



## Shooting & Finishing (Travel 2)

Category: Technical: Shooting

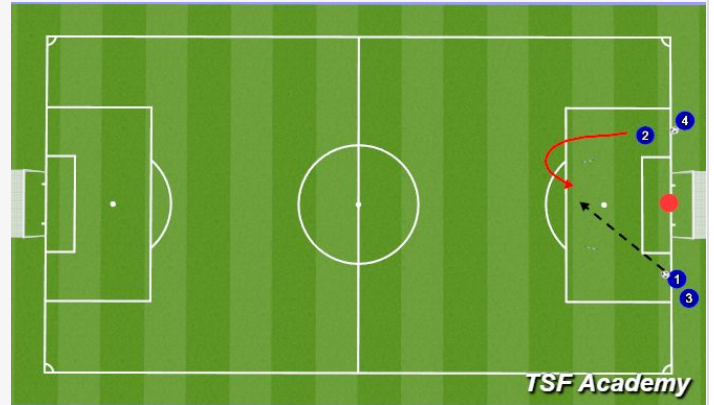
Skill: Mixed age

Pro-Club: TSF Academy

Paul Kenworthy, Lincoln Park, United States of America

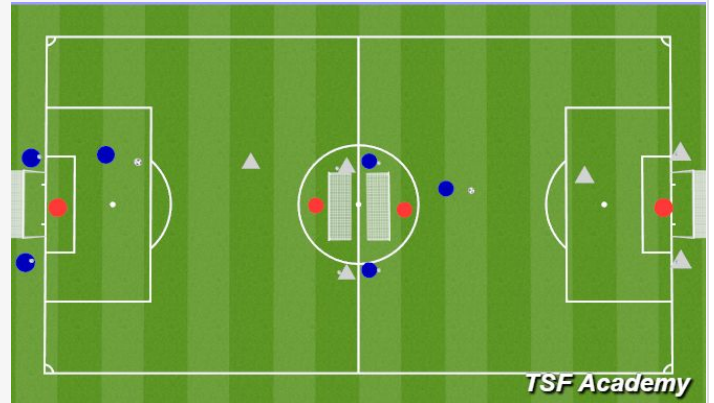
### Buterfly Shooting (20 mins)

- Two touch shooting
- Good pass into the striking player
- Player 1 makes a pass into player 2 who is making a run around the pole.
- Once player one passes the ball he then starts to run around the pole in front of him to receive a pass from player 4.
- Players take a shot and join opposite line.
- Make players use left and right foot
- Can make it a first time finish instead of 2 touches.
- Add servers to throw the ball in now instead of passing
- Make it competition
- 1 Point for a save
- 2 points for a goal.
- First player to 10/15/20 depending on the age and level of group



### 1v1 Transition SS (20 mins)

- 1v1 Transition
- Player stays on until the ball goes out on their side for a goal kick or scored against.



### 3v3+2 Transition (20 mins)

- 3v3+2.
- 6 Goal game.
- Attack 3 goals and defend 3 goals.
- Numbers up attacking.
- Numbers down defending.
- Transition.



## SSG (30 mins)

- Good decision making
- Quick desions
- Speed of play
- Awareness of space
- Transition Def-Att / Att-Def

