

Manchester United U19's

Contributed by Manchester United U19 coach, David Williams. Williams has extensive coaching experience and credentials including coaching in the English Premier League and at the National team level. Prior to joining Manchester United, Williams was the Assistant Manager/First Team Coach at Leeds United, Norwich City and Everton of the English Premier League and the Assistant Manager of the Welsh National Team.
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Shooting From Square Passes

Most shooting sessions are set up where the player moves forward onto the ball to shoot at goal. It is important that players receive practice at shooting where they receive the ball from different angles. This shooting practice involves receiving the ball from square passes and shooting on the second touch.

Shooting

Organize two full-size goals and goalkeepers that are 36 yards apart (two penalty areas). The players in line A shoot to goal one and the players in line B shoot to goal two. Player A1 receives a pass facing his line. He has to receive and shoot using only his right foot and in two touches. Player B does the same. The shooter then joins the back of his line and is replaced by the passer.

Reverse the practice with player A1 shooting to goal two and player B1 shooting to goal one. They will then control and shoot the ball with their left foot.

Coaching Point

Remember, the players are only 18-20 yards from goal, so encourage a short, quick first touch as this will be required in game situations close to a crowded penalty area.

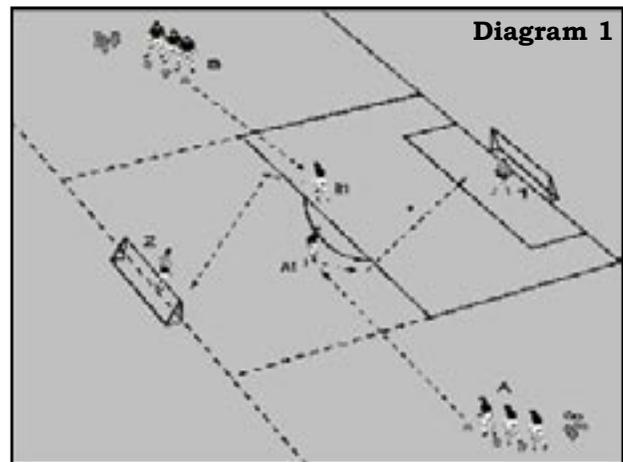


Diagram 1

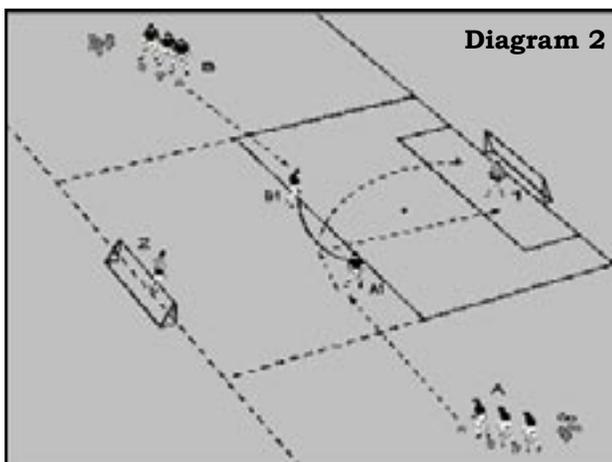


Diagram 2

Shooting

This time the shooter has his back to goal (side-on to the passer). The shooter allows the ball to go across his body to be controlled with his right foot and shoot with his left foot.

Reverse the practice with player A1 shooting to goal two and player B1 shooting to goal one. They will then control the ball with their left and shoot with their right foot.

Coaching Point

The shots could either be curled toward the far post or hit hard and low toward the near post as shown in diagram 2.

