



Session Focus.... Laces Shooting



Organisation/Set up....

Players needed: 4 – 12 players

Square 6 x 6 yards in the middle of the area between both goals.

Area size 20 x 30 yards.

Corner Coaching Points and Detail....

Laces shot – Use the top of the foot to strike the ball.

Kick through the center of the ball and follow through with your foot.

How to play....

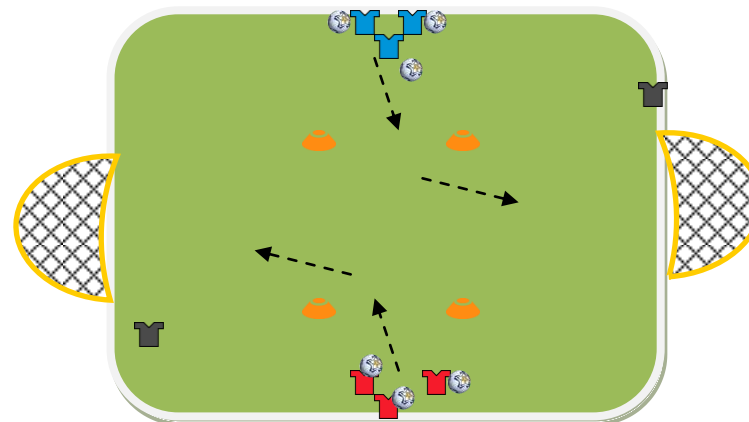
Player Challenge....

Players dribble into the square from opposite sides at the same time and shoot into left and right goals.

Once a player has shot and clear of the goal the next 2 players go.

Progression.... Shoot opposite way for development of other foot.

Progression.... Add Goalkeepers. (rotate GKs)



Technical/Tactical

How:

Make contact with the middle of the ball and follow through with the action after the ball moves away.

Lean over the ball when shooting. Lean back when shooting.

Why:

Good body position makes it easier to generate power in the shot.

Keep the shot low and make the shot go up high.

When:

We are 15 – 30 yards from goal.

Why:

Might be small or tall goalkeeper.

Psychological

How:

Be confident and composed then decide when and where to shoot early.

Why:

You will not rush the shot and the goalkeeper will have less time to get set in a match scenario.

When:

Being put under pressure.

Why:

So defender cannot block the shot.

Physical

How:

Plant the standing foot to the side of the ball with enough space, so kicking foot can make contact with the middle of the ball on the top of the foot (laces).

Why:

Enough space will allow a full balanced shot and follow through.

When:

We are around the edge of the penalty area in a match scenario..

Why:

This technique is frequently needed from this distance.



Social

How:

Communication, signals and instructions from team-mates.

Why:

They will help you decide when to shoot.

When:

He/she has recognized the best place to shoot in the goal.

Why:

To score and make it difficult for the goalkeeper to save it.