

SHOOTING FROM INSIDE THE BOX

Activity #1:

Set Up:

Players are arranged around the 18-yard box as shown in Diagram (a) below. Three attacking players and two defenders are positioned inside the 18-yard box: four support players and the coach with a supply of balls are positioned around the perimeter of the box. A goalkeeper is in goal.



Diagram

(a)

Objective:

Play begins with a pass from the coach to any of the 3 attacking players (A,B,C) positioned in the box. These attacking players must attempt to receive the ball in a half-turned stance in order to shoot early. Attacking players can combine with the perimeter support players at any time. Defenders must attempt to intercept the ball and clear the penalty area with a pass to the coach. If a goal is scored, the ball leaves the playing area or is intercepted by a defender - play then resumes with the next pass from the coach to any of the attacking players. Rotate defenders after the designated time period.

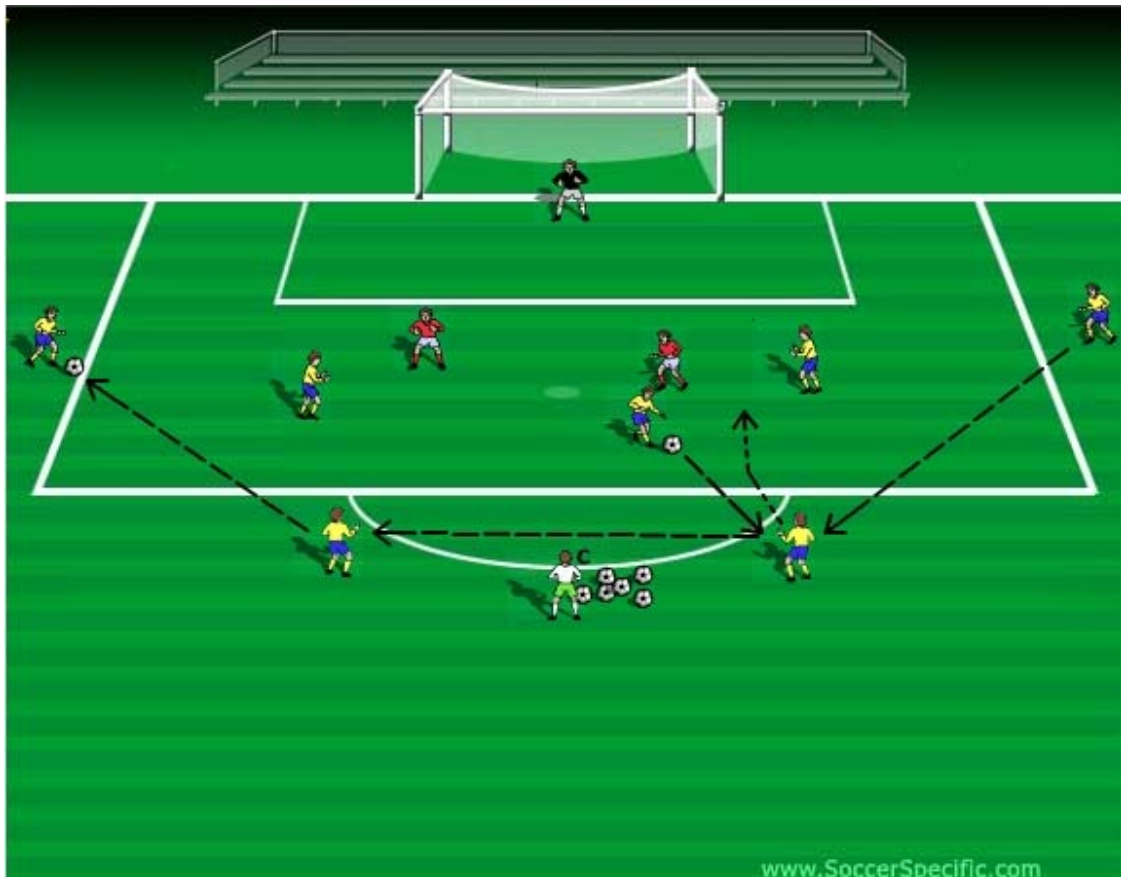
Coaching Points:

- Attacking players first priority “Can I Shoot?”
- Composure in the box is the key factor – defenders don’t want to concede a penalty so strikers have more time than they realize.
- Attacking players should check off at angles and receive the ball in a half-turned position.
- Must look for quick shots – shoot early!
- Other attacking players must look for rebounds, combination play, 1-2’s, quick movement to create space and offer good supporting angles.

