

Kicking For Scores



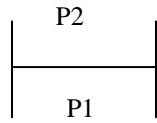
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Kicking For Scores

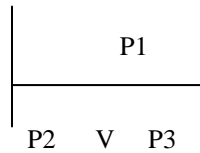
No.1 Show how to kick the ball for scores.

Shooting From The Scoring Area
(25metres by 20metres)

No.2 1 v 1 Shooting in pairs
training poles or goals



No.3 Shooting under pressure through
Poles or Goals (time)



No.4



A



B



C



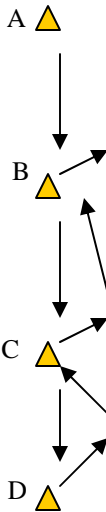
A solos and fist pass to B
B fist pass to C
C takes and goes for score
Follow the ball.
(Can have number of groups)

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No.5

Fist Passing

- A Hand Pass to B
- B Hand Pass to C
- C Hand Pass to D
- D Gives & takes Hand Pass to C&B and shoots for score

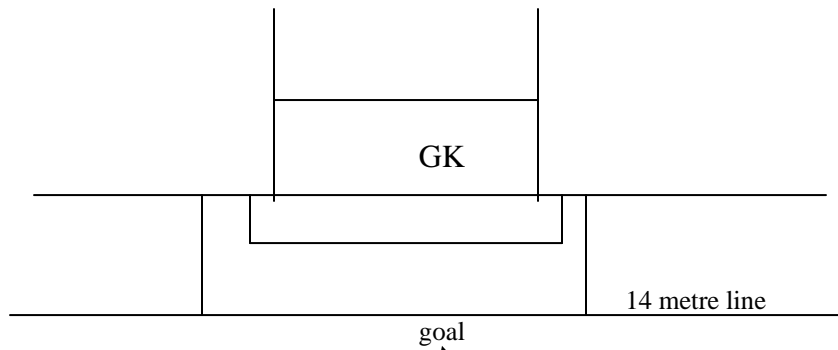


No.6

Punt passing

same set up only as No.5
distance between cones
30metres

No.7



Feeder 2 (with Pool of Balls)

Feeder 1

Point

A,B,C

A Hand Pass to F1
take return kick for Pt
Take second ball
From F2 go for goal
Repeat B,C etc.

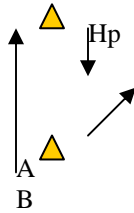
Must shoot outside
14 mt line (Goal)
Rotate feeders

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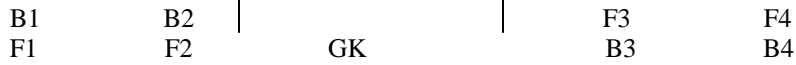
No.8
 In Pairs
 No of Groups



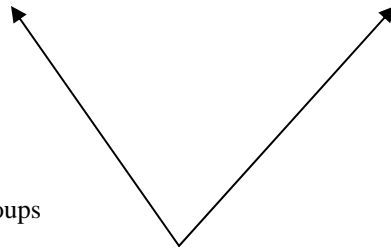
Group 1
 A solos to cone & Hand Pass back to B
 A defends B, B attack to score



No.9



Feeder calls 1
 (F1 wins ball B1 Defends)
 Repeat 2,3,4 etc
 Can use two balls & two groups



Feeders (with pool of footballs)

