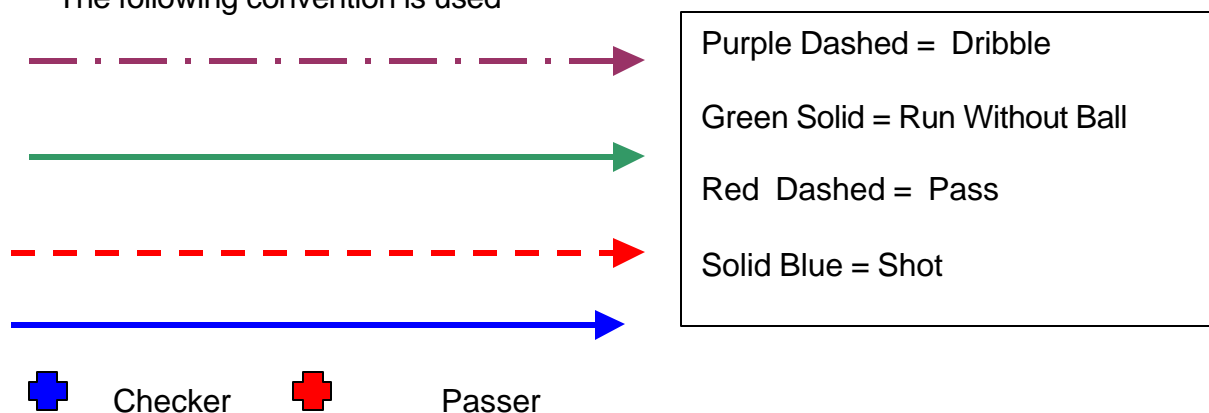


Shooting on the Turn and One Tough Defender

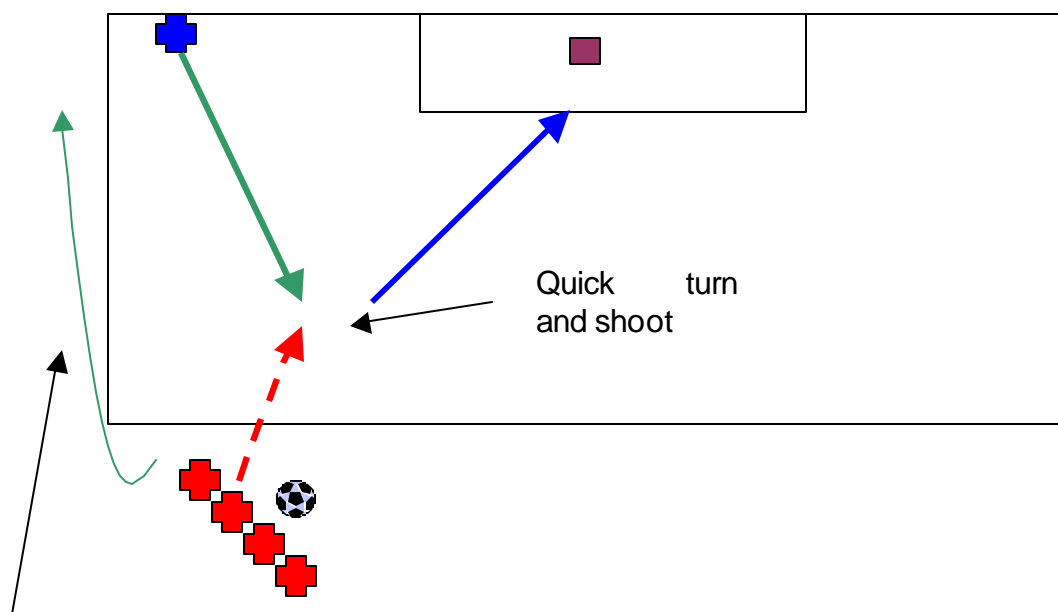
Being able to come back at a ball, and play back to goal, then turn, and then shoot is a series of skill/abilities that all good strikers require. This next series of notes is a conglomeration of ideas from several coaches on the soccer coach e-mail list, most notably Gary Rue.

