

Shooting Knock Out Game



Exercise Objectives:

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

Coaching Pointers:

Players are divided into groups of three players. Each group is identified with a different color vest. A goalkeeper is placed in goal. The coach starts the practice by serving the ball into the penalty area. Teams compete against each other to score. First team to score qualifies for next round and leaves the penalty area. This is continued until one team is eventually eliminated. Example; first round 4 teams, second round 3 teams and third round 2 teams play in the final. Coach serves the balls from the edge of the penalty area.

The coach should emphasize the following coaching points:

- ☆ The emphasis should be placed on "accuracy" and not power.
- ☆ Encourage attackers to run at the defenders with speed.
- ☆ Emphasize, quick "give and go's"
- ☆ Follow in on all shots. Look for rebounds.
- ☆ Keep the tempo high and at match pace.
- ☆ 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.

Variation:

Make all play "two touch, then "one touch".

Field Preparation:

- ☆ Large group of players
- ☆ Penalty Area
- ☆ Full Size Goals
- ☆ Cones or Flag poles
- ☆ Supply of Balls
- ☆ Colored Bibs