



2-Team Shooting Game: 1vGk to Goal

Category: Tactical: Defensive principles
Difficulty: Beginner

Tom Mitch, Harrisonburg, United States of America
Individual-Adult Member

Description

Receiving the Ball /1st Touch to Setup Shot on Goal

1vGk 2-Team Shooting

Setup: Age/level-appropriate space (15-25m wide x 20-30m long). Half line marked. Coach with supply of balls at half line. Teams in lines next to respective goals.

Activity: Teams of 3-6 players each. Balls with the coach. Play starts with pass to Blue player (as shown). Attacker tries to score 1vGk. 2-Touches required to scores (receiving touch plus shot). Must score from within attacking half. If there is a rebound, allow free-play with 1 additional shot on goal. Next ball to next Red player. Alternate attacks b/t the 2 teams. Play Practice round(s). Rotate Gks each round. Then play Competition round(s) where scores are kept.

Focus: Receiving / 1st Touch, Finishing (Striking / Passing)

Coaching Points:

- Quality of Receiving / 1st Touch (balanced body, choice of surface, weight of touch, direction of touch) (get into shooting range on 1st touch)
- Quality of Finish (balanced body, choice of surface, position of plant foot, hip position, ankle position, follow-thru, precision/corners)
- Anticipate Rebounds
- Goalkeeper (starting point off the line, come out to take any touch that is too big, pick-up or kick-away ball, play rebounds)

Options:

- Allow 3 Touches, Allow Unlimited Touches (true break-away situation)
- Change Position of Coach, change Type of Pass from coach (weight, height)

