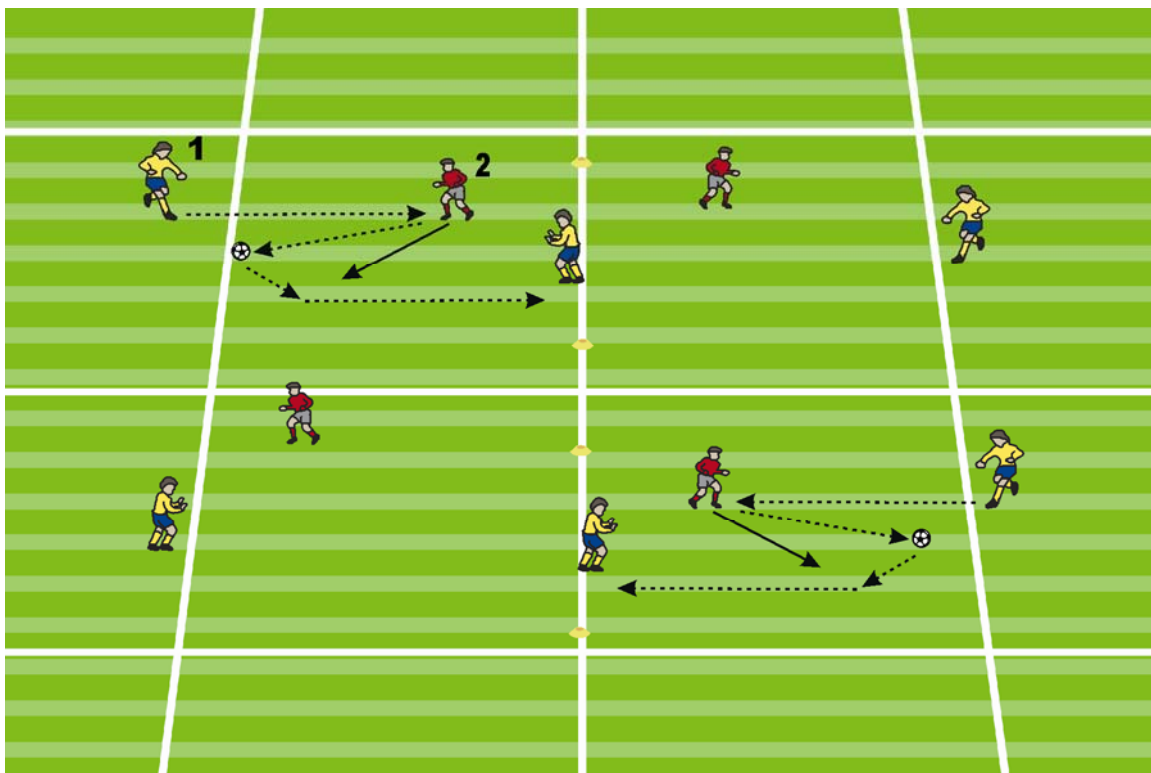


Shooting With Passive Defender



Organization:

Two players are at each end of a 20 x 30 yd grid and there is one goalkeeper in the middle. Player One passes to Player Two who returns the ball directly to them. Player Two then takes up a defensive position in front of Player One. Player One cuts the ball to the side of the player and shoots at the goal. The keeper throws the ball to the group at the other end and the routine is repeated.

Progression:

1. The defender can now move 2 steps from their starting position and the attacker only has 5 seconds to shoot after receiving the ball.
2. The defender can now block the shot but not tackle.
3. The defender can now tackle the attacker and if they win the ball they can shoot at the goal.

Coaching Points:

Explode past the defender and use your inside arm as a shield
 Shoot the ball on the move as soon as you see the goal
 Keep your toes pointed and aim for the bottom corners.