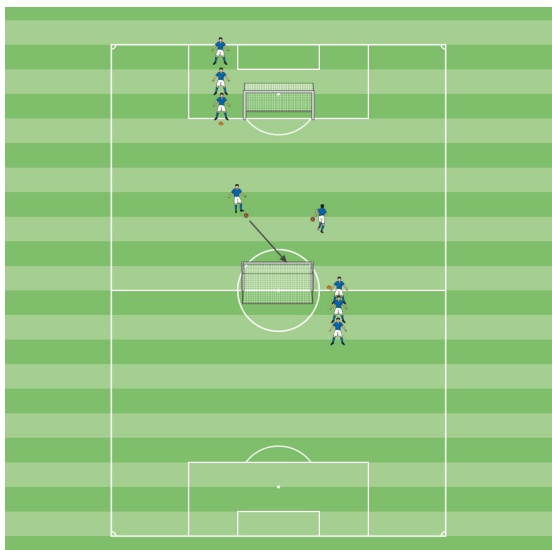








TRAINING EXERCISE

Alamo



	Shooting Running with the Ball
	U5 to U12
	6 to 12 Players
	Goals, Cones, Balls
	Intensity: 6
	12:00 min (1 x 12:00 min, 00:00 min rest)

Objective

To score a goal

Description

Two goals at either end of the pitch. One line of 4, 5 yards to the right hand side of either goal. On the coaches instruction, one player from each team will dribble their ball forwards and take a shot. Players will collect their balls and rejoin the back of the line. Progressions: add competition: first player to score wins a point for their team, lay down a line players must shoot before, add a GK, can only shoot with weaker foot, add defenders

Key Points

Larger touches to run at pace with the ball, touch ball forwards before shooting so the shot can be stepped into, standing foot next to the ball, strike ball with laces, follow through with leg, head and knee over the ball to keep the shot low