



# Shoot and Follow for Rebound

**Level: Warm Up with Ball**

**Objective: Shooting and following in for rebounds**

**Organisation:**

*Place two cones on the edge of the 18 yard box opposite a goal.*

*Players find a partner with one ball between them.*

*One player stands at one cone and one stands at the other; there should also be a goalkeeper.*

*Player 1 passes the ball to player 2 who must control the ball and then shoot at goal.*

*Player 1 follows up the shot to try and score any rebounds.*

*Players rotate roles and the passes should come from both the left and right side.*

**Coaching Points:**

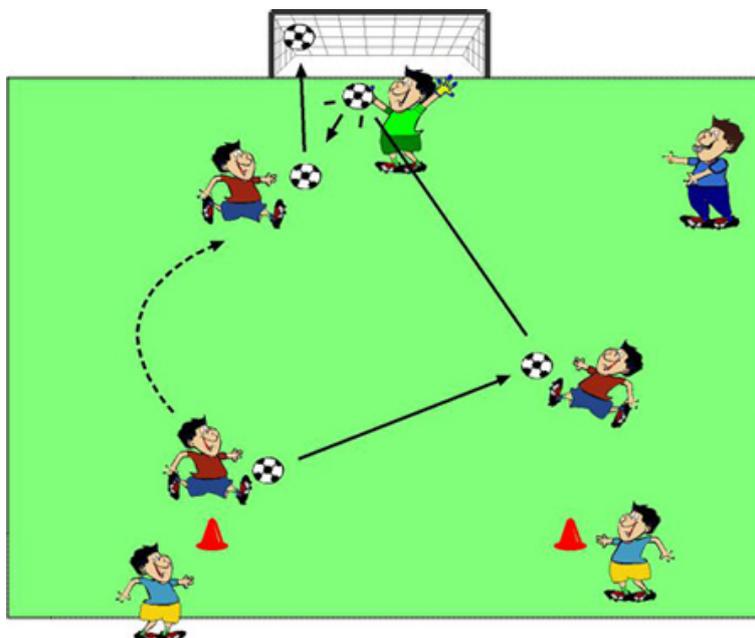
**1: ABCs of finishing: Adjust bodyshape in line with the ball and goal; Basic technique ball out to the side of your feet and strike through the ball; Cleverness inventive ways to get the ball past the keeper.**

**2: Accuracy and technique over power, aim for the corners of the goals - Time the shot**

**3: Develop the accuracy using both feet before improving the power of the strike**

**4: Inside of the foot for accuracy and laces for power**

**5: Work on the 2nd attacker looking for any rebounds from the keeper**





# Flag Finishing With Crosses

**Level: Technique with Passive Pressure**

**Objective: Finishing from crosses**

**Organisation:**

*Set out 50 x 30 playing area.*

*Place four flags in a square positioned between two goals.*

*Players line up at A and B and one player on each of the four flags.*

*Position two crossers out wide on the same side of the field.*

*A player from line A plays a pass to the player on flag 1.*

*The player on flag 1, then plays the pass out wide to the crosser.*

*The crosser controls the pass and plays it into the area in front of the goal for the player on flag 2 to score from.*

*Once a player passes the ball they then follow their pass e.g. the player at flag 1, then goes to flag 2. The player who shot goes to the back of the group playing from the opposite goal.*

*The crosser stays as the crosser. This cycle goes from both sides.*

*Therefore, at the same time group A players are going, the players from group B are going.*

**Progression:**

*Add a challenge - the players have to score a certain amount in a designated time limit. Develop 2 or even*

