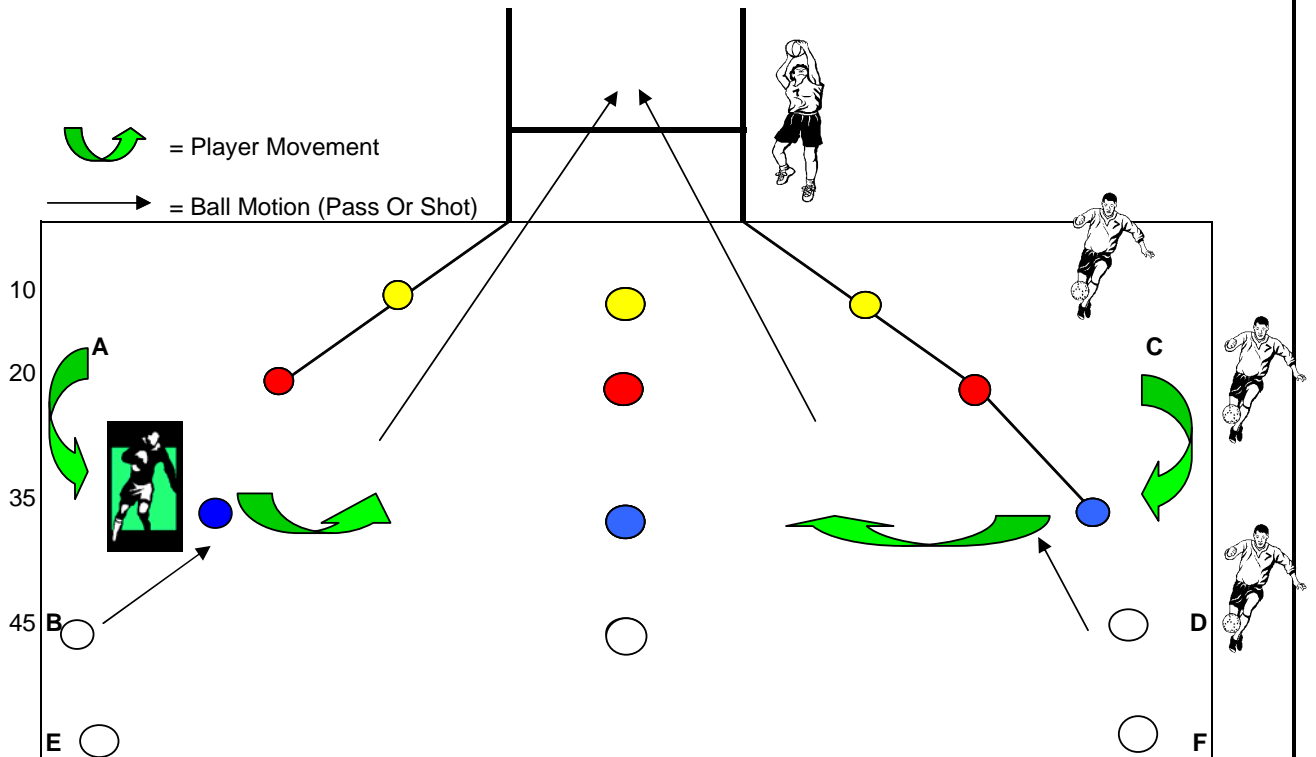


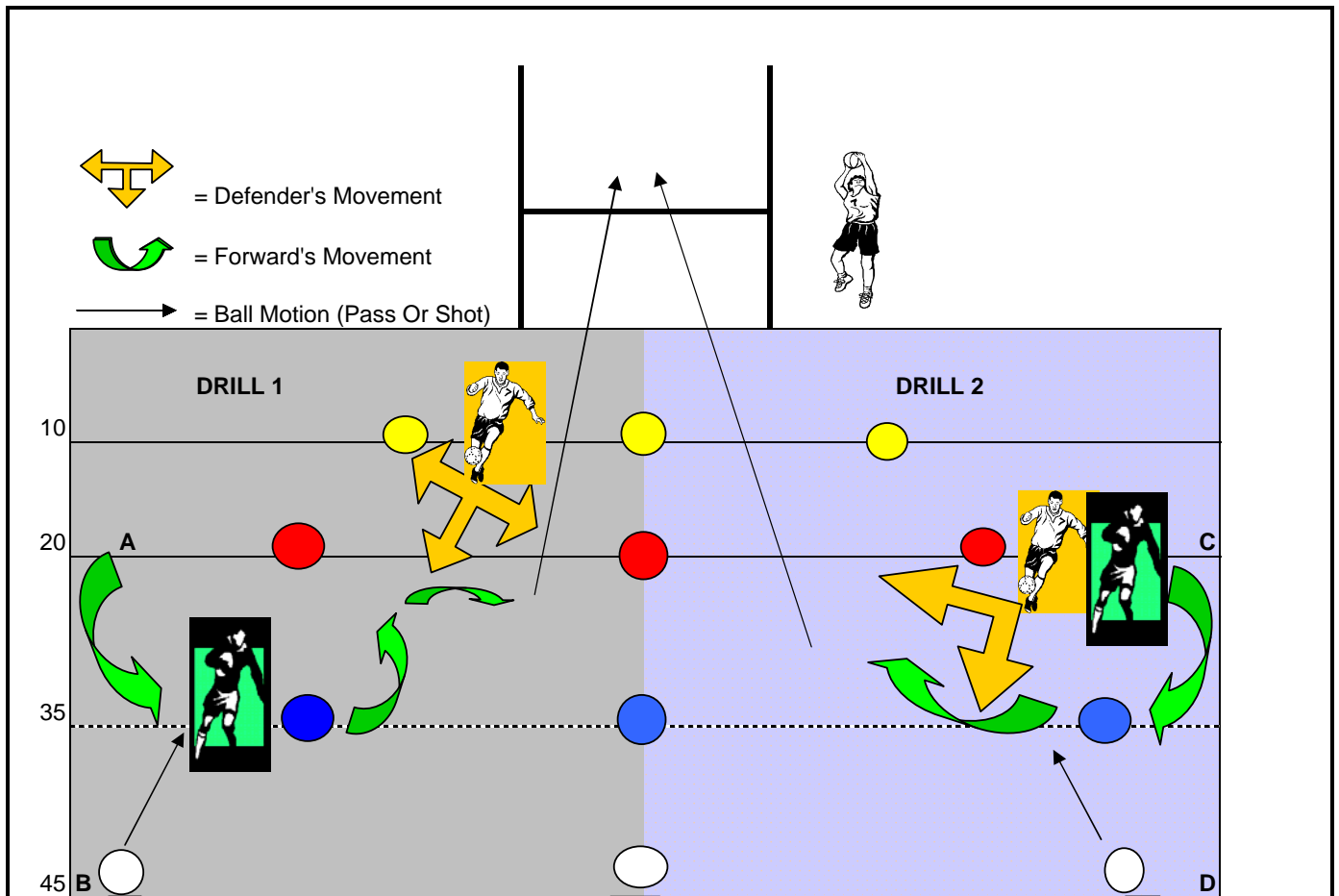
Unopposed shooting-drills.xls



- 1 Shooters line up in **SINGLE** File at position **A**
- 2 Feeder(s) position themselves at **White Cone B** on 45M Line
- 3 Collectors position themselves **Behind** The Goals
- 4 A Shooter runs to from A to **BLUE Cone** to receive a pass from a Feeder at B
- 5 The Shooter takes the Ball at the Blue Cone,Turns and (using his 4 steps) Shoots from **Red Cone**
- 6 The Shooter follows his shot and stays behind the goalposts to become a Collector
- 7 Collectors once they retrieve the ball then solo to **White Cone (position D)** and wait
- 8 Repeat Steps 4 - 6 for the rest of Shooting Group
- 9 Set-up new Shooting & Feeding Groups on other Side
- 10 Repeat Steps 4 - 6 Shooting & Feeder Groups at Positions **C & D**
- 11 Increase Shooting Distance by moving to Feeders to Positons **E & F** and **repeating the drill**

Players will be monitored for performance with both feet

Coaches will record Individuals scoring performance as a measurement against future tests



DRILL 1

- 1 The Forward Starts From Position A as per Unopposed Drill
- 2 Feeder(s) position themselves at **White Cone B** on 45M Line
- 3 Collectors position themselves **Behind** The Goals
- 4 A Forward runs to from **A** to **BLUE Cone** to receive a pass from a Feeder at B as before
- 5 The Defender Comes to Meet the oncoming forward **BETWEEN** the **RED** Cone & the **BLUE** Cone,
- 6 The Forward Turns and (using his 4 steps & no solo) **MUST** beat the defender and shoot from **Red Cone**
- 7 The Forward follows his shot and becomes a Collector as before

DRILL 2

- 8 The Forward Starts From Position C but is marked by a Defender
- 9 Feeder(s) position themselves at White Cone D on 45M Line
- 10 The Forward runs from C to **BLUE** Cone to receive a pass from a Feeder at D as before
- 11 The Defender goes with Forward to either **WIN** the ball outright or prevent a Clean Shot outside the **RED Cone**

Players will be monitored for performance with both feet

Coaches will record Individuals scoring performance as a measurement against future tests