005 - Developing and improving the shooting movement



Developing and improving the shooting movement



Rating: Not Rated Yet
Price
Sales price 3,49 €

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Description

Level: Low

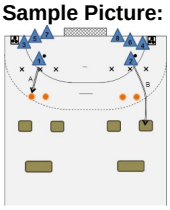
This training unit focuses on acquiring and improving correct shooting movements. This means shooting while standing and shooting while running, without a jump however, in order to highlight arm and body movements. Following a warm-up exercise which already involves shots, the players practice the shoulder and arm rotation for shooting and subsequently combine these moves in a passing competition. In a short game, the players implement the shooting movements in a game situation. This is followed by the goalkeeper warm-up shooting and a closing series of shots which focuses on shooting at the goal.

Product number: 100005
Format: PDF
Date of Publication: 2018/10/18

Contents: (time individual exercise/total time in minutes)

- Warm-up/Stretching (15/15)
- Ball familiarization (10/25)
- Ball familiarization (10/35)
- Shooting competitions (15/50)
- Short game (15/65)
- Goalkeeper warm-up shooting (10/75)
- Offense/Series of shots (15/90)

Sample Picture: Ball familiarization



fitting training units:

009 - Individual training for the pivot – Pushing through the defense with the Russian screen
012 - Pivot - Achieving positional advantages in small-group team play
014 - Improving the dribbling technique while observing the game situation