Progression #1:

Set Up:

As above - 3 attacking players against 2 defenders inside the playing area as shown below in Diagram (b) below.



Diagram

(b)

Objective:

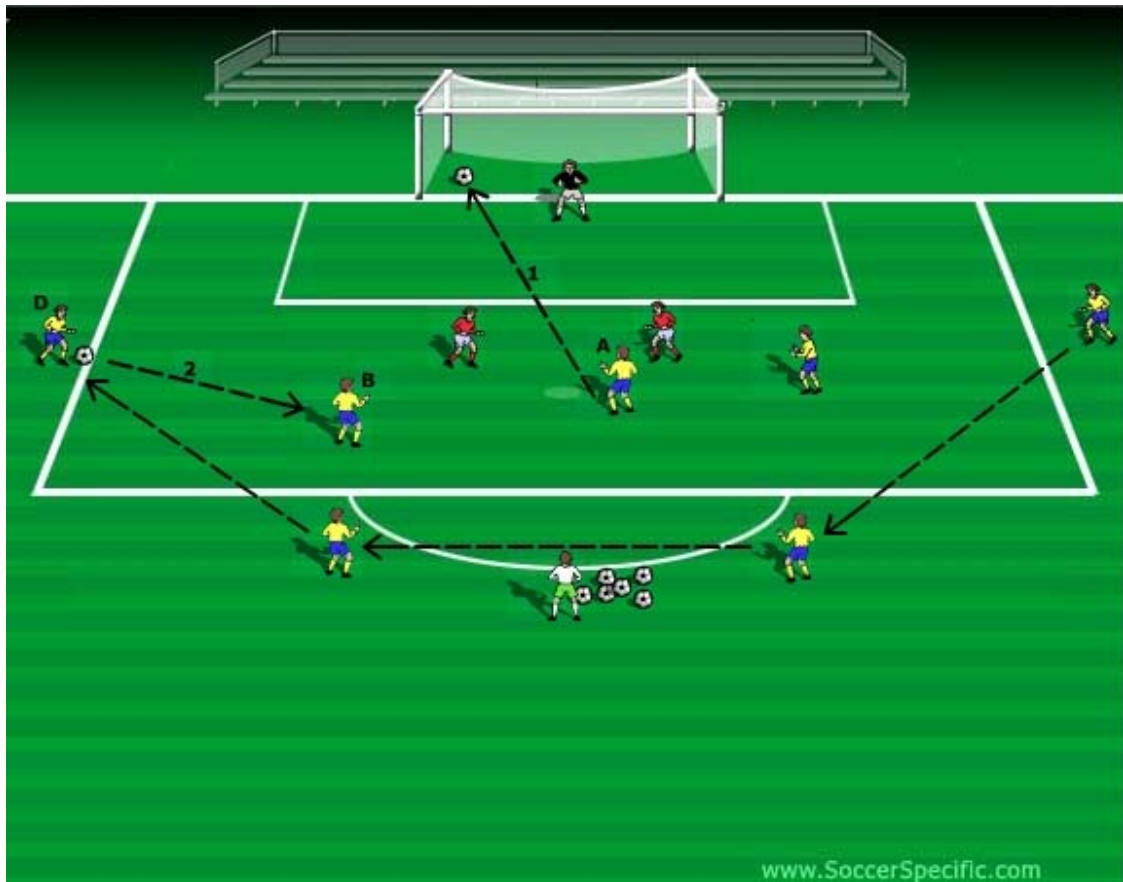
Play begins with a pass from the coach to any of the attacking players. The perimeter players must pass an additional ball back and forth on the outside of the playing area.

