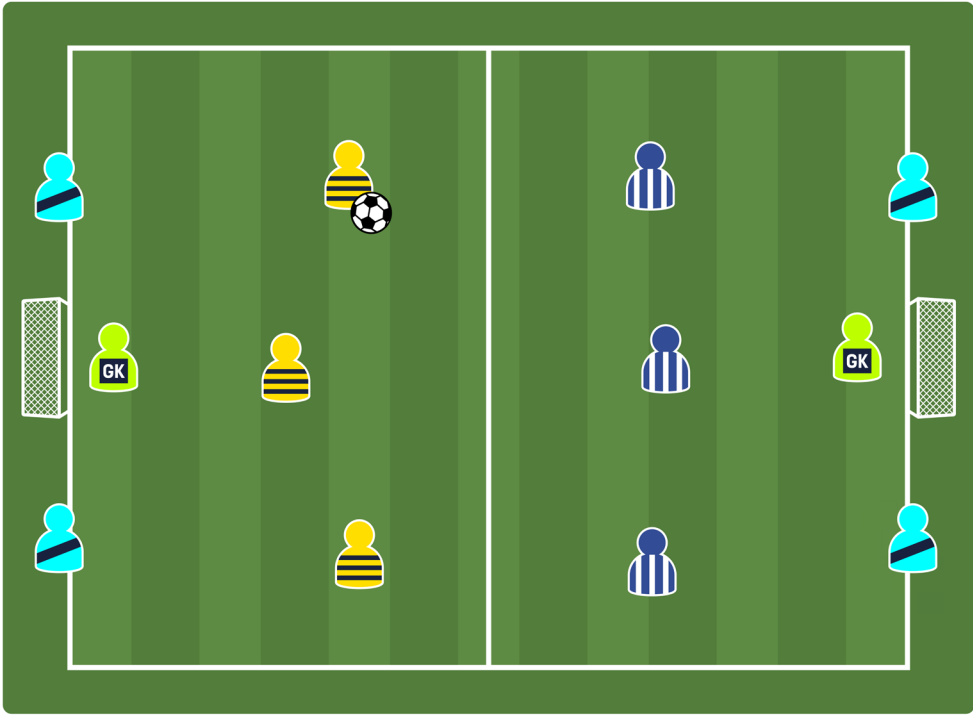


SESSION PLAN

SET AND SHOOT



Ball:

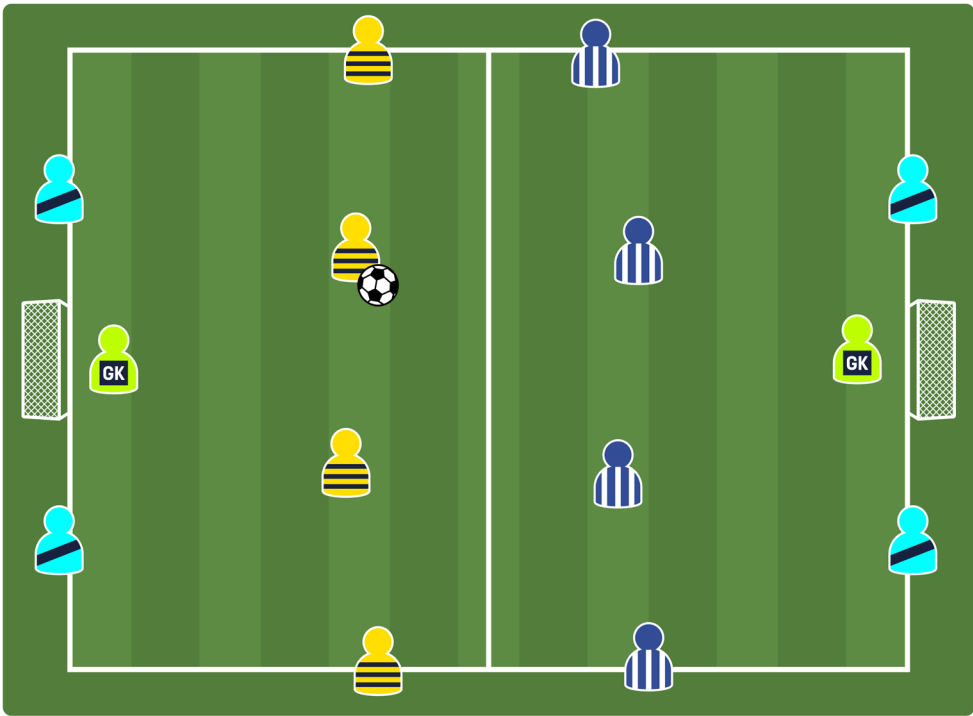
Team 1:

Team 2:

Server:

Goalkeeper:

Goal:



Ball:

Team 1:

Team 2:

Server:

Goalkeeper:

Goal:

OBJECTIVES

Players will develop their understanding of:

- when to be creative and when to combine with teammates to score
- positioning to receive for a set-back
- decision-making in the attacking phase.

ORGANISATION

- Set up an area appropriate for your players
- Mark a halfway line and put a goal at each end
- Split your players into three groups of four – two groups will play a 4v4 (including goalkeepers), and the other group will be the 'setters'
- Place two setters on each goal-line – one on either side of the goal
- Adjust the number of outfield players and setters to fit your numbers
- Create as many areas as you need to get all your players involved

HOW TO PLAY

- The aim of the game is for players to combine with their teammates to play the ball to a setter, then receive and score
 - Setters must play the ball back to the team that passed it in, but they don't have to play it to the individual who gave it to them
 - If the defending team win the ball, they attack the other goal and combine with the setters at that end
 - If a shot is saved, or the ball goes out behind the goal, the keeper passes to the defending team, who then attack the other goal
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