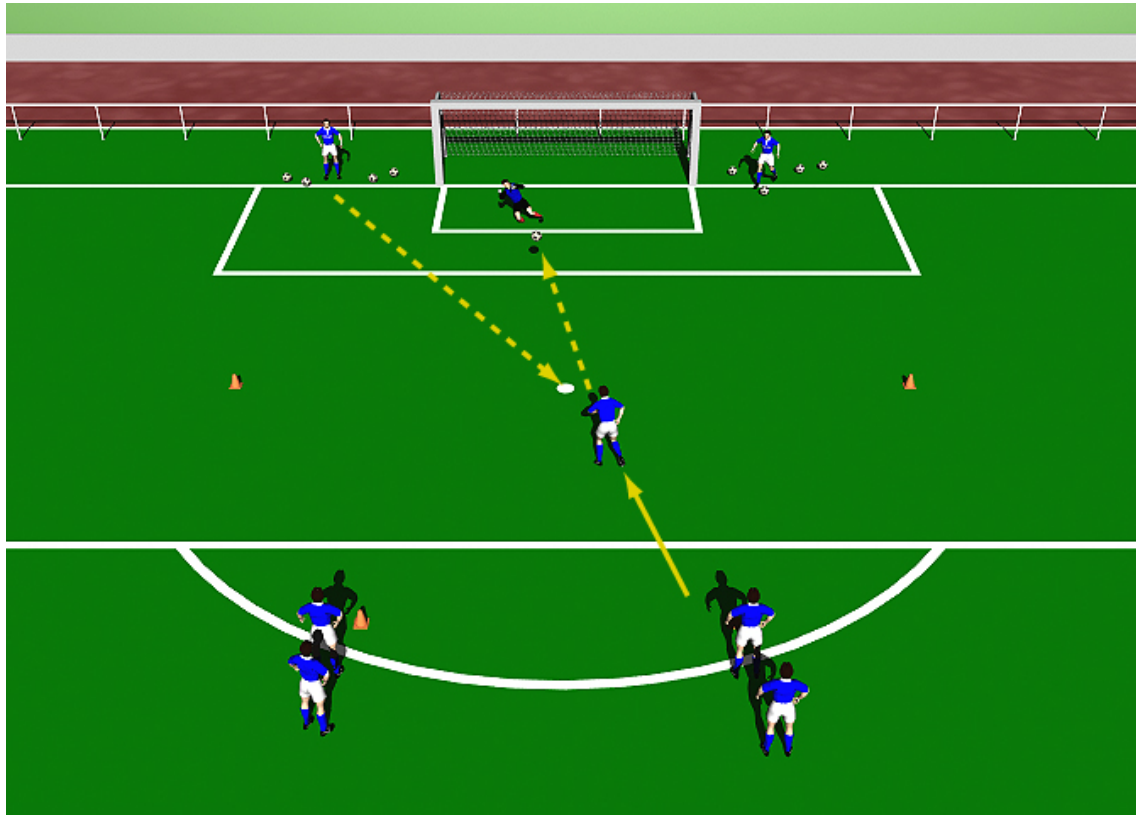


Premier League Shooting Game



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of close range shooting techniques.

Field Preparation

- ★ Entire Group
- ★ Full Size Goal with Goalkeeper
- ★ Penalty area
- ★ Supply of Balls

Coaching Pointers:

Players are divided equally into two groups. One group is positioned behind the goal to recover missed shots. The second group are split equally and positioned at two cones placed at the edge of the penalty area. Two servers, positioned each side of the goal, serve the ball on the ground and between the two flag poles placed approximately 12 yards from the goal line. Each server alternates serving. Players recovering the balls must always ensure there is a ready supply of ball for the servers.

Players shooting must receive a pass from the server diagonally opposite. The ball must be struck after it passes through the cones. Any ball struck before passing through the cones does not count. The group works as a team to see how many goals they can score in three minutes. After the three minutes, all goals are totaled and the groups alternate. The emphasis should be placed on "accuracy" and not power. Players should time their runs so that they do not have to break stride when striking the ball.

Note: This is also a great practice to use for heading. Have servers deliver underhanded serves.