Transition is now added to the activity – If an attacking player passes to a perimeter player, both players must immediately interchange positions. In Diagram (b) above, attacker (A) has passed to perimeter support player (B). Player (B) must now enter the playing area immediately in possession of the ball. This activity encourages the support players to stay “tuned in” to the session as well as be aware their attacking options upon receiving a pass. Players are encouraged to shoot as early as possible – No unrealistic long passing sequences in front of goal. If a goal is scored, the ball leaves the playing area or is intercepted by a defender - Play then resumes with the next pass from the *perimeter* players to any of the attacking players. Rotate defenders after the designated time period.

Coaching Points:

- Positive attitude to score – shoot at every opportunity.
- Receive on the half-turn if possible, create space for yourself and take a chance.
- Accuracy before power.
- Shooting high or low? (low best as it is more difficult for the goalkeeper to save)
- Selection of shot – driven, chip, side foot, swerve etc. Attackers can use defenders to shoot around. Check keepers position if time permits.
- Near post or far post? – (depends on keepers positioning) If you shoot and miss near post the ball is out of play. If you shoot far post the keeper may palm the save to a fellow striker or a teammate may simply redirect the shot into goal.
- Rebounds – follow all shots!
- Attacking players must be aware where the next ball is coming from (ie) which perimeter player is currently in possession?

Diagram (c) below offers insight into the decision making process’ of all players.



Diagram

(c)

The shot has been taken and a goal is scored by player (A), while at the same time the outside support players are passing the next ball around staying active and ready to pass into the box to begin the next play. As soon as the first play is finished the second play begins from where the second ball is at that particular time. In this instance the 2nd ball is with perimeter player (D). Player (D) has opted for a pass to attacker (B). Players must be aware at all times and be ready to begin the next play.

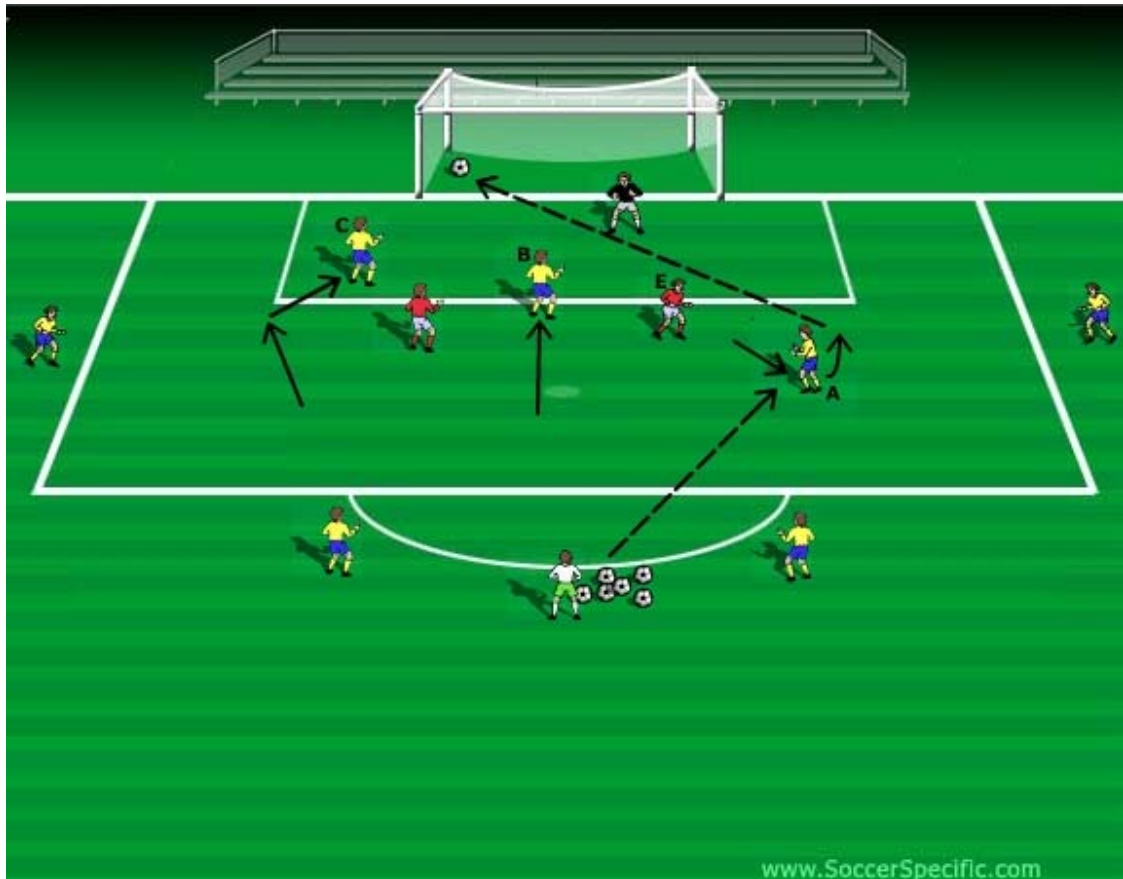
This activity where 2 balls are utilized develops the players observation and concentration. The attacking players inside the box need to be aware that only 3 of 4 support players are available at any given time. Also, once the play is over they must quickly “tune in” to where the next ball is coming from and take their positions accordingly.

Perimeter support players must be able to recognize when they need to support an inside player, receive the 2nd ball, or pass the 2nd ball into play. Numerous decisions are required resulting in the development of quick tactical thinking – both on and off the ball.

Examples of Plays:

In Diagram (d) below, Attacker (A) has received a pass, beats the defender and shoots on goal. Other attackers (B) and (C) follow up for rebounds.

Player (A) must open up his body stance and come off the shoulder of defender (E) to create space and an angle to receive the pass – can shoot first time using the momentum of the pass or good first touch past defender (E) and shoot with the second touch. First touch by attacker (A) may be back across defender (E) coming inside for the shot or a one-touch finish using (E's) position as a guide to bend the shot around. Strikers can use support players to link up play if they receive a pass but cannot turn.



Diagram

(d)

Progression:

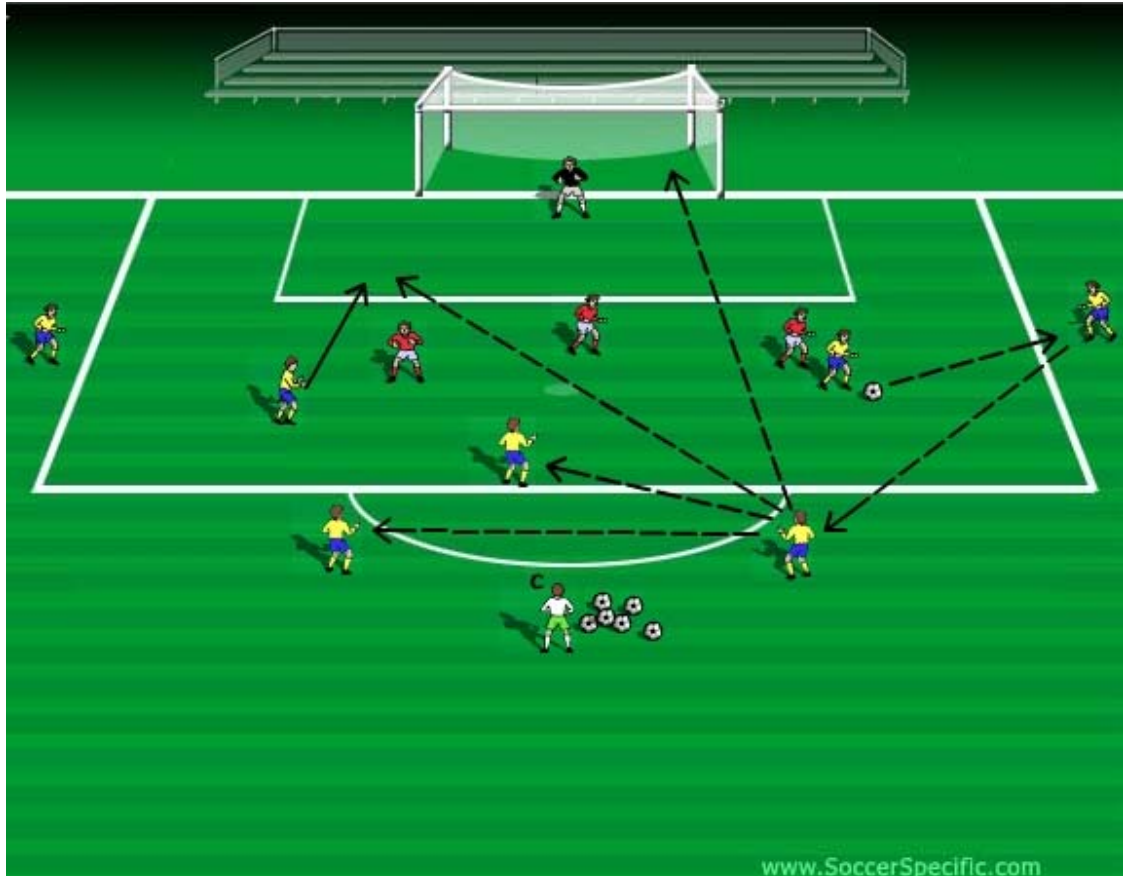
Strikers are conditioned to three touches, then two touches, then one-touch (only if it is on to do so) Support players can change from two to one touch to replicate the quick decision making of a game situation. This will ensure that both strikers and support players are thinking quickly and recognizing situations early.

