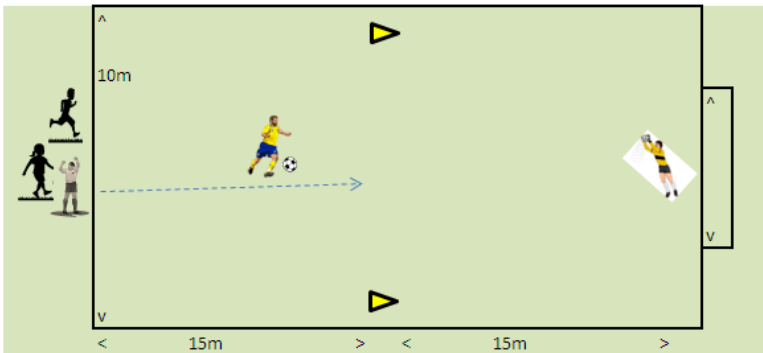




Shooting & Rebounds

Training Plan

Title:	Shooting & Rebounds
Objectives:	1. Improving Shooting skills
Age range:	U6s +
No. of Players:	Min 3 Max 5.
Time:	15 - 30mins
Organisation:	15 x 30m grid. 1 goal (actual goal or poles or cones) at one end. Min 2 balls. 2 discs placed at sides c 10-15m from goal.
Drill:	<p>Players lined at opposite end to goal. 1 player in goal.</p> <p>First player in line dribbles and shoots before the paid of discs.</p> <p>Player then follows shot in to score from a possible rebound.</p> <p>GK then retrieves ball and goes to end of line.</p> <p>Player who just shot becomes GK.</p> 
Coaching Points:	<p>Run fast. Attack the space. Pushing ball out of feet.</p> <p>Try to score. Shoot on target. Aim for corners.</p> <p>Always follow up shot in case of rebound.</p>
Progression:	Move discs further away for distance / power shot.