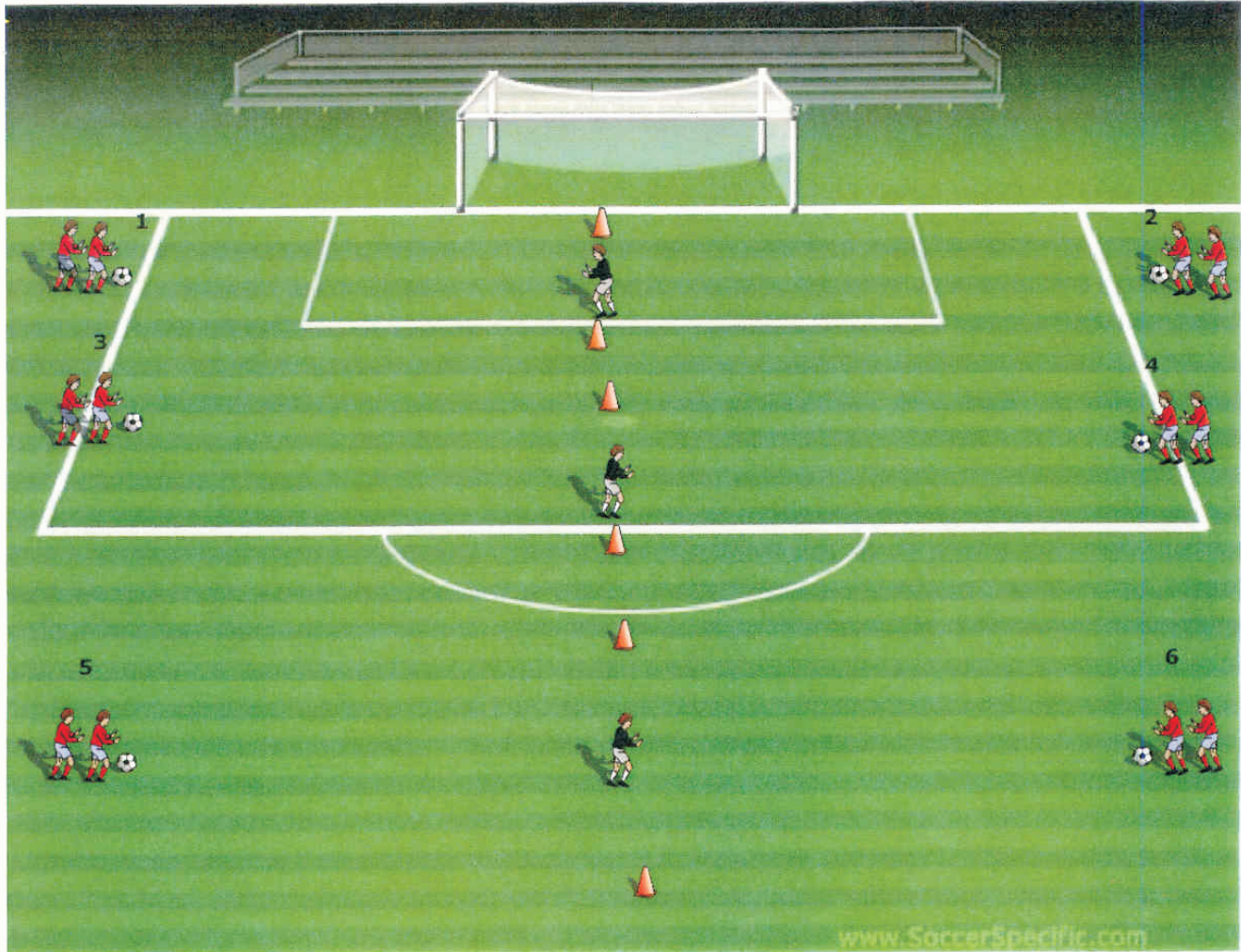


# Shooting Unopposed



**Purpose:** Working on shooting to a target

## Organization

1. Players are group together in two's and take turns to shoot the ball at the goal keeper

**Example:** Group one - the first player with the ball pushes the ball to the side. Player from behind, runs from behind and strikes the ball into the goal. The goal keeper then turns and faces the same process from group 2. When the process has finished the goal keeper turns back and faces group one again. Players alternate into the setting up and shooting.

2. Play for two minutes and change the goal keeper if you have out field players in goal

## Progression

1. Competition within the teams how many goals can you score in two minutes

## Coaching Points

1. Ensure both left and right foot are used
2. Angle of approach
3. Body position over the ball
4. Aim low and to the sides
5. Ensure laces and not toes are being used