



# Shooting Practice - Traditional - Tech, Skill, SSG

Category: Functional: Striker

Skill: Mixed age | Start Time: 18-Sep-2024 19:00h

Pro-Club: FAW Coach Ed  
John Norman, Cardiff, United Kingdom

## Layout

### Organisation:

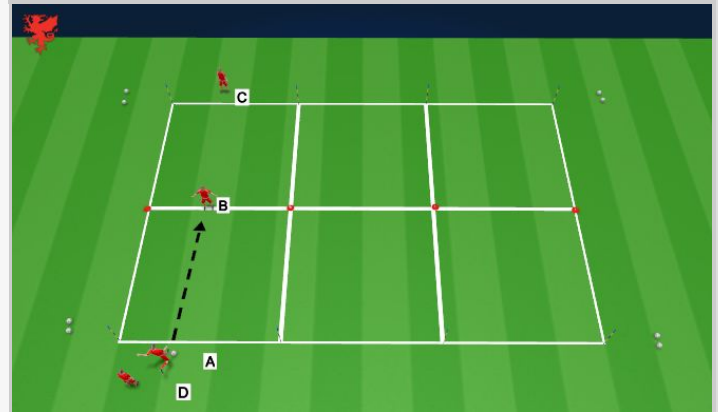
12 players, 12 cones and spare footballs around the outside.

12 bibs, 6 of each colour

Layout as shown

Area = 18/20m x 12m (8+8) x (4+4+4)

Players positioned in each channel in positions A, B, C and D as shown. The 'goalkeeper' to be in position B.



## Technical and Skill (20 mins)

Players asked to strike the ball (1) to the goalkeeper in the middle of the group (position B).

Players then run and collect ball (2) from GK, who rolls the ball into the path of the player.

Player then passes (3) to the player at the other end who performs the same drill. Player follows the pass and waits for the ball to return.

PROGRESSION 1: Players strike with both feet

PROGRESSION 2: (skill) Goalkeeper moves and players strike toward goalkeeper

PROGRESSION 3: (skill) Attempt to score through the cones by striking low 'across goal', goalkeeper attempts to save.

Practice can be varied across the three channels so that progressions are introduced depending upon level of ability, degree of success.

MECHANICS: First touch out of feet/ Angled approach/ Non striking foot beside ball/ Use laces to strike/ Head over ball if too much height obtained/ Follow through to target



## SSG1 (15 mins)

### Multi-directional

Players are in two teams (2 bib colours)

Players compete for the ball and are encouraged to shoot whenever an opportunity arises.

PROGRESSION 1: Red can now only score in one goal and blue the opposite. Players are again encouraged to shoot when opportunities arise.

CONDITION: Fix 2 players to attacking half so as to ensure there are targets in a position to shoot at all times.

OPTIONAL CONDITION: Move goals closer together if shooting opportunities are too few because of distance/Move goals further apart if playing area is too congested.

OPTIONAL CHALLENGE: Score on second touch for an extra point



## SSG2 (15 mins)

**SSG -Part2:** Goalkeepers are now positioned in each goal to make the practice even more realistic. This also reduces the number of outfield players and increases shooting opportunities

**CONDITION 1:** Two players from each team must now stay in opposition half. Ensuring that there is always a target and to increase shooting opportunities:

Implement targets - 1 point for a shot; 2 points for a shot on target; 3 points for a goal

**OPTIONAL CHALLENGE:** Can players shoot with second touch of the ball? (extra point?)

