

Age of Group		Numbers Expected		Length of Session	60 mins
Health and Safety					
<p>Check pitch for hazards and make sure the goals are properly anchored.  Do players have shin pads on and laces tied. All jewellery removed, no chewing gum  Ask group if there are any injuries or illness, do you have emergency contact list and first aid kit available?</p>					
Topic	Shooting	Specific Objective	To help players improve their basic technique to be able to shoot accurately and with power, to keep the ball down and on target		
Activity	Drill	Main Coaching Points			Time
Warm-up	see warm-up resource page				10mins
Introduction Unopposed technical practice	No. 38 "Shooting Gallery"	<p>Players learn nothing standing waiting in a queue. This set up allows lots of players to get repetitive practice with the basic technique of shooting accurately using the laces.</p> <p>Adjust sizes of goals and grids to suit your groups ability. Focus on accuracy and keeping the ball down before power, look for a nice relaxed technique with good follow through</p>			10 mins
Skills Practice	No. 43 "Open Goal"	<p>Keep plenty of spare footballs handy to keep the practice moving quickly. Don't make the scoring zone too big and don't allow defenders into the zones.</p> <p>Using a neutral player that plays with the team in possession to create more shooting opportunities.</p> <p>Focus on technique and accuracy, if shooting from wide position remind players to shoot towards back post.</p>			15 mins
Small-Sided Game	<p>Award a point for a shot on target; 3 points = a goal</p> <p>Encourage players to take their chances to shoot and to focus on accuracy before power.</p>				20 mins
Cool Down		In small groups players pass and move using driven and swerve passes. Static stretches. Review today's coaching points with Q&A and encourage lots of practise before next session			5 mins
Review	On a scale of 1-5 was the session..		What would you want to change next time?		
	Safe?				
	Effective?				
	Fun?				