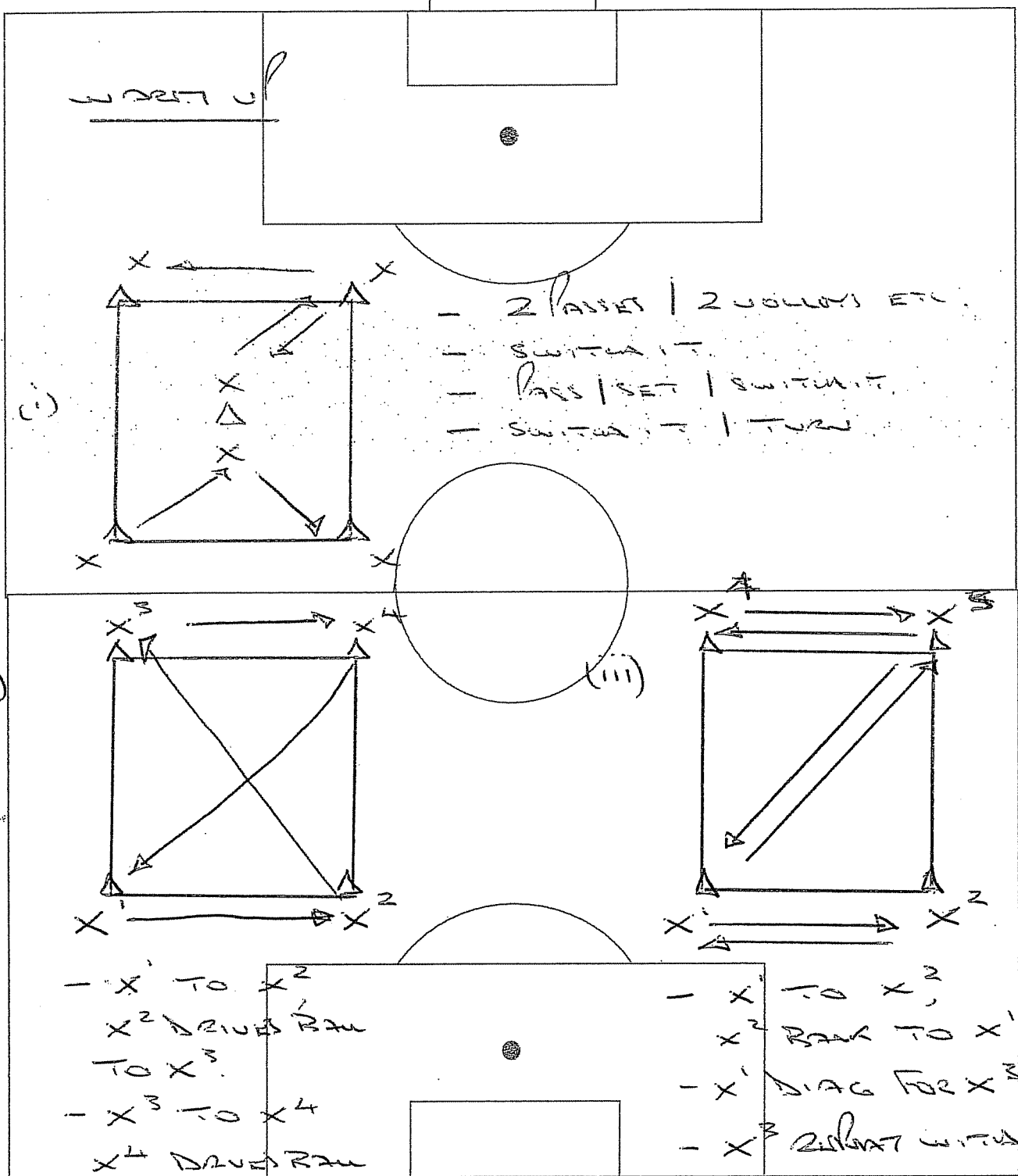


1

NORFOLK FOOTBALL

COACHES ASSOCIATION



(i)

- 2 PASSES / 2 GOALS ETC.
- SWITCH IT.
- PASS / SET / SWITCH IT.
- SWITCH IT / TURN

(ii)

(iii)

- X¹ TO X²
- X² DRIVES BALL TO X³.
- X³ TO X⁴
- X⁴ DRIVES BALL TO X¹.

