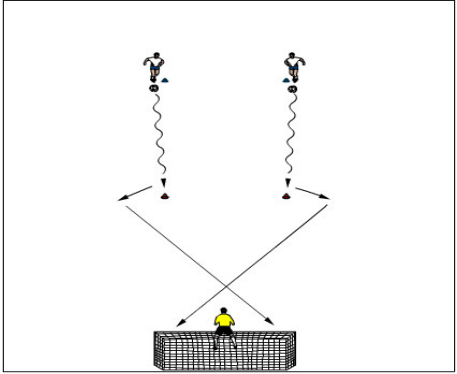
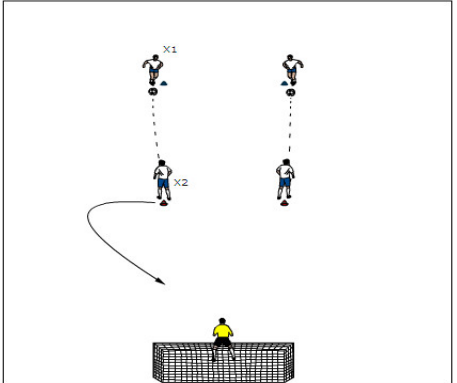
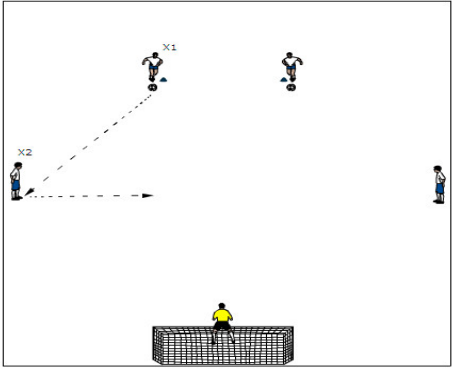
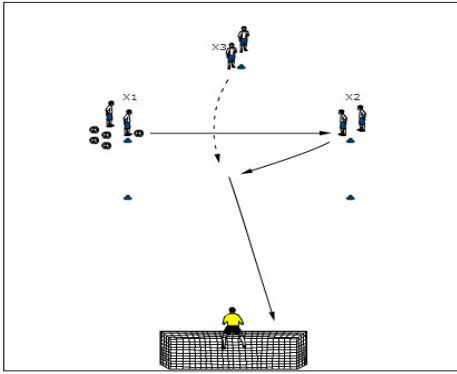


Coaches Name	Dave Broadhurst	Session Topic	4 types of shooting	
Date Produced		Time available	2 hours	
Organization	Diagram		Coaching Points	
<p>Players dribble at the cone placed 20 yards from goal.</p> <p>Push ball to the outside and then strike at goal.</p> <p>Right foot shots from one side, left foot from the other.</p> <p>Vary distances depending on age of players.</p>			<p>Three phases to a shot.</p> <p>Phase 1= approach, angled</p> <p>Phase 2=contact with ball, laces when striking from distance</p> <p>Phase 3= follow through, momentum goes towards goal</p>	
<p>X1 passes to X2 who lays ball back towards X1.</p> <p>X2 must peel out to create space for the shot. X1 shoots and X2 follows in for possible rebounds.</p> <p>Lay off from X2 will determine which foot the player strikes with.</p>			<p>Players need to understand the importance of the 3 phases and that they remain constant throughout each of the types of shot.</p> <p>Timing of approach to ball is crucial.</p> <p>Body position at point of contact.</p>	
<p>X1 now passes to X2 who rolls the ball across the top of the box.</p> <p>X1 must approach the ball and take a first time strike as it rolls across their body.</p> <p>Rotate the players through positions so everyone gets to strike and lay off.</p>			<p>Knee, shoulder, head over ball to keep it down within goal frame.</p> <p>Once the player has had a look up to see position of goalie, focus back on the ball.</p> <p>Follow through with leg to aid accuracy and power and to get momentum going in direction of shot allowing for rebounds.</p>	
<p>Continuous shooting game. Players work for three minutes.</p> <p>X1 passes to X2 who rolls ball forward into box. X3 moves forward for first time strike.</p> <p>Must strike before the ball goes out of box and players have to rotate through positions in the triangle.</p>			<p>Ensure quality of passes, dribbles etc as players won't get a chance to shoot in real games if these are not sharp.</p>	