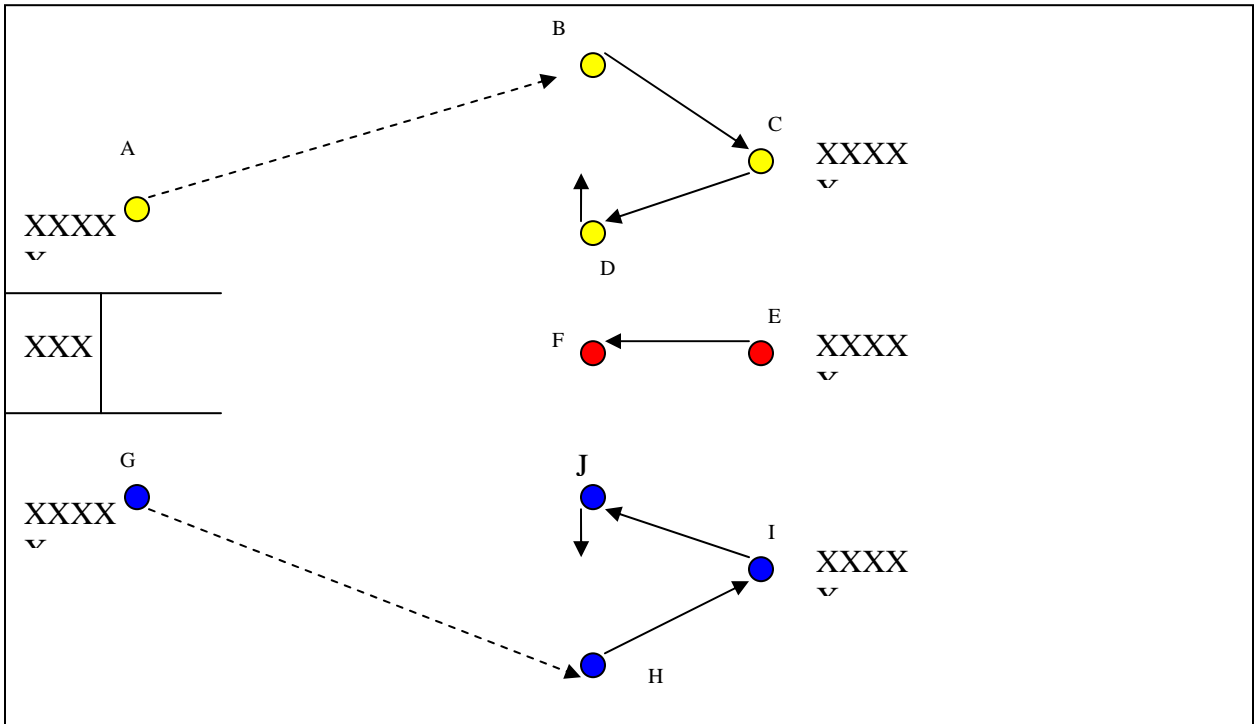


# Kicking For Scores



**DRILL 1 & 2**



**Drill 1**

1. Group of players at A,
2. Player at B,
3. Group of players at C,
4. Player at D.

(Similar at G, H, I, J.)

Foot pass from A to B (A follows the pass), player at B receives, turns and hand-passes to player at C and B follows pass to position of C. Player at C receives ball from B and who then hand passes to player at D. C then runs and takes return from D and shoots. Player then goes to back of group at A. Player at D remains until changed by coach.

