

SHOOTING

With young players they need to practice different components of the shot and be close to the post, they need to be encouraged at training and through the games to move to the correct shooting technique, it will take time to build their strength and confidence, but they will get there.

Practice technique without a ball, try standing, or sitting on the ground or even laying on the ground with their shooting arm above their face;

- Players to stand with feet hip distance apart
- Weight evenly distributed on both feet
- Feet, hips are pointed towards the post
- Lift the dominant hand up close to your ear, as straight as possible
- Now elbow should also be pointed towards the post
- Bend the elbow and the knees
- Push up through the ball of your feet
- As the elbow straightens release the ball
- Flicking the wrist
- Follow through, straighten your fingers pointing them towards the post (your hand should look like it is resting on a box)
- The ball should travel in an arc towards the post

Then add ball and repeat above

PROBLEM FOR YOUNG SHOOTERS

- For the younger shooters starting out, who don't have the power in the legs, don't expect them to be able to get their shooting arm up high in the first year. They will have to raise the height of their shot slowly as they get older. Encourage the same leg power right the way through
- Have the shooter bounce the ball on the ground and tip it into the shooting hand using the support hand at the side of the ball. Check the following;
 - Make sure fingers are spread wide (but are comfortable) and the ball is sitting neither flat on the palm nor up on fingertips
 - The index and middle fingers should be pointing towards the ring once the ball is in the shooting position. These two fingers give the flick to the shot as the ball is released and encourages a slight backspin on the ball.

ONLY INTRODUCE SLIGHT CHANGES ONE AT A TIME. WORK ON ONE PART OF THE SHOT FOR A WHILE THEN INTRODUCE OTHERS SLOWLY - START FROM THE GROUND UP

SHOOTING PRACTICE

If you want to play GS/GA you have to practice EVERYDAY. Twenty minutes at a goal post is better than no time at all but make sure that the twenty minutes is worthwhile for the shooter.

With young shooters focus on their technique the more consistent this becomes the more accurate the shot will be!

Session One

- Place 5 cones around the post and shoot 10 goals from each position

Session Two

- Place 5 cones around the post and shoot 5 goals from each position, after completing take a small step back from each cone and shoot another 5 goals

Session Three

- Ask Mum, Dad, Brother, Sister or friend to pass the ball on a straight drive to the post, pick different starting positions on the circle edge, shoot 25 goals.
- Shoot 25 goals between the post and 1m distance at any spot.

Session Four

- Shoot 5 lines of 5 shots no greater than 1m from the post

Practice Schedule (Tick the week box after completion or enter the number of times per week completed in that week's box) Daily practice is the key to rapid improvement!

	Wk 1	Wk 2	Wk 3	Wk 4	Wk 5	Wk 6	Wk 7	Wk 8	Wk 9	Wk 10
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										