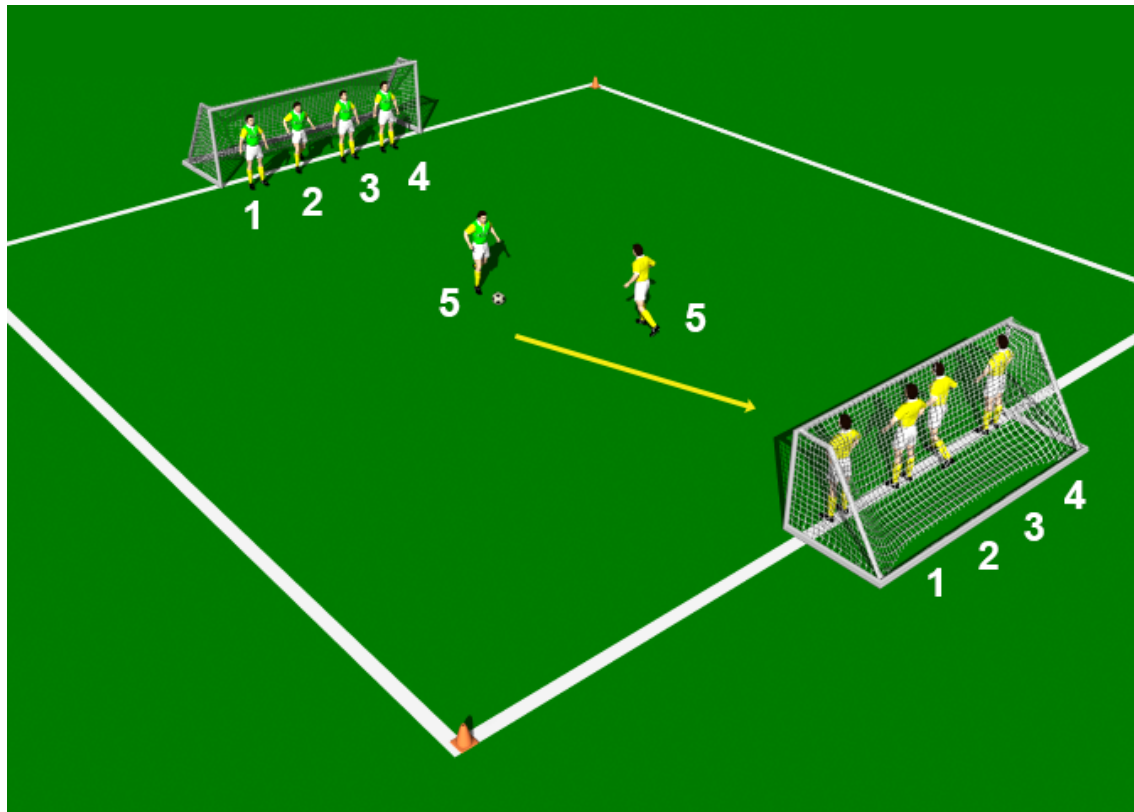


Newcastle Numbers Shooting Game



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of long and close range shooting techniques with an emphasis on 1 v 1, 2 v 2, and 3 v 3 confrontations.

Coaching Pointers:

Divide group into two teams and position each team in a goal. The coach is positioned to the side of the field with a supply of balls. Players in each team are designated a number 1 through 4. The practice starts when the coach serves a ball into the playing area and calls out a number. The player whose number is called come onto the field and challenges for possession. The object is for the player who wins the ball to try and score as quickly as possible. The defender must try to stop him. Should the defender win the ball, the roles are then reversed. When the ball goes out of play or the coach calls a new number both players must sprint back to their original positions. They are not allowed to touch the ball after the numbers are changed. Coach should keep track of goals scored and make a competition amongst the teams.

The coach should emphasize the following coaching points:

Attack defender with a commitment. Use a change of direction and speed.

Demand "realistic" defending, Go after the ball and try to win it.

The emphasis should be placed on "accuracy" and not power when shooting.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Progression:

This practice is developed by playing 2 v 2, and 3 v 3.