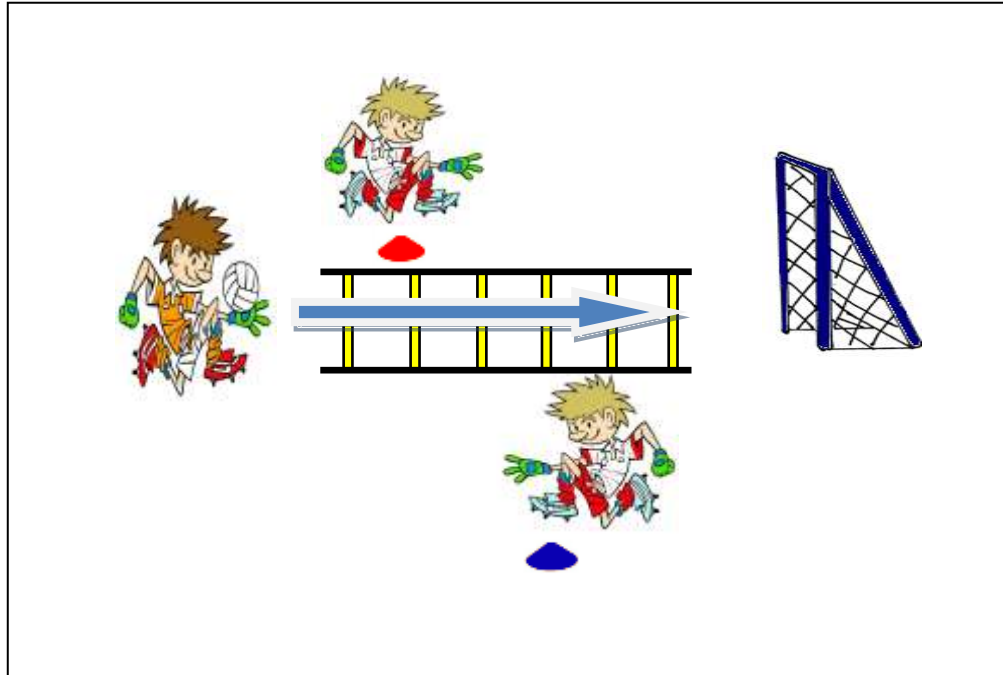


STATION 4: CO-ORDINATION

Activity: Step Up & Shoot



FOCUS

- Aimed at developing the ability to maintain forward movement while passing, receiving and shooting.

RULES – HOW TO PLAY

- Move through ladder with ball
- Pass to outside players (passes can be thrown, fist or hand passed or kicked)
- Take return and move on
- At end of line take a shot

HOW TO SCORE

- 1 point for a throw
- 2 points for a fist/hand pass
- 3 points for a kick

N.B Coaches may wish to modify passes, methods of scoring to suit ability of group.



HARDER

- Increase passing distance/increase shooting distance.
- Outside players are moving allowed to move.
- Introduce a Goalkeeper.
- Use alternative feet/hands i.e. first effort- right foot, second effort- left foot.

EASIER

- Remove ladder.
- Stop and pass.
- Throw to outside players/throw to net.
- Fist/hand pass to outside players/into net.
- Kick from ground.

COACHING POINTS (Kicking)

HEAD

- Head down and over the ball.

HANDS

- Release ball from hand onto kicking foot

FEET

- Step forward with non kicking foot and kick ball off the laces (toe pointed forward) in direction of target

EQUIPMENT

- Ladder
- Goals/Net
- Multi-markers
- Footballs