

Title: **Junior Goal Scoring Skills Session**

Date:	Venue: <b>Playing Field</b>	Duration: <b>1 Hour</b>	No of Players: <b>12</b>	Ability / Level: <b>All Ages and Abilities</b>	Equipment: <b>Balls, Bibs and Cones</b>
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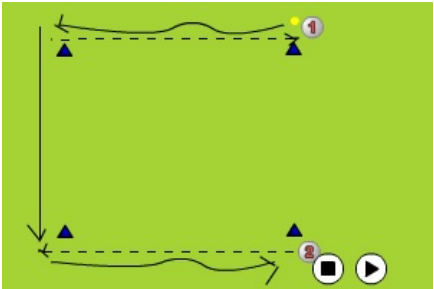
<p><b>Session Goals:</b>          To use simple drills to review some of the skills that are important when trying to score the perfect goal.</p> <ol style="list-style-type: none"> <li>1. The pass from right to left (with pace and accuracy)</li> <li>2. 1st-touch slap hit the ball accurately into the goal or into space for a team-mate</li> </ol>	<p><b>Personal Coaching Goals:</b>          Time permitting, we will play a short game at the end of the session. If not we will probably play a longer game next week.</p>
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Time	Task / Activity / Session Content	Coaching Points
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**Skill Development**

**Passing right to left in pairs**

**Description:**  
 Using 4 cones set out a square which is 5 meters x 5 meters.  
 Players in pairs run along the length of one side and pass the ball from right to left on the move to the other player.  
 The player receiving the ball must do so with their reverse stick, before then pulling the ball round and running back to the cone they started from to pass the ball right to left back to the other player.



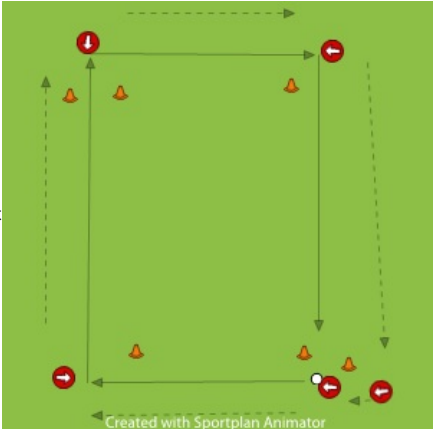
**Coaching Tips**

When receiving the ball on the reverse stick lower your body and prepare to receive the ball just in front of your right foot.  
 (You can repeat this drill in the opposite direction too)



**Control, Pass and Follow**

**Description:**  
**CONTROL PASS and SLAP**  
 The player on the corner with the ball passes the ball square for the next player to slap the ball with one touch through the goal (two-cones) to the player on the next corner.  
 The receiving player controls the ball and continues the drill by passing the ball square to the next player for them to first touch slap the ball towards the cones and player on the original corner.  
 Every player should follow their pass and move to the next corner after the pass.



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**Coaching Tips**

This practice is designed to teach player to accurately first touch pass the ball into space.  
 Use this practice to highlight to your players that the pace of the initial pass is crucial to the next player being able to first time their pass accurately.

**First Touch:**  
 Players should simultaneously control and sweep the ball, with power, to the next player.



## Game Related

### Arrive early to score - Quick scoring with the sweep shot

#### Description:

The player that is receiving the pass should leave much earlier than the player carrying the ball so that they are in a position to receive the pass earlier.

Start the clock when the ball carrier starts to run. They should not really start until their partner is in position so that they can potentially pass the ball as soon as they enter the circle.



### Coaching Tips

The player running to the far post has to wait between the far post and the cone. If you are going to time your players for this drill the pass should go between the cone and the far post for the time to count.



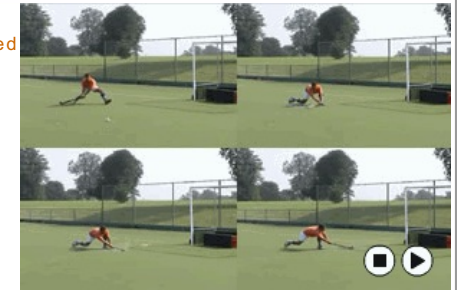
### Notes

#### Slap Hit:

Double V grip. The ball must be played first time.

Players' weight on their left foot on impact, with their hands close to the ground with stick horizontal.

Contact the ball on the shaft just above the toe.



### Pass and follow

#### Description:

Player 1 passes the ball to player 2 (posting up).

Player 2 passes the ball first time into the space in front of player 3.

Player 3 runs onto the ball and then carries the ball into the circle before passing the ball to player 4 on the far post.

Player 4 on the far post slaps the ball first time into the goal.

All players move up to the next station and the next number 1 repeats the exercise pattern.



### Coaching Tips

Ensure the initial pass is not hit too hard for beginners.

Player 2 needs to move a little to the ball and keep their stick on the ground for a first time pass.

Player 3 has to hold back until the pass is made by player 2.

Player 3 should not pass too hard to the far post and should try to pass at the the player and not towards the goal.

Player on the far post needs to be in position early and have their left shoulder pointing to the middle of the goal as well as keeping the stick in contact with the floor at all times - before and during the slap hit!

## Game

### Final Game - First Time Passing

#### Description:

Play a game on half a pitch with normal rules.

In this game look for smooth first-time passing from all your players - looking for them to know who they are going to pass to before the ball even reaches their stick.



### Coaching Tips

To encourage maximum passing impose a two-touch rule for the first part of the game.

Once players are passing freely and quickly lift this restriction and finish with a normal rules game.

#### Other Comments:

"When you want to win a game, you have to teach. When you lose a game, you have to learn." Tom Landry

#### Evaluation: