



**Amherst Soccer Association
Director of Coaching Lesson Plan**



Lesson Plan: Shooting

Coach: Adrian Parrish

FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Field of 60 yards x 40 yards * Divided into 3 areas, with two goals at each end * Players in the middle area with a ball each * Players are given a number and dribble in the middle area * On coaches command odd numbers go and shoot at one end, the even numbers shoot the other end * Players return to the middle after each shot 	<ul style="list-style-type: none"> * Touch out of the body * Non-Kicking foot next to the ball * Head and Shoulders over the ball * Strike through the middle of the ball, first using instep then the laces * HIT THE TARGET
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Same set up as previously * Players are now in pairs and pass and move the ball around the middle area * On the coaches command the player with the ball breaks from the area, the other player becomes the defender * The defender must kneel down first before they can attempt to defend the shot. * Vary the shots 	<ul style="list-style-type: none"> * All of the above * Get across the defender * Create a shooting angle * Reading the GK's positioning * Shooting across the GK to the far post
<p>MATCH RELATED ACTIVITY</p>	<ul style="list-style-type: none"> * Area of 40 yards x 35 yards * Divide the area in to two equal halves * 3 attacking players and 2 defenders in each half * The players must stay in their own half * The defenders must play it into the attacking players who can try and score, or lay it back to a defender to take a shot. * 1 point for an attacking player scoring, 2 point for a defender scoring 	<ul style="list-style-type: none"> * Reading the moment when to shoot * Communication * Positive Attitude
<p>MATCH CONDITION ACTIVITY</p>	<ul style="list-style-type: none"> * As above but now into free play * Keep the field short and narrow to create more shooting opportunities * Goals are just 1 point no matter who scores * Place extra balls by the goal to keep shooting repartitions and the game flowing quicker 	<p align="center">LEGEND</p> <ul style="list-style-type: none"> = Players = Ball = Dribble = Turn with the ball = Pass = Goal Net
<p>COOL DOWN</p>	<p>Player's with a ball each lightly dribble around the area, using all parts of the feet. Add Stretching and juggling</p>	