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No.10

Team time shooting

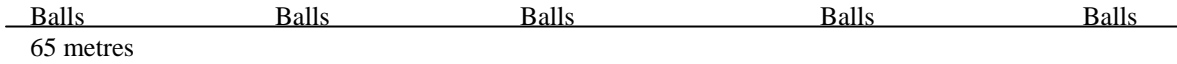
Team 1 Defends 5mins
Team 2 Attacks



The same player can't
receive two footballs
In succession

Rotate Rolls

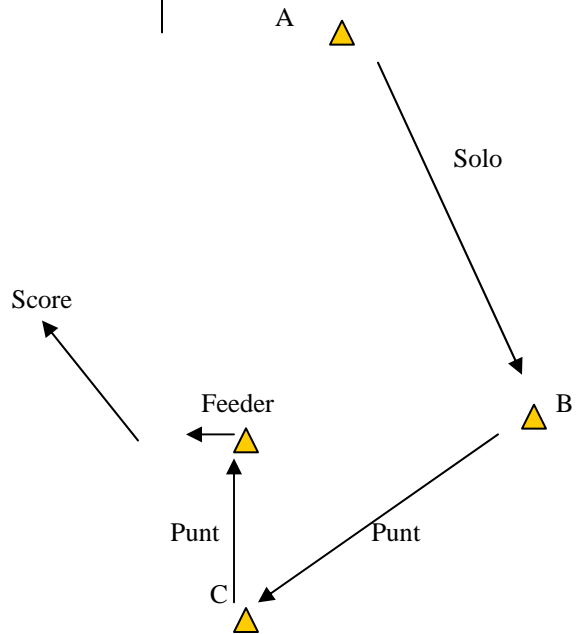
Teams Line out



No 11

Scoring Drills

Groups on either side
of the field

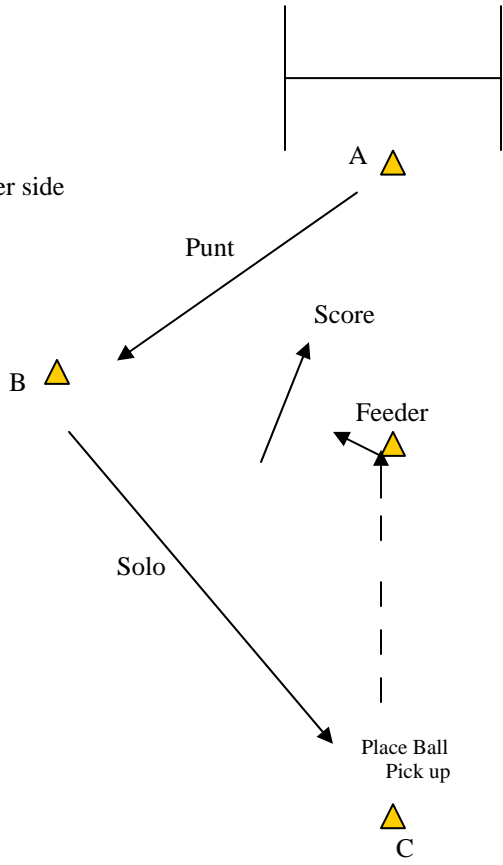


A solos & Hand Passes to B
B Punts to C
C Punts to Feeder
Takes return & Shoots (Point)
Follow the ball
Can add GK go for Goal

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No.12 Shooting

Groups on either side
of the field



A punts to B
B solos to C
Place ball at cone
C picks up solos
Through poles
Hand Pass to feeder take return
shoot for score