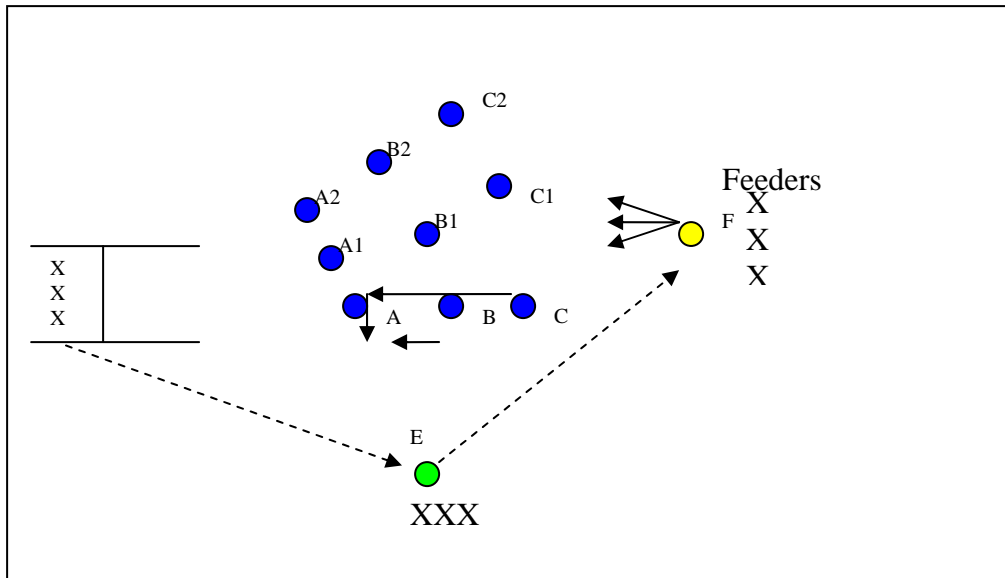
**Drill 2**

Stationery player at F. Players at E give hand pass to player at F and receive ball back and shoots for goal. Players behind goals retrieve ball and solo to back of group E.

**DRILL 3**

(Adapted from Kicking for Scores – Seamus Meehan)

## Kicking for Scores – Seamus Meehan



Groups of 3. Group behind goals to retrieve footballs, who feed to group at E, who then feed to group at F.

Group F feed players at Position C

Player at C, first passes over player at B to player at A, player at B turns, runs at pace, receive ball from player at a and shoots.

Players behind goal retrieve ball and pass out to players at E. E passes ball to feeders at F who keep feeding groups who are shooting.

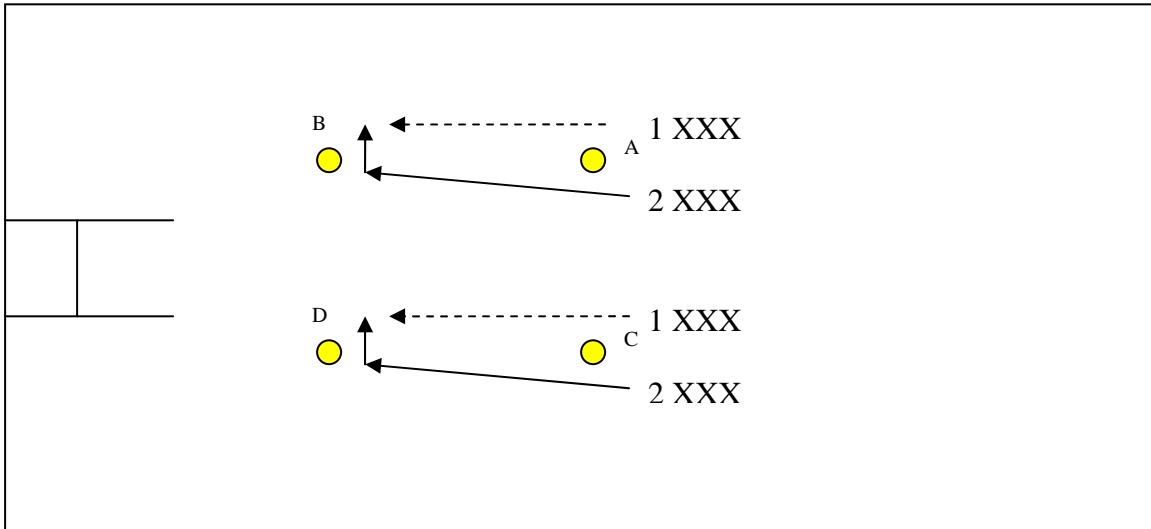
(Don't forget to rotate the groups!)

Every time a group moves on change positions at cones so that the same player is not shooting all the time.



**DRILL 5**

(Adapted from Kicking for Scores – Seamus Meehan)



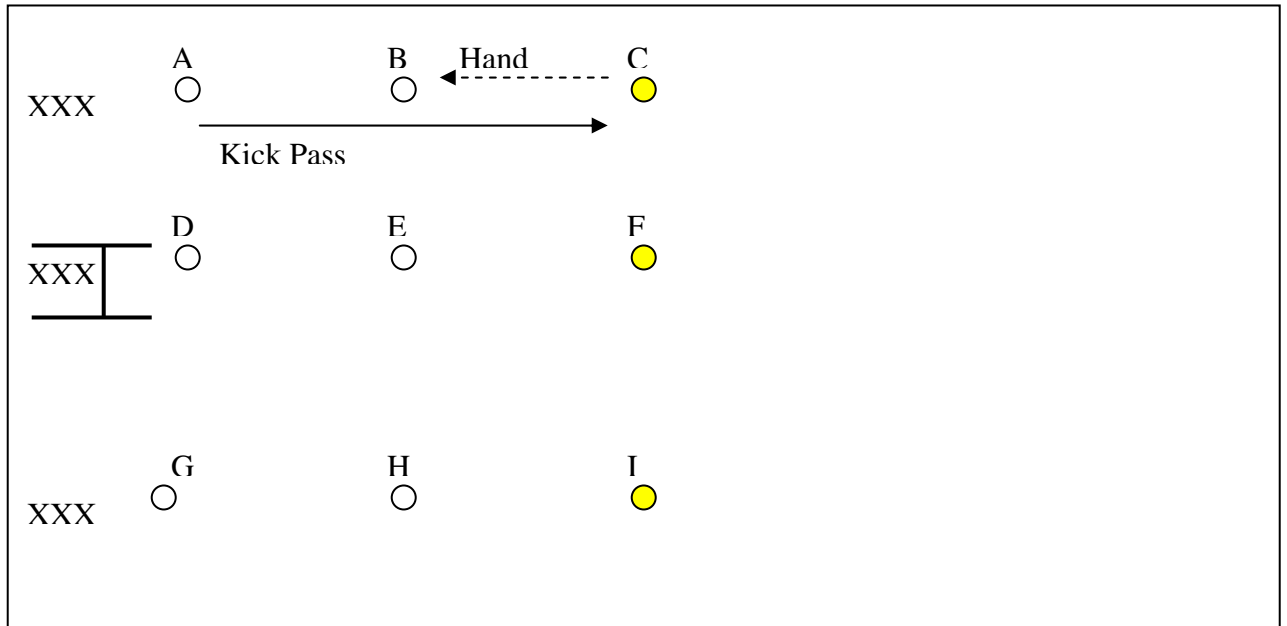
1. Groups of pairs at cones A & C. Stationery players at B & D. Player 2 feeds ball to player at Cone B. Players 1 & 2 move forward. Player at cone B feeds ball to player 1. Player 2 becomes defender (passive). Emphasis on weak foot and position forward gets into for a shot.

2. Move cones B & D further out. Repeat as above only defender becomes semi passive.

3. Repeat same drill again only defenders allowed full contact.

**DRILL 6**

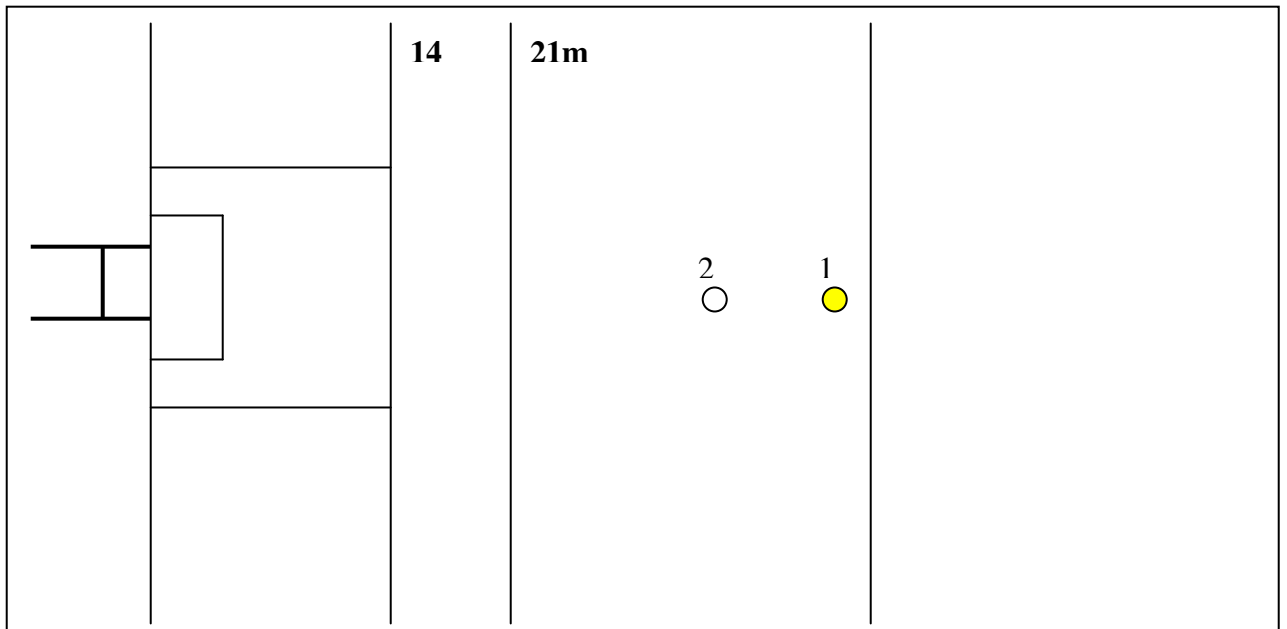
(Adapted from Kicking for Scores – Seamus Meehan)



1. Groups of players at A, D, G. Stationery players at C, F, I.
2. Players from A, D, G kick pass to stationery player at C, F, I. Player sprints to cones at B, E, or H, they receive hand pass from stationery players and turn either left or right and shoot.
3. PROGRESSION: Groups of 2 at cones A, D, G, (one attacker/one defender). Attacking player hits foot pass to stationery player, attacking player sprints to cones and receives return pass, with the defender following. As attacker tries to shoot defender attempts to block.

**DRILL 7**

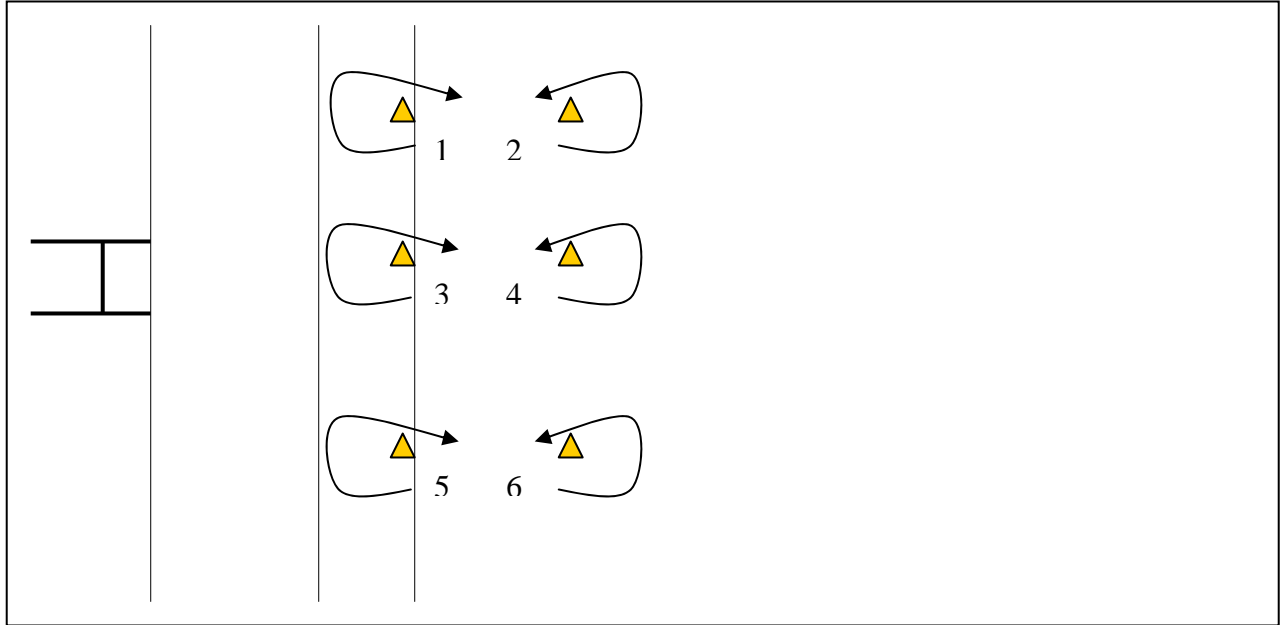
(Adapted from Kicking for Scores – Seamus Meehan)



