



Tactics Manager

Long Range Shots



Date:	18/Jun/2019	Measurement:	10 x 10
Time:	N/A:N/A	Players:	3
Duration:	01	Level:	U15 - 18+

Objective: Improve GKs Ability to save long range shots and Distribution.

Description: Long Range Shooting - Distribution. Purple - General Handling - Warm Up - 1 at front 3 behind. White - Knee Dives - x 6 4 reps. Green - Smother Ball and then retreat to tap ball over x 3

Coaching Points:

Progression: P1 - 2v1 into a shot at Goal P2 - Players follow up shot Distribution: Play to wide opponent then hit the 6!