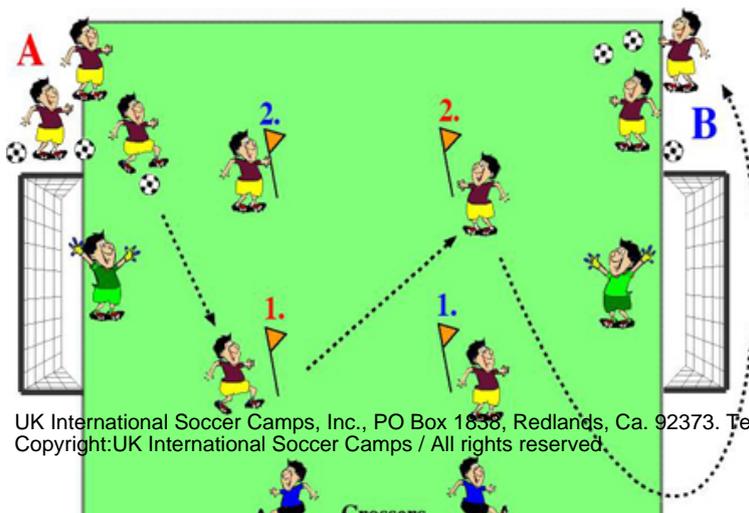
**Coaching Points:**

**1: ABCs of finishing:** *Adjust bodyshape in line with the ball and goal; Basic technique ball out to the side of your feet and strike through the ball; Cleverness Inventive ways to get the ball past the keeper.*

**2: Good movement and timing.** *Ready to take the shot with one or two touches.*

**3: Accuracy before power:** *Build up power of strikes.*

**4: Anticipate:** *Look for rebounds off the GK.*





# 3v1 to Goal

**Level: Technique with Full Pressure**

**Objective: Quick penetration to exploit numerical overload.**

**Organisation:**

Set out a 50x50 yard area. Place 3 cones 25 yards from goal. Divide the players into 3 and position them on these cones except designated GK and defender. The ball is played in from the defender (who stands on a separate cone 15 yards out) to an attacker from about 10 yards away. The other two attackers join the attacker in possession to try and score. 3 versus 1. As players improve put a time limit on it to encourage quick play.

**Coaching Points:**

1: ABCs of finishing: *A* just body; *B* basic technique; *C* cleverness *A* inventive ways to get the ball past the keeper.

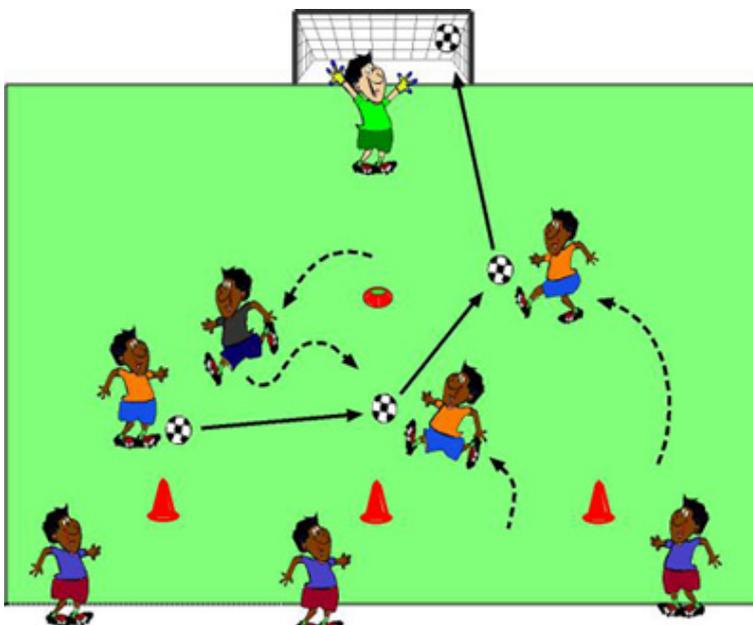
2: Shoot on sight: Remember you don't have to beat the player just create enough space for shooting opportunity.

3: Accuracy before power: Build up power of strikes.

4: Anticipate: Look for rebounds off the GK.

5: Create space: Width and depth to attack. This creates more space and passing / shooting options.

6: Quality of pass: Into the pathways of attacking players so they can run onto the ball.





# Conditioned Scrimmage

**Level: Small Sided Game**

**Objective: Dribbling in a small sided game**

**Organisation:**

*Set up a 60 x 40 playing area Split the field into equal thirds. Normal rules apply but in the attacking third, player must beat a defender before passing or shooting. They can though shoot at any opportunity.*

**Coaching Points:**

*1: Accuracy before power: Build up power of strikes*

*2: Create space: Width and depth, interchanging position, combination play ideas.*

*3: ABCs of finishing: Adjust body; Basic technique; Cleverness inventive ways to get the ball past the keeper.*

*4: Shoot on sight: Remember you do not have to beat the player just create enough space for shooting opportunity.*

*5: Positive: Run at the defenders diagonally to open up space.*

*6: Anticipate: Look for rebounds off the keeper.*

