



Ball Striking in 2's Activities

Category: Technical: Attacking skills
Difficulty: Beginner

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Description

Purpose of activities is to develop players ball striking abilities as well as learn where the ball should be "fed" to allow for best shot for individual player and teammates.

Ball Striking 1v1 (20 mins)

Set up field as shown. Goals should be same size as played in games. Attacking players should start 15-25 yards from goals depending on age.

Attacking players get a max of 2 touches (1 to set, 1 to shoot).

Ball is not allowed to go still

If GK saves ball, they throw out to opposite player behind them

Coaching Points:

- Opposite player needs to "read" where the player on the ball is shooting and react accordingly
- Focus on 1st touch (setup) and shooting technique



Ball Striking 2v2 (20 mins)

Set up field as shown. Goals should be same size as played in games. Attacking players should start 15-25 yards from goals depending on age.

Attacking players only get a total of 1 touch each (1 pass, 1 shot). They may shoot with 1st touch.

If GK saves ball, they throw out to opposite player behind them.

Coaching Points:

- Correct shooting technique
- Correct pass to "lead" a player so they can shoot effectively (not directly AT their teammate).
- Communication between teammates

