Title: Year 7, lesson 6
Coach: 21/12/2005

Equipment: Balls, bibs, cones, hurdles
Purpose: shooting

Notes:

**Side Jumps**

**DESCRIPTION**
- Jumping sideways over a hurdle, while holding a ball.
- Touch the ball to the ground on each side.

**Sidestep**

**DESCRIPTION**
Players run towards each other, and then sidestep around each other at the last moment.

**1v1 to Goal**

**DESCRIPTION**
Organise the players into groups of 3, 1 goalkeeper and 2 outfield players. Player 1 and player 2 stand or sit facing away from goal. The goalkeeper then throws the ball out and player 1 and player 2 play back to goal.

**COACHING POINTS**
- Have confidence to try a skill move.
- Shoot at every opportunity.

**Goals, Goals, Goals 2**

**DESCRIPTION**
Three players line up facing each other. Player 1 plays the ball into player two’s feet. They meet the ball and turn then play a wall pass with player 3. Player 2 then shoots first time.

**COACHING POINTS**
- Make sure player 1 shouts turn as the ball is played into player 2.
- Player 2 comes to meet the ball on the half turn.
- Player 2 plays the ball into player 3 and signals where they want the return ball.
- Do the drill at pace.

**Box Shooting 2**

**DESCRIPTION**
Players line up in 3 groups. Player 1 from the left of the square moves into the square. Player 1 from the top of the square plays the ball into

**COACHING POINTS**
- If the defender drops of the attacker then passer calls ‘turn’ and the attacker receives the ball on the half turn.
- If the defender closes down the attacker then the passer calls ‘man on’ and