

Man City Long Range Shooting Game



Objective of the Practice:

This practice is designed to improve the technical ability of “Long Range Shooting”.

Field Preparation:

☆ Area 20 x 30 yards. 2 Large Goals, 8 players. Large supply of balls. Cones. Colored bibs.

Coaching Points:

There are two teams of four players. Three in each team are restricted to the defensive end and one is placed in the attacking half. The three players must try and keep possession from the attacker and create an opportunity to shoot from their own half. The three players in possession, plus the goalkeeper, may move anywhere within the defensive end but may not go in the attacking end. The attacker’s mission is to dispose the players in possession and try and score.

Make a competition out of the exercise, first team to score 3 goals win!

Encourage attacking players to shoot early and often.

Lone attacker be aware of rebound shots off the goalkeeper.