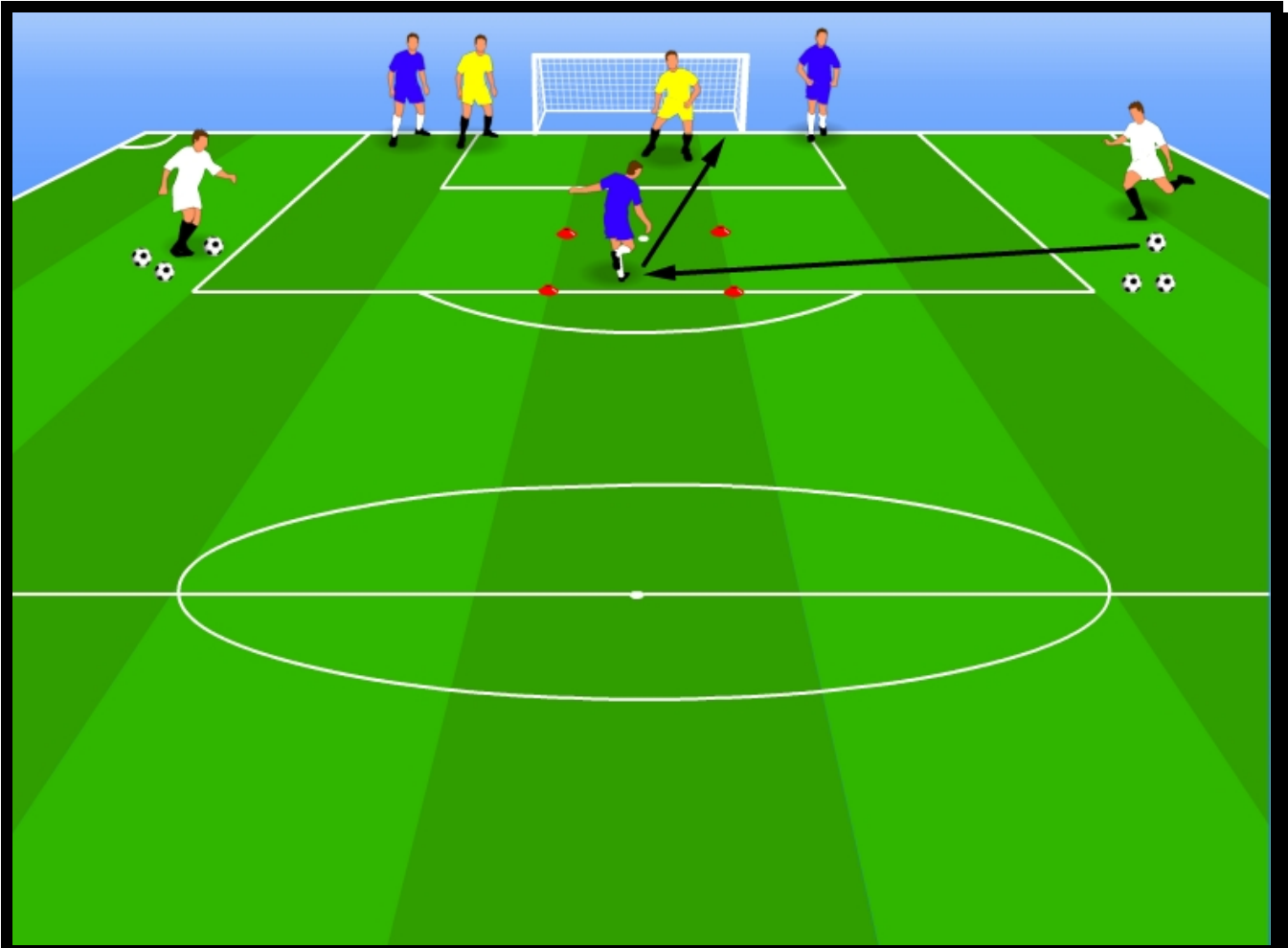


First Time Shot

Fundamental

Finishing



Set Up: Three players are set up inside of the penalty area, along with two Feeders.

Procedure: The shooter is stationed inside of a small target square placed between the penalty spot and the 18. The Feeders alternate service to the shooter, who finishes first time on goal. After five shots, a new shooter rotates in. The goalkeepers switch out every three shots.

Teaching Topics:

- 1 Angle of approach.
- 2 The volley.
- 3 Shooting.

Progressions:

- 1 Air ball service.
- 2 Driven ball service.

Coaching Points:

- 1 Approach the shot at a forty-five degree angle as opposed to straight on.
- 2 On volleys, let the ball come down to earth and concentrate on making good contact.
- 3 Get into the path of the ball early, so as not to rush the shot.