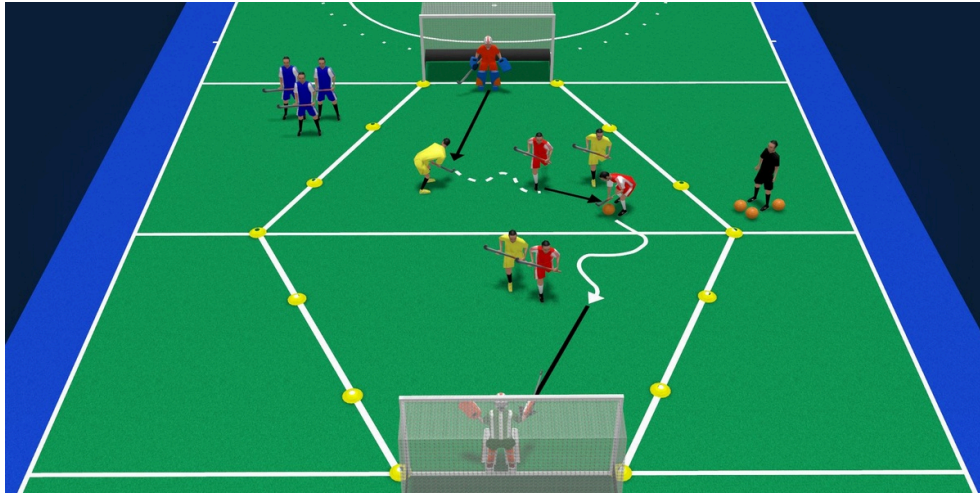
“Call”

DEVELOPMENT

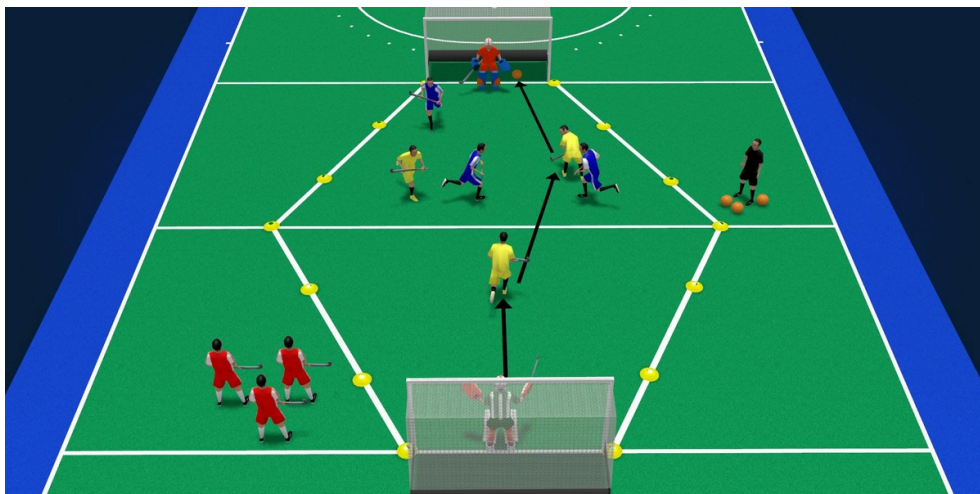
- Restrict touches and don't allow dribbling to encourage quick shooting.
- Identify and encourage use of the players' weaker foot only to score.

HINT

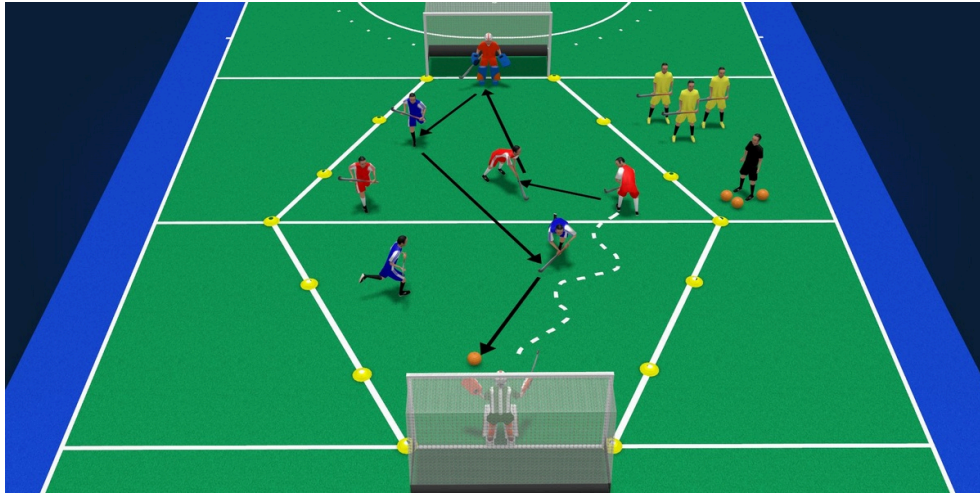
Use spare players to help record players' attempts



Keeper serves to the attacking team (reds) who pass quickly to attempt a shot at goal.



After a shot or goal the keeper serves to the opposition.



Encourage use of weaker foot to score.