

Stage-II Small Sided Activity: Passing, Shooting, Goalkeeper Blocking

Setup

30 x 40 yard area with 1 full sized goal. Set 4 cones in a 20 x 20 yard square 20 yards away from the goal.

Sequence

- Field players always run and follow their passes.
- A begins the sequence by passing a ball to B (follow the pass).
- B receives and turns with the ball and then passes to C.
- C passes to D who passes to E who then shoots on goal.

Variations

- Move line A to the other side of goal and go in a clockwise rotation.
- Add 2 defenders in the center to apply no contact pressure.
- Make it a game: 1 point if goal scored, 0 if blocked, -1 if the shot missing outside the frame of the goal.

Coaching Points

- Players should be passing, running, and shooting at game intensity.
- Goalkeeper should be in ready position and be using good shot blocking techniques, no rebounds.
- Goalkeeper checks back to goal and then comes out to reduce the shooting angle between each shot.
- Players need to focus on their 1st touch when receiving the ball and then quickly turning to pass on.
- Players should "look" before they shoot, good shooting technique.
- Turning direction of player E after receiving the ball determines which foot (left or right) the shooter will use for the shot.