Wide players may cross the ball when in wide positions – this encourages the attacking players to take up positions to receive the crossed ball. Central; support players may pass or shoot.

Activity #2:

Set Up:

Same playing area as above except, 3 attackers versus 3 attackers inside the 18-yard box as shown in Diagram (e) below.



Diagram

(e)

Objective:

Three attacking players must attempt to create goal-scoring opportunities while in front of goal (18-yard box). Outside support players can pass to other support players to change the direction of the attack and force the attackers to quickly re-adjust their positions. Outside support players can shoot at goal – strikers can follow up for rebounds. *Offside* is now in effect forcing the strikers to time their runs more efficiently. Diagram (e) above illustrates the various passing options available to the players.

Coaching Points:

- Positive attitude to score – shoot at every opportunity.
- Receive on the half-turn if possible, create space for yourself and take a chance.
- Accuracy before power.
- Awareness in the box – timing of runs, angle of runs, finding space.
- Shooting high or low? (low best as it is more difficult for the goalkeeper to save)

- Selection of shot – driven, chip, side foot, swerve etc. Attackers can use defenders to shoot around. Check keepers position if time permits.
- Near post or far post? – (depends on keepers positioning) If you shoot and miss near post the ball is out of play. If you shoot far post the keeper may palm the save to a fellow striker or a teammate may simply redirect the shot into goal.
- Rebounds – follow all shots!
- Attacking players must be aware where the next ball is coming from.

Progressions:

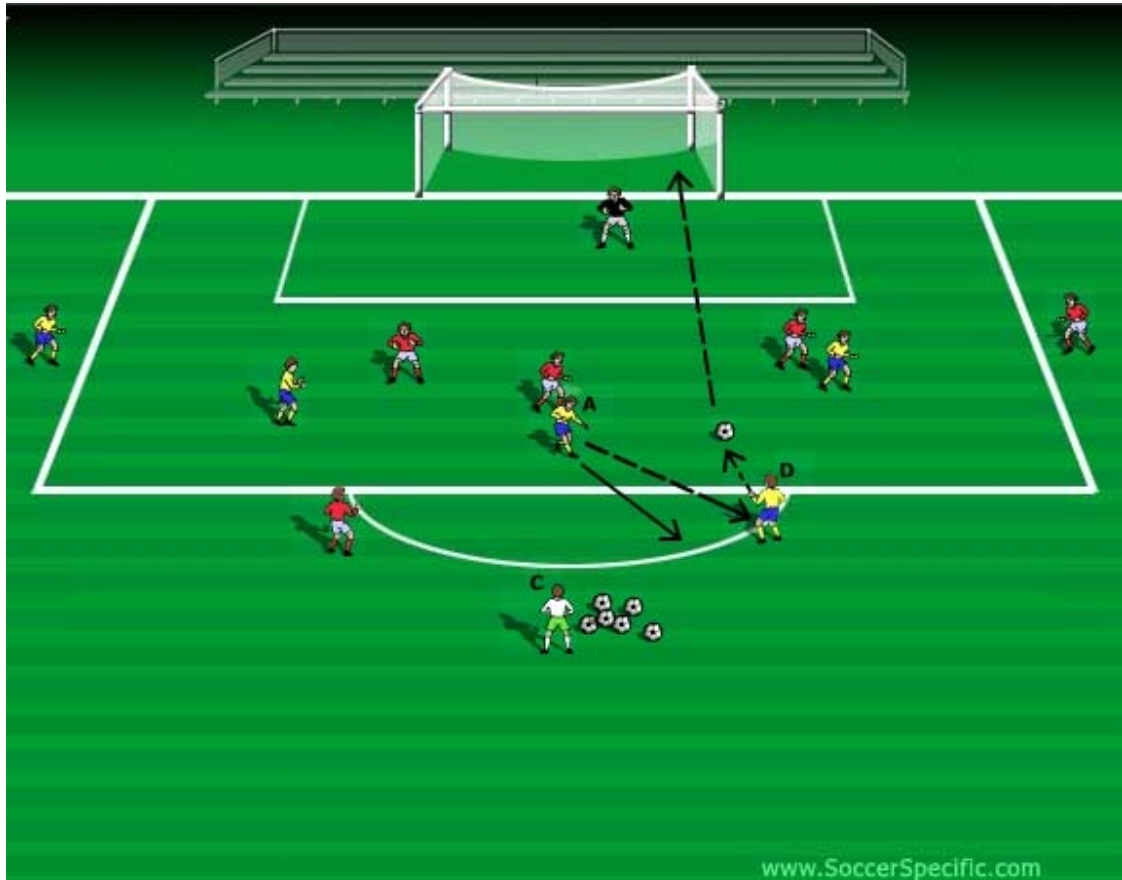
(1) 3v3 in the box but **either** of the teams can score if they gain possession. This adds transition to the exercise. Coach calls out which team will be attacking and immediately passes a ball into play. Players must adjust their positions quickly to attempt to create goal-scoring opportunities.

(2) Support players each have a ball and are numbered 1,2,3 and 4. Coach calls out the number of a server and immediately the players must react to receive a pass from that player. Players are forced to be aware of where the ball is coming from as well as react quickly to different situations.

Activity #3: Making Transitions and Switching Positions

Set Up:

Same area as above. 3v3 inside the 18-yard box. 4 support players (two for each team) are positioned as shown in Diagram (f) below. A supply of balls is placed next to the coach outside the box.



Diagram

(f)

Objective:

Play begins with a pass from the coach. The coach must alternate which team he serves to so that players know if they need to create space or defend. Both teams attempt to gain possession of the ball and create goal-scoring opportunities. Players can utilize the support players, but only their teammates wearing the same color. Both teams can attack and both teams can defend, hence constant transitions from defense to attack and vice versa. The 3 moments of the game now come into play; (1) when we have the ball, (2) when they have the ball and (3) when the ball changes hands. Activity will develop quick decision making due to the constant transitions.

Progression:

Attackers and support players switch positions from inside to outside and vice versa. Diagram (f) illustrates player (D) receiving a pass from teammate (A). Both players immediately switch positions. Switching forces players to constantly stay sharp and be aware of their options as well as keeps all players involved in the activity. Switching positions occurs during game situations and must be developed in game-like activities.

OVERVIEW:

3 v 2, 2 v 2, 3v3 – all can be varied depending on success. Vary the number of touches on the ball also.

Outside players can pass another ball whilst action is inside (two balls working)

Have both teams attacking the goal, emphasizes transition, changing of possession.
Outside players can pass to each other and also shoot for goal.