Set up a 1v none plus GK in the penalty area. Initially play without defenders. Have another 5 players just outside the area with balls. The attacker checks to these players one at a time, calls for the ball, receives the pass, turns and goes 1 v 0 against the keeper

The following convention is used



Set up



Have the players rotate through each station. Once they start to get comfortable with the 'turn and shoot' then add a defender. You can even make this a

'passive' defender at first and then up it to an 'active' defender later. This allows you to progress from the general technical to more of a game-like situation.

The One Tough Defender

This is a 3v1+GK in the penalty area. Have plenty of balls to serve in from anywhere around the area. Since we want players coming back at the ball and either turning and shooting or laying the ball off we need to develop a restriction to enhance this aspect.

Make the restriction that prior to any shot someone has to make a run from the direction of the goal and receive a pass. That player can either turn or lay the ball off for a shot, but there must be a check back.

If a shot is taken and saved, or goes wide, then another checking run is required.

The defender works harder in this game because of the name. Every time they prevail we applaud them by saying ***"that's one tough defender"*** (and we mean it!)

Technical Thoughts

Here are a couple of technical thoughts for the "target" player who is about to receive or has just received the ball with his/her back to goal. There are several factors the target player must consider before turning, laying off, dribbling away or holding the ball?

- Position at reception time--is the player in an area where a shot is possible; does the player have room to maneuver (e.g., too close to touch line)?
- Body position at reception time--is the player side-on or square; what is the body position in relation to the passer, the pass, the defender, the goal? Is the player stationary or moving to the ball? This may determine what options are immediately available.
- Type of pass--high hard one, slow roller, to give two extremes; can the player play one touch or does s/he need to control the pass first?
- Location of the pass and reception technique--what can the player do with the ball on first touch; for instance a turn to the player's right may be difficult if the ball is on the left and the player is receiving with the right foot.

- Location and movement of supporting attackers--can the ball be immediately played as another attacker in a good position? Does the player have to hold the ball waiting for the attacker to complete the run or free up?
- Defensive pressure--this may be the most critical of all the decision parameters.
 - **no pressure or little pressure**--turn and go to goal, unless a layoff to a second attacker puts the ball in a better position or the pass would be difficult to quickly control; a shot after the turn is always an option at this point.
 - **controllable pressure**--this is defensive pressure where the player can easily control by shielding the defender away from the ball and turn; use the same options as if no pressure.
 - **uncontrolled pressure**--this is where player cannot turn easy and may not be able to maintain possession of the ball; the best option is an immediate layoff or drop to a second attacker and spin away from the pressure. If no support is available, then carry the ball into space (generally backwards or negative space).
 - **unknown pressure**--the player knows the pressure is close, but does not know from what angle it will come from. If at all possible, the player should "lock down" by backing up "into" the defender to hopefully control the pressure. Unknown pressure takes the turn away as a good option, because the defender will probably be able to quickly adjust position. Use the same options as the uncontrolled pressure.

Note, the second attackers play a key role. If they see the target player under heavy pressure, they need to make adequate runs. They can also communicate. The target player will then have to determine if the pressure is good to turn. Note, just like the decision to beat someone 1v1 only to run into more supporting defenders, a target player should not chance a questionable turn if there will be no immediate benefit, such as a shot on goal or dribble into space. So, not noted above, location of supporting defense is also a consideration.

To train this, 1v1 just outside the 18 with changing defensive pressure and supporting attackers and defenders can help a target player learn the decision points. Another useful game would be to identify a target player and target player defender for each team. Play on a fairly long field (based on team numbers) on two goals with GKs. All shots must come from balls played to (or through) to the

target player who cannot be offside (forcing the defender to always stay behind). The target player may layoff a ball, but the scoring opportunity must go through the target player somehow.