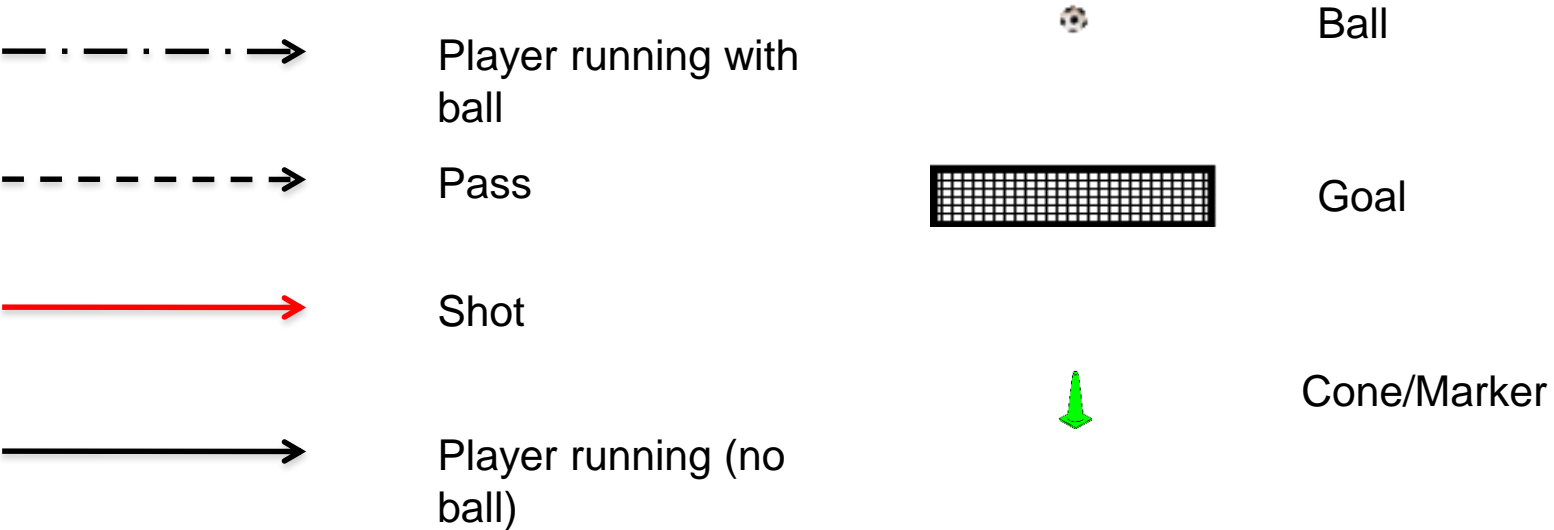




Diagram Key:



Basic Shooting with Coerver

Category: Dribbling/1v1, Ball Striking/Shooting

Practice Segment:

- Technical Repetition-No Pressure
- **Skills:**
- Dribbling/Footskills
- Shooting/Ball Striking

Players: Full Team

Time: 15-20 min

Basic Shooting w/Coerver:

Set Up:

- Cone set at center and top of penalty area
- 2 additional cones set 6-8 yards toward midfield at the same width as the goal posts
- 2 cones, 1 each beside the goal at the points where the goal area meets the goal line
- 5 cones on each side of the area being used; these cones should be about 18-24 in apart
- Players are split evenly between the starting points (red cones) and balls are beside the goal

Action:

- Player beside the goal passes the ball to the player at the cone outside the box and on the same side
- After passing, that player rotates by following the pass, but on the way must slalom through the cones on the side
- Player who receives the ball controls it and dribbles at the cone at the top of the penalty area, performs a move (specified by coach) and shoots
- Shooter collects ball and rotates to the opposite side passing group (rotation follows numbers)

• *Note: Agility Ladders/Cones can be added to the sides of the activity. Players passing the ball in to the shooter should go through ladders as they rotate.*

Focus:

- Quality/pace of pass
- Quality of technique of move and shot
- Striking technique
- Shoot correctly as quickly as possible after move

