



5v5 Shooting

Category: Technical: Shooting
Difficulty: Moderate

Derek McMullen, CFJ South, United States of America
Individual-Adult Member

5v5 Shooting (15 mins)

30x40

Can be 3v3 + GK

Field should be shorter and wider to encourage more shooting on goal.

Players will play a normal game to regular size goals with GKs in goal.

Encourage players to shoot when they get the opportunity.

Coaching Points:

- A) Shooting Technique
- B) Take a Peak
- C) Accuracy
- D) Create Space to Shoot
- E) Awareness of when to Shoot

