



## Year 7 Football: Lesson 3 – Shooting

### Big Question

How can we demonstrate the correct technique for shooting?

### Warm Up

Pulse raiser.

Run on the spot with high knees. 30 seconds.

Jumping Jacks. 30 seconds.

Repeat the above 3 times.

Dynamic stretches:

Lunges.

Toe touches.

### Dribbling - Revision

Use the slalom dribble drills from last lesson. You should practice these skills regularly so make them a part of each session.

1. Big to little toe. Right foot only.
2. Big to little toe. Left foot only.
3. Inside, outside. Use both feet to move around each cone.
4. Inside, outside, outside (double tap)
5. Sole drag, tap.

<https://www.youtube.com/watch?v=QuSJNer4pt8>



### Shooting

To win a game of football we need to be able to score, so shooting is vital. To complete the practices below you will need to find some open space such as a park and it is best to practice with a friend or a family member so that you are not having to collect the ball all of the time!

#### Activity 1 - technique

Use the video clip to work on your technique and power.

<https://www.youtube.com/watch?v=RE9IBLcf3NQ&t=64s>

For this practice set up a target using cones or an alternative. It works best if your partner is the other side of the target to collect your shot and shoot back through the target.



**Practice using your right and left foot.**

- Head down – eye on the ball.
- Plant non-striking foot alongside the ball.
- Strike the middle of the ball with the laces of your boot.
- Keep the knee of the kicking leg over the ball.
- Approach the ball slightly from the side.  
Follow through.

#### Activity 2 – Shooting scenarios.

Test your technique by creating shooting scenarios:

Set up some cones or obstacles to dribble around before having your shot.

Receive a pass. Control it and shoot as quickly as you can.

How fast can you complete the challenge? How many times can you hit the target?

#### Up the challenge.

1. Add in a goal keeper or defender that you have to beat.
2. Can you receive a pass and shoot in just two touches?
3. What about taking a shot with your first touch?

### Get inspired

What a beauty! Have a look at some of these amazing strikes. Steven Gerrard has a kick about with the F2 freestylers.

<https://www.youtube.com/watch?v=pCzE8ejuvW8>