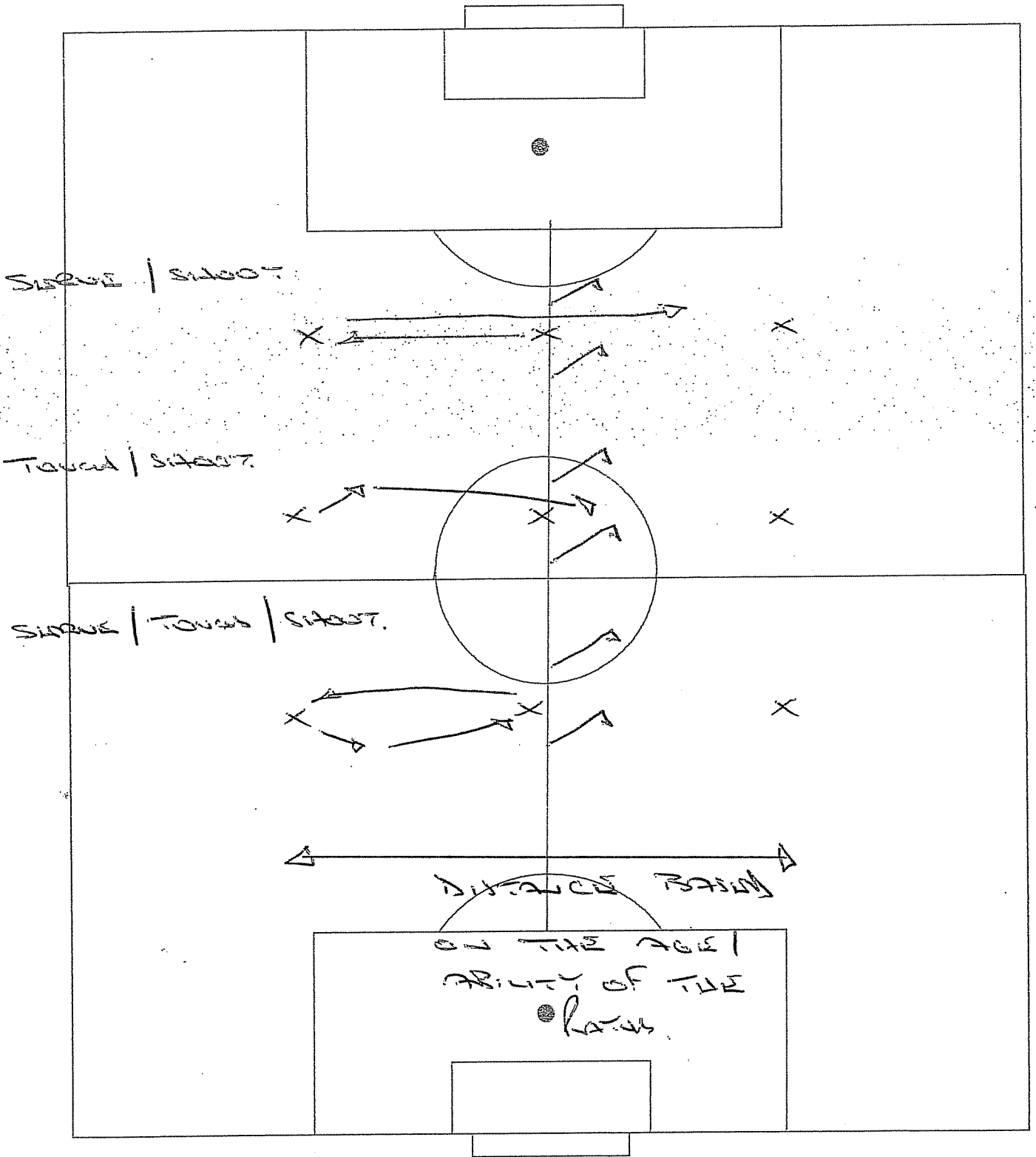
- X¹ TO X²
- X² BACK TO X¹
- X¹ DIAG FOR X³
- X³ REPEAT WITH X⁴

- THEN ROTATE IN OPPOSITE DIRECTION.

- THEN ROTATE IN OPPOSITE DIRECTION.