Working in pairs. Player 1 first passes ball to player 2 who is the forward. Player 2 turns and heads for the goals to shoot, while player 1 chases as a defender.

**DRILL 8**

(Adapted from Kicking for Scores – Seamus Meehan)



Player 1 & 2 in position between cones. Player 1 is defender and player 2 is the attacker. On whistle player 1 spins round cone as shown above.

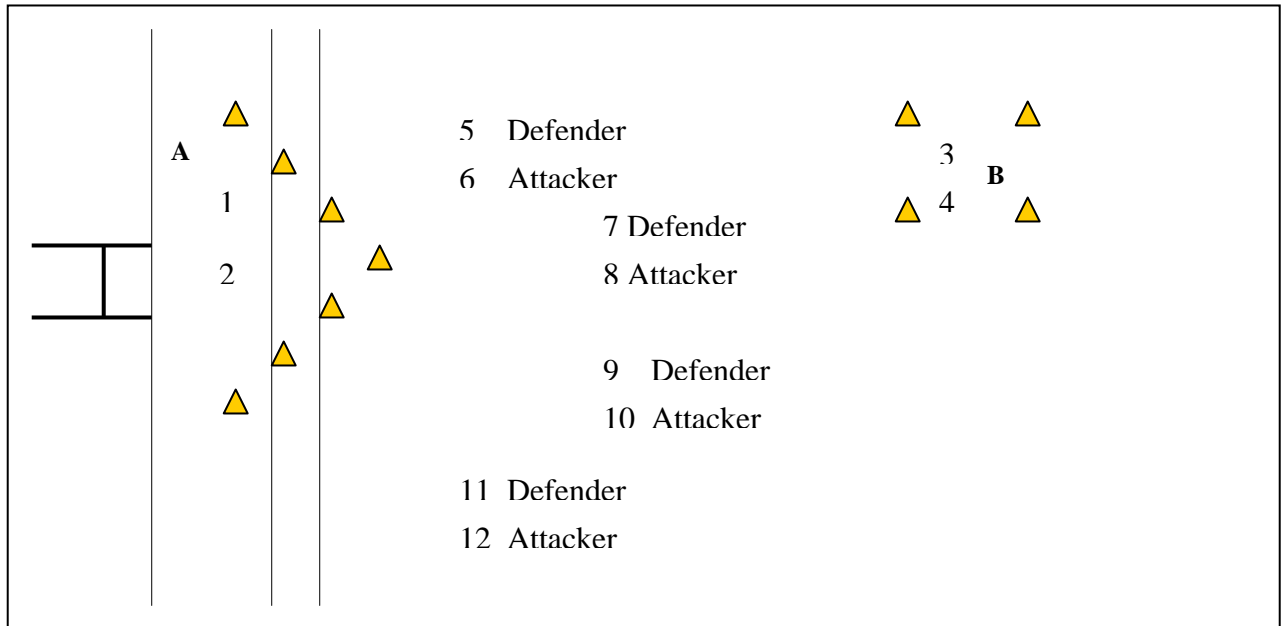
Player 2 sprints around cone as shown above. Player 2 shoots for score while player 1 defends.

Repeat for other players marked 3,4,5,6.



**GAME 1**

(Adapted from Kicking for Scores – Seamus Meehan)



Zone A marked around goals as shown. No body allowed in Zone A except players 1 and 2.

Area B on 45m line for players 3 and 4 who both have footballs.

Game starts with player 3 **or** 4 hitting long ball to either player 1 or 2 in Zone A.

Player who receives pass must pass it back out to one of the attackers numbered 6, 8, 10, 12.

As a combined unit the forwards now must attempt to score and the defenders must try to prevent the forwards from scoring.