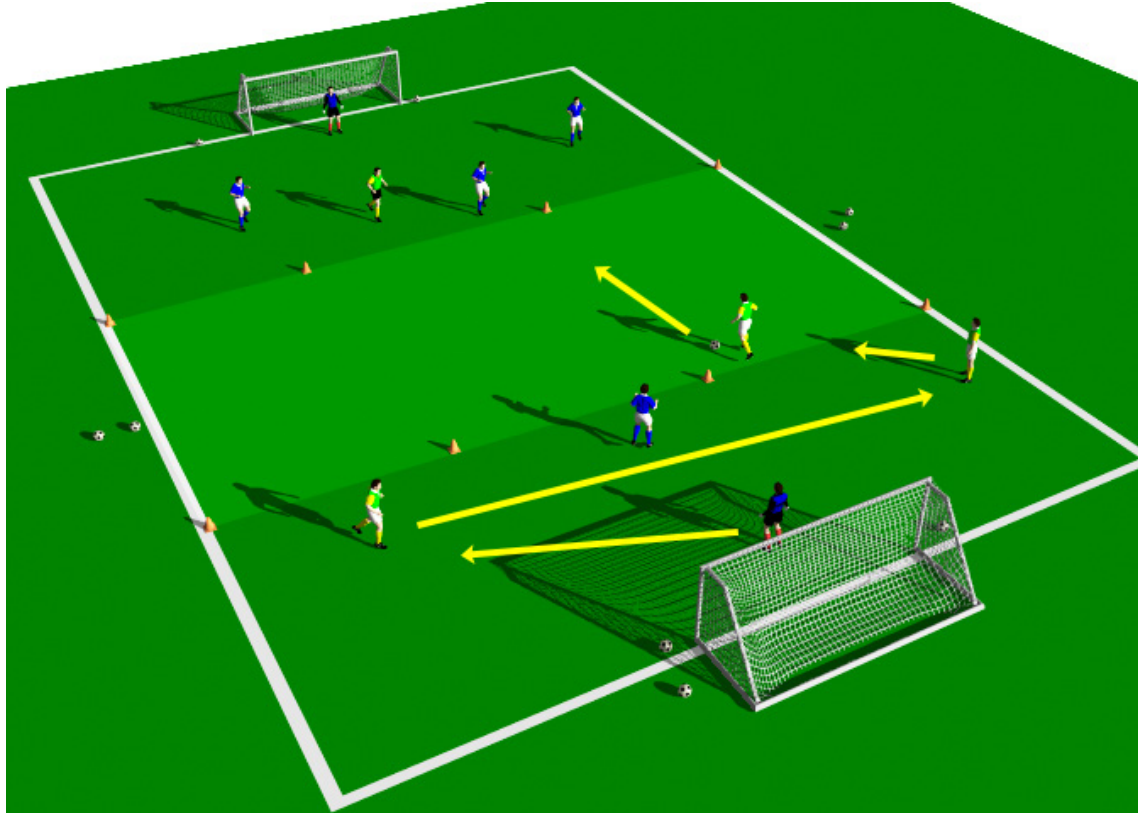


Newcastle vs Sunderland Game



Exercise Objectives:

This practice is designed to improve a wide variety of shooting techniques while under pressure.

Coaching Pointers:

There are two teams of four players. Three in each team are restricted to the defensive zone and one is placed in the attacking zone. The three players, plus the goalkeeper, must try and keep possession from the attacker. After four passes on player attacks the middle zone and shoots at goal to try and score.

The attacker's mission is to dispose the players in possession and try and score. Player in the attacking zone can also look for a pass or rebound to 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.