

Day 12

03 Advanced Skills & Designer Games (Based on Club Playing Style)

TEST - Player's Test:

Each player has been asked to prepare a skill set for the practice to show the other players a set of skills which they can use to utilize during a match.

Select 4 players to present their skill sets on Day Twelve.

- ❖ Player 10: _____ Subject: _____
- ❖ Player 11: _____ Subject: _____
- ❖ Player 12: _____ Subject: _____
- ❖ Player 13: _____ Subject: _____

-----oooooOoooo-----

03.01.13 Close Range Shooting

Background:

1. To develop close range shooting skills for:
2. Left Wing Forward & Right Wing Forward;
3. Outside Right Forward, Center Midfield / Center Back & Outside Left Forward;
4. Short Corner Specialists.

Objective:

1. To get into a position to score a goal from close range;
2. Develop improvisation (**do the unexpected**) in close range shooting.

Execution of Skill:

1. Establish the technical ability of the scoring Forward:
2. Individual Close Range Shooting Skill Set Profile:
3. Hitting while running:
4. Bodyweight forward;
5. Arms away from the body;
6. Good footwork is required;

Variations –

1. hit the ball with your left / right foot forward.
2. The "Dig":

- ❖ Ball placed between the feet and weight transferred from back foot to front foot;
- ❖ Stick angled as it contacts ball;
- ❖ Power imparted by the right hand;
- ❖ Stick contacts the ball and the ground at the same time.

3. Slapshot:

- ❖ Hands apart;
- ❖ Good footwork is required;
- ❖ Short backswing;
- ❖ Point after the ball with the stick;
- ❖ Short but firm movement.

4. Flat stick hitting:

- ❖ Hands are close to the ground;
- ❖ Hands are close together;
- ❖ Stick "**sweeps**" over the ground;
- ❖ Combination of a fast movement of arms and wrist;
- ❖ If the blade of the stick is turned "**open**" (**faces the sky**) the ball will be lifted.

5. Backhand (reverse) flat stick hitting:

- ❖ Hands close to the ground;
- ❖ "**Frying-pan grip**", stick is turned 90° clockwise;
- ❖ Hit the ball with the shaft of the stick;
- ❖ Combination of a fast movement of arm and wrist;
- ❖ Position of the ball and the movement of the wrist decide the direction the ball goes.

6. Deflection:

- ❖ Angel to the goals and ball;
- ❖ Stick in front of your body in an early stage;
- ❖ If the blade of the stick is turned "**open**" (**faces the sky**) the ball will be lifted.

7. Scoring with a slide:

- ❖ Slide on your one shin (**or shin guard**);
- ❖ Stick in front of your body in an early stage;
- ❖ If the blade of the stick is turned "**open**" (**faces the sky**) the ball will be lifted.

8. Chop:

- ❖ Feet in front of the ball and pointing 90° away from the goal;
- ❖ The ball is behind your body;
- ❖ Hands close together, with or without a short grip;
- ❖ Bodyweight on the back foot;
- ❖ Short, powerful hit;
- ❖ Hit the ball behind, on its top.

9. Bunt:

- ❖ Hands apart;
- ❖ Short, sharp back swing and follow through;
- ❖ Power imparted by the right hand;

- ❖ Stick contacts the ball and the ground at the same time.

10. Lifting (Flicking) the ball:

- ❖ Control the lift;
- ❖ Keep your eyes on the ball;
- ❖ Score when the ball is at its highest point;
- ❖ Be creative.

11. Drag from the right leg:

- ❖ Bodyweight on the right foot;
- ❖ Ball inside the hook of the stick;
- ❖ Right hand low.
- ❖ Improvisation:
- ❖ Be creative - **examples: Dive;**

12. Lob over the goal keeper;

13. Controlled "baseball hit";

14. Hitting on the turn;

15. Hitting with back to the goal.

Drill - Close Range Shooting - Reflex Training:

1. A drum is set-up within an arc of 7 meters;
2. The drum acts as a shooting target - visualization of goal scoring target in the goal.

Execution of Skill:

1. Player strikes the ball towards the drum;
2. The ball rebounds off the drum at an angle;

STAGE 1 –

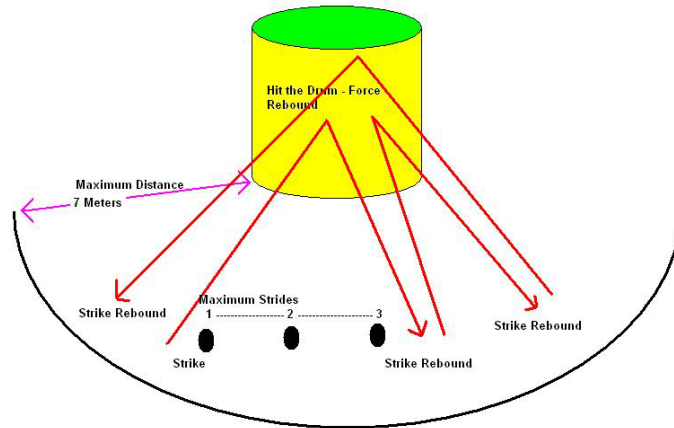
1. The player decides what stroke he / she will perform before moving to strike the ball - the player must get the hands into the position before moving - the striker should not move more than 3 paces before getting to the ball;

STAGE 2 –

1. The player moves as the ball rebounds off the drum, again the player needs to decide and execute the correct stroke - the striker should not move more than 3 paces before getting to the ball.

STAGE 3 –

1. The exercise now moves towards the goals and the drum is placed inside the goals where the target areas are - the exercise now relates to where the Scoring Forwards strike zone is;



STAGE 4 –

1. Goal Keeper and Circle introduction at this stage:
2. Start with the Goal Keeper rolling the ball to the striker, the striker must, as per **STAGE 1** and **STAGE 2**, decide what goal scoring shot is required and then execute the shot - the striker must make up his / her mind what shots need to be used;

Progress the exercise to active goal keeping where the striker needs to whilst moving, make up his / her mind on the goal scoring shot and execute the shot - the aim of this exercise is see how many goals the striker can score, or if there is no score, how many of the rebounds can be struck back at the goals;

Progress the exercise to having passive defenders in the circle to pressurize the strikers, **NOTE: the aim of this exercise is to train goal scoring techniques, so the strikers must be put under passive pressure to increase the speed of their decision making;**

Progress the exercise to having active defenders in the circle to pressurize the strikers, **NOTE: the aim of this exercise is to train the goal scoring techniques, so the strikers must be out under active pressure to increase the speed of their decision making;**

Progress the exercise to Three Passes and Shoot - Animated Skill Drills - Shooting - Exercise 16;

Progress the exercise to Lion's Den - Animated Skill Drills - Fun & Games –

Exercise 16 - Variations:

Introduce 4 defenders into the circle and remove 2 of the goal keepers - Sweeper, Left Back, Center Midfield / Center Back & Right Back;
Introduce Forwards versus Backs with Three Passes and Shoot Concept.