

## Coaching Corner: Shooting Sessions for Players of All Ages by Tony Waiters, NSCAA National Academy Staff Member

Activity One creates long-range shooting opportunities; Activity Two allows young players to build confidence with both feet

### Activity 1: Big Shot

#### Objectives

- To develop ability to create angles and positions;
- To improve shooting from central areas;
- Excellent and fun practice for players age 12 and above.



#### Organization (see above diagram)

- Mark area 30 x 25 yards, with midfield line.
- Two full-sized goals (portable or improvised goals with cones/poles).
- Two goalkeepers.
- 2, 3 or 4 v. 1 (plus goalkeeper) in each half.
- A goalkeeper starts by rolling ball to one of four players.
- Four keep possession from the opponent while working to create a shooting position.
- Shots can only be taken from within own half.
- After shot the one advanced team player (the "sniffer") looks for scoring opportunities from rebounds off the goalkeeper, defenders or goal posts.
- Goalkeeper controls from the back and is always available for the back pass. GK's cannot shoot.

#### Coaching Points

- Encourage players to try a strike for goal.
- Tell "sniffer" to always gamble on possibility of a rebound.
- Have defending players take up good positions to block shots (even though confined to their half).
- Encourage goalkeeper to work at maintaining a view of the ball at all times.

- Teach goalkeeper to make good decision relative to the situation (e.g., whether to catch or deflect the ball into non dangerous areas).
- Encourage supporting play to give alternative for shot or pass.

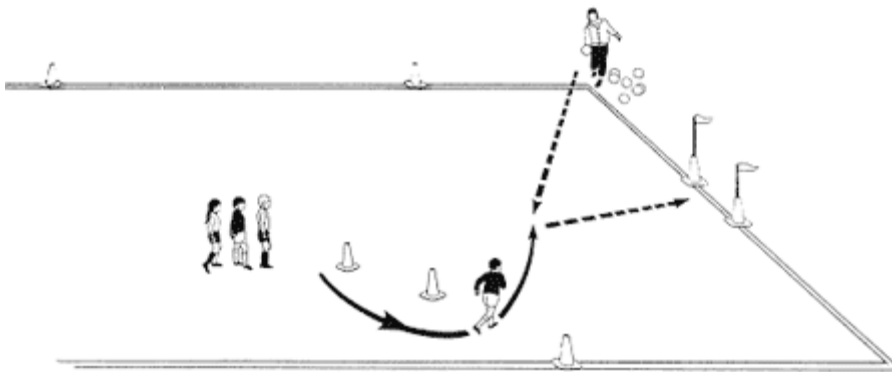
### Challenge

- To outscore the opposition.

### Activity Two: The Corner Shot

#### Objective

- To develop accurate passing and shooting with both feet, and to gain a simple understanding of corner kicks for players 6 – 8 years old.



#### Organization (see above diagram)

- Place balls in corners of playing area.
- Coach rolls ball by foot or by hand.
- Coach shouts "Go!" and player at first cone must go around second cone.
- Shooting player retrieves own shot then returns to end of line.
- This increases the activity level and also encourages the shooter not to kick the ball too far, but rather concentrate on the accuracy.
- No goalkeeper, so players practice accurate kicking.
- Change players and cones to opposite side.
- Children leave their ball with the coach on the way back.
- With a large group split into two (with Assistant Coach) and have one group at one end and one at the other.

#### Teaching Points

- As players become better, narrow the goal or deliver quicker passes.
- Point out that most shots in illustration will be taken with the left foot.
- Total concentration: head down, eyes on the ball.
- Encourage accuracy rather than power shooting.
- Use inside of foot - like a hockey stick.
- Encourage players to strive to become "two-footed."

### **Target**

- To record the number of the team's scoring attempts that succeed in 20 shots, and keep score at each practice.