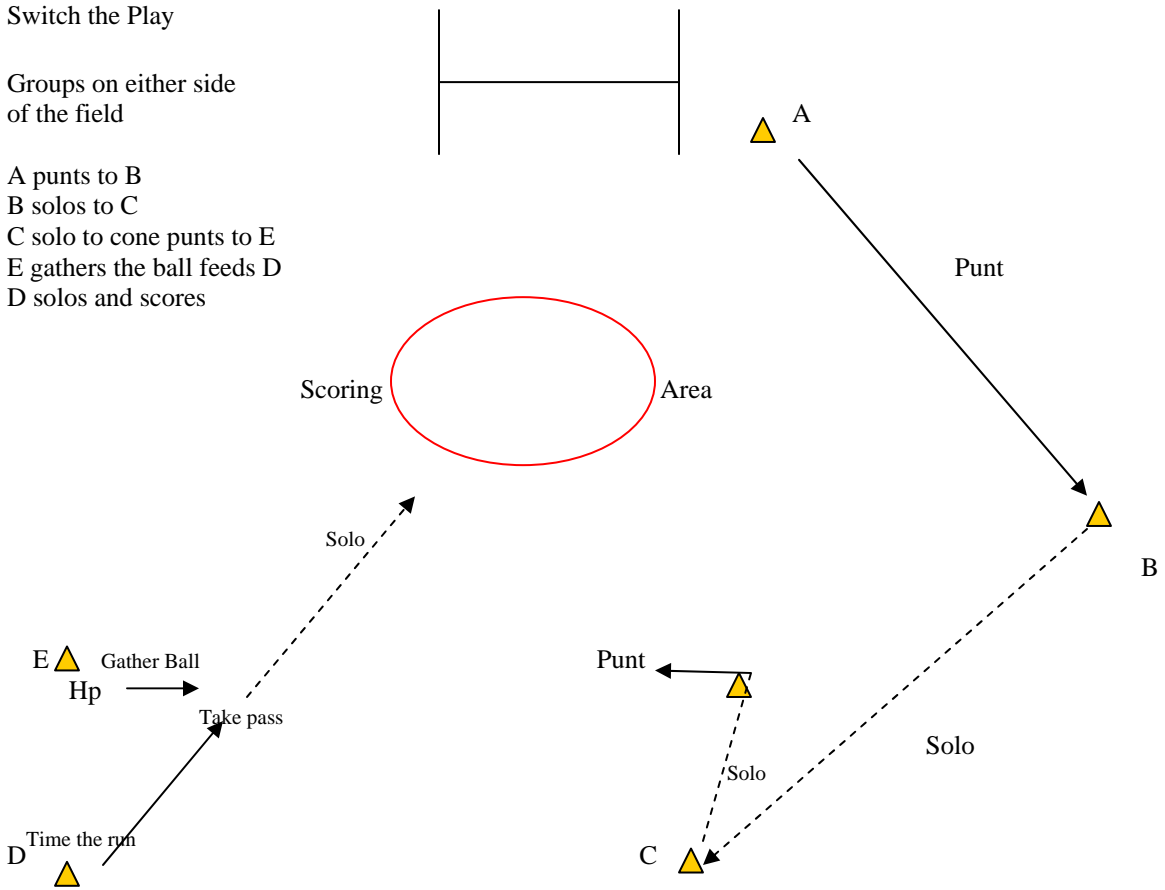
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No.13

Switch the Play

Groups on either side of the field

- A punts to B
- B solos to C
- C solo to cone punts to E
- E gathers the ball feeds D
- D solos and scores



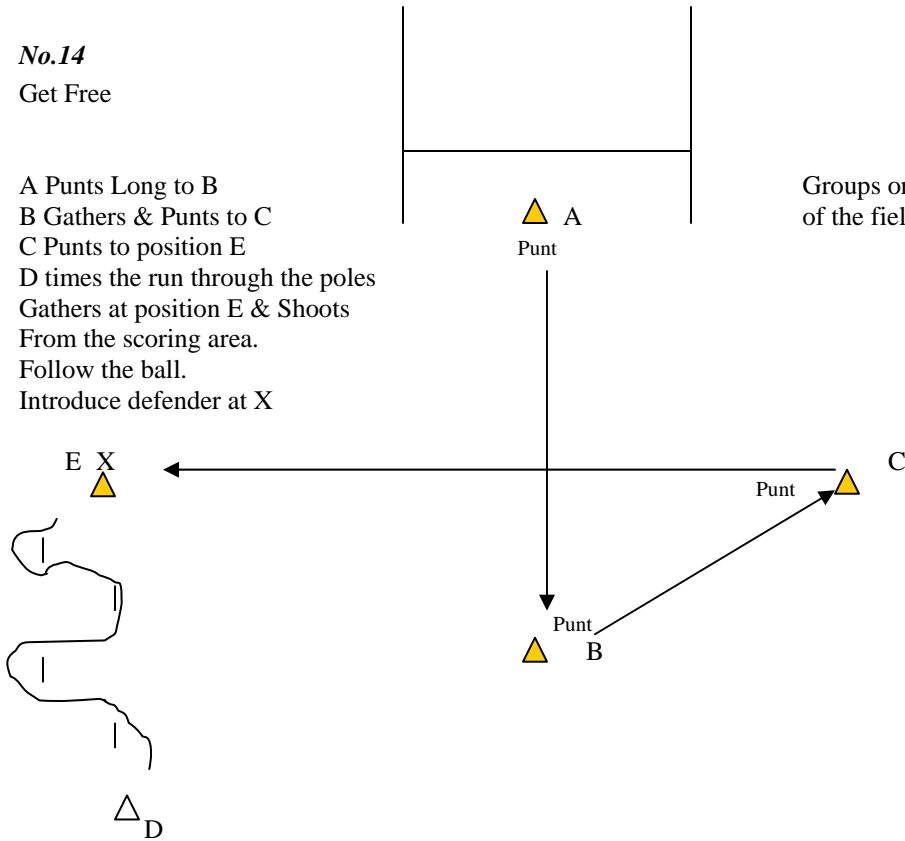
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No.14

Get Free

A Punts Long to B
B Gathers & Punts to C
C Punts to position E
D times the run through the poles
Gathers at position E & Shoots
From the scoring area.
Follow the ball.
Introduce defender at X

Groups on either side of the field.

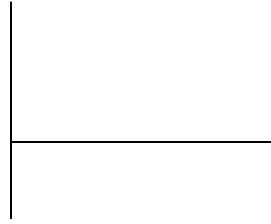


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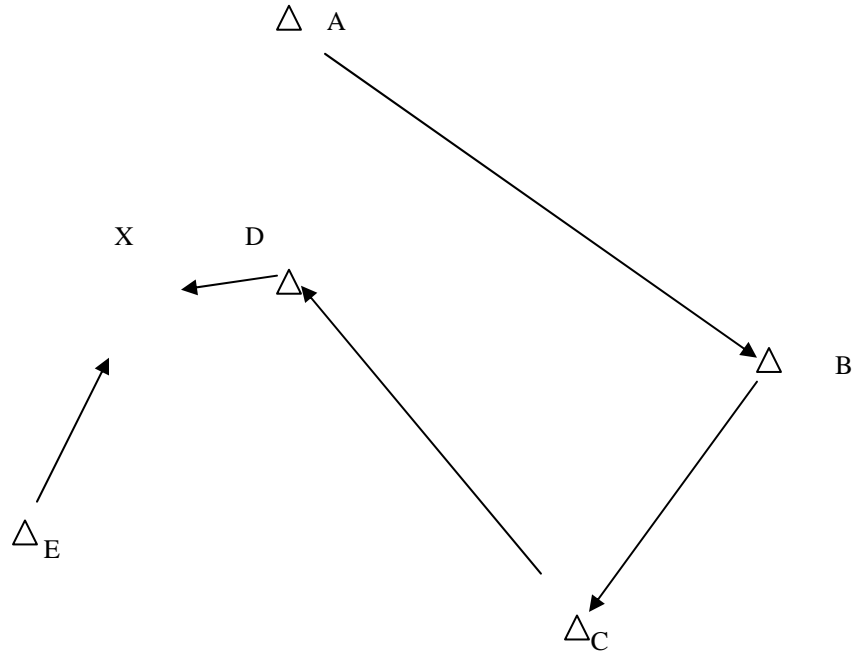
No.15

Wing to Centre

Two Groups Both
Sides of Field



A punts to B
B punts to C
C punts to D
D Hand Passes to E
E scores
Introduce Defender at X

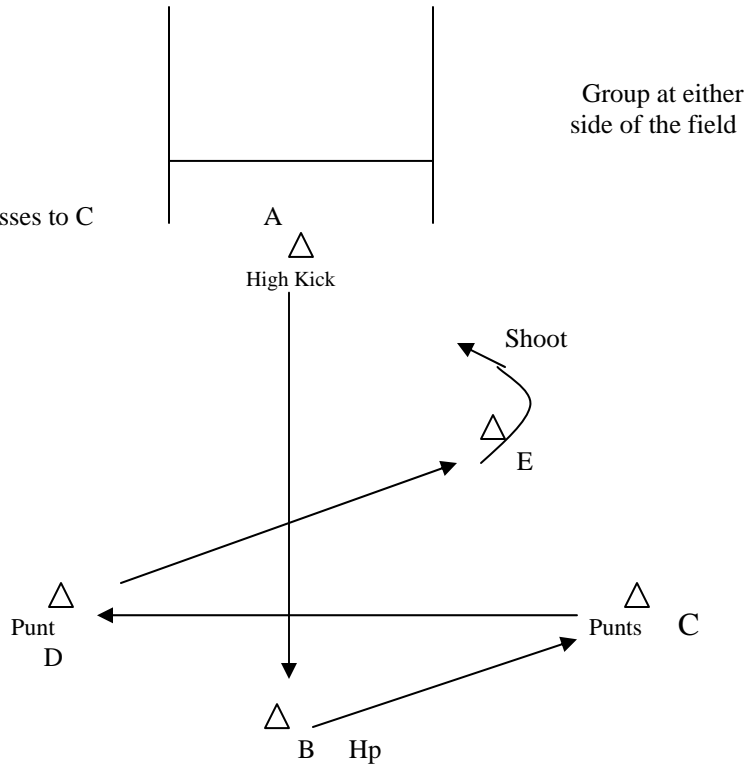


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No.16

Wing to Centre

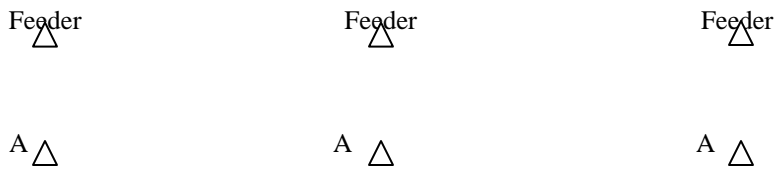
A kicks high to B
 B high catches, Hand Passes to C
 C punts to D
 D punts Long to E
 E turns scores
 Follow the ball



No.17

Fist a Score
 A Hand Passes to F
 A takes return Pass & fists score
 Change feeders

3 Groups

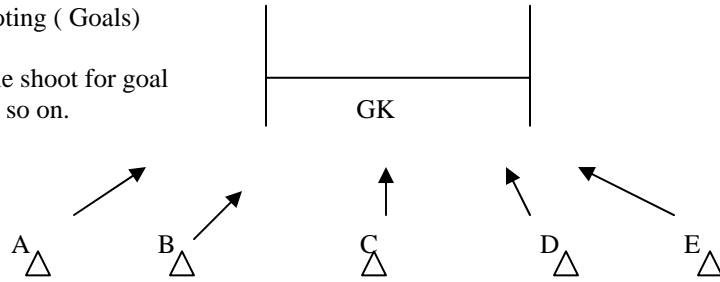


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No.18

Goal Keeper Drill
Pressure shooting (Goals)

On the whistle shoot for goal
A then B and so on.
Rotate places

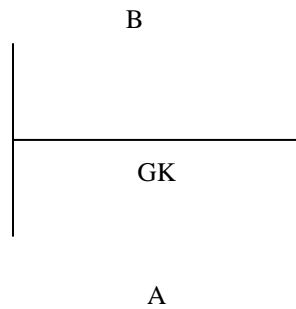


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No.19

Goalkeeper Drill
Target shooting (Goals)

A shoots for goal
Goal Keeper turns
B shoots for goal
Repeat

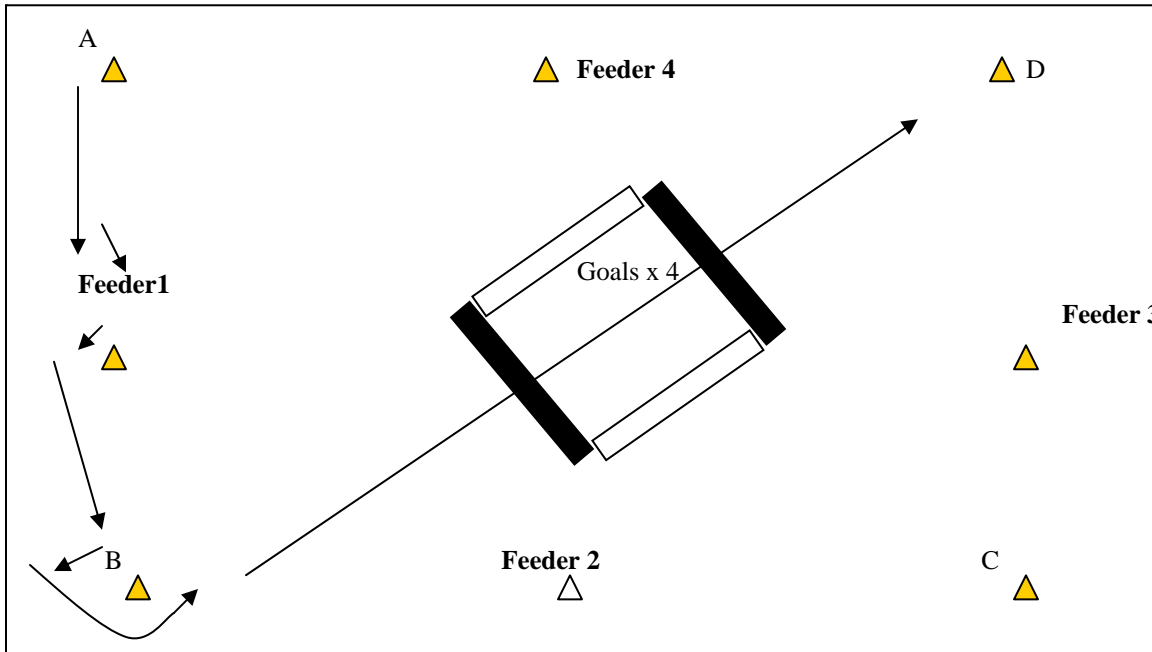


Set up number of goals

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No.20

Shooting Drill
(Both Feet)



A Hand Passes to Feeder 1,
Takes return from feeder 1 and Hand Passes to B,
Takes return from B and shoots for score over Black posts to D
At the same time B,C,D are doing the same (B using White goals to D)
(C using Black goals to B)
(D using White goals to A)

Requirements;

Number of players at each corner
Number of footballs at each corner.
Number of Goals/Poles

Change the feeders.

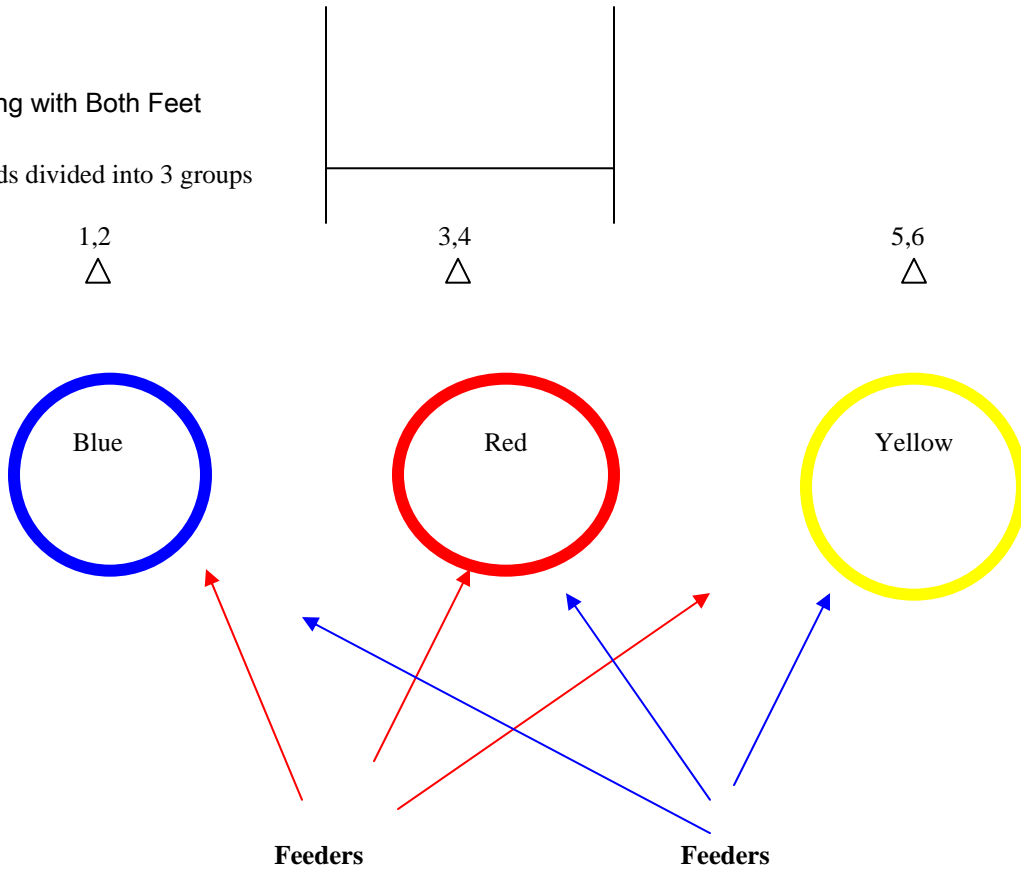
Change direction of Drill.

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No.21

Shooting with Both Feet

Forwards divided into 3 groups



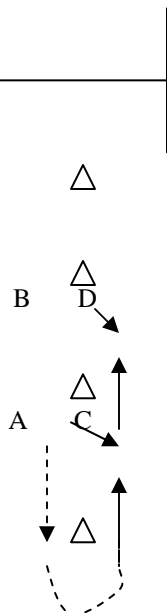
Coach calls 1 yellow etc.
 Feeder punts ball into yellow circle
 Player 1 runs, gathers ball in yellow circle, Turns and shoots for point.
 Drill continues
 Shooting with both Feet.
 Introduce defender.

No.22

Shooting Drill

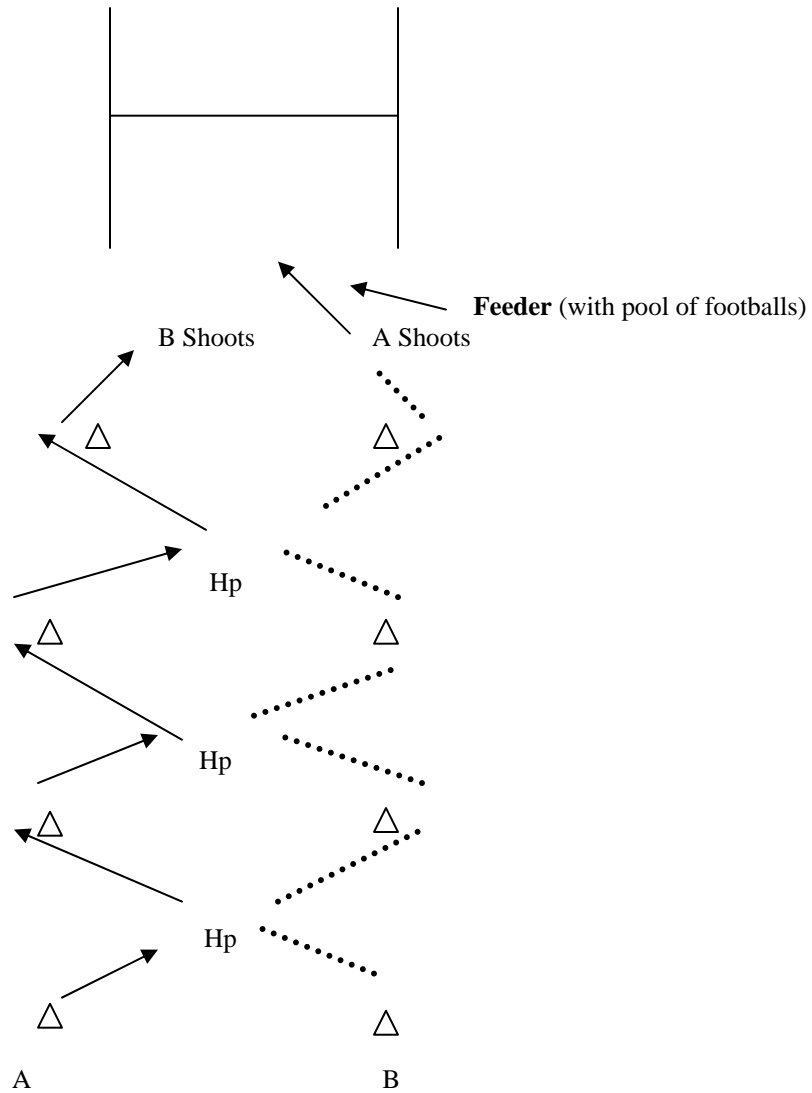
A solo around end cone Hand Pass to C
 Takes return Hand Pass to D takes return
 Shoots for point/goal .
 B starts at same time as A in other direction
 So, B solos round top cone, Turns, Hp to D
 Takes return, Hp to C, Takes return & Shoots
 Drill continues

Can be Hand Passing /Punt Passing
 Lengthen distance of continues



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No.23
Shooting Drill
Give & Go



B starts with the Ball
Runs towards Middle, gives hand pass & out round next cone etc

Drill continues
Cones 15metres Square for Hand pass
Cones 30metres Square for Punt Passing