

Game 3 - Shooting

Quick Introduction

Here you will focus on shooting. The idea here is to pick your spot, then focus on where you are kicking the ball.



Health and Safety

- Make sure you check around you so you don't bump into anyone.
- If you see any object which could cause an accident, tell your adult.

Equipment

- Footballs
- Cones
- Goals



Be a Leader!

- Leadership is an important part of any sport- try encouraging your team, and give them help when they need it.
- If you are enjoying success, try and pass on what you know to your peers.

Activity

Your job here is to stand at the various cones and think about where you are kicking the ball and to which part of the goal

Tips

- A really good tip here is to kick the ball with either your laces or the side of your foot. Avoid your toes!
- If you lean back as you kick, the ball is more likely to get height. If you lean forward, the ball is likely to stay lower.

Can You Change The Game?? - STEP

Space- Increase the distance of the balls to the goals. Or try using your weaker foot.

Task - Introduce a goal keeper to try and improve your accuracy and **DECEPTION**.

Equipment – N/A.

People – Try asking a 'defender' to close you down as you are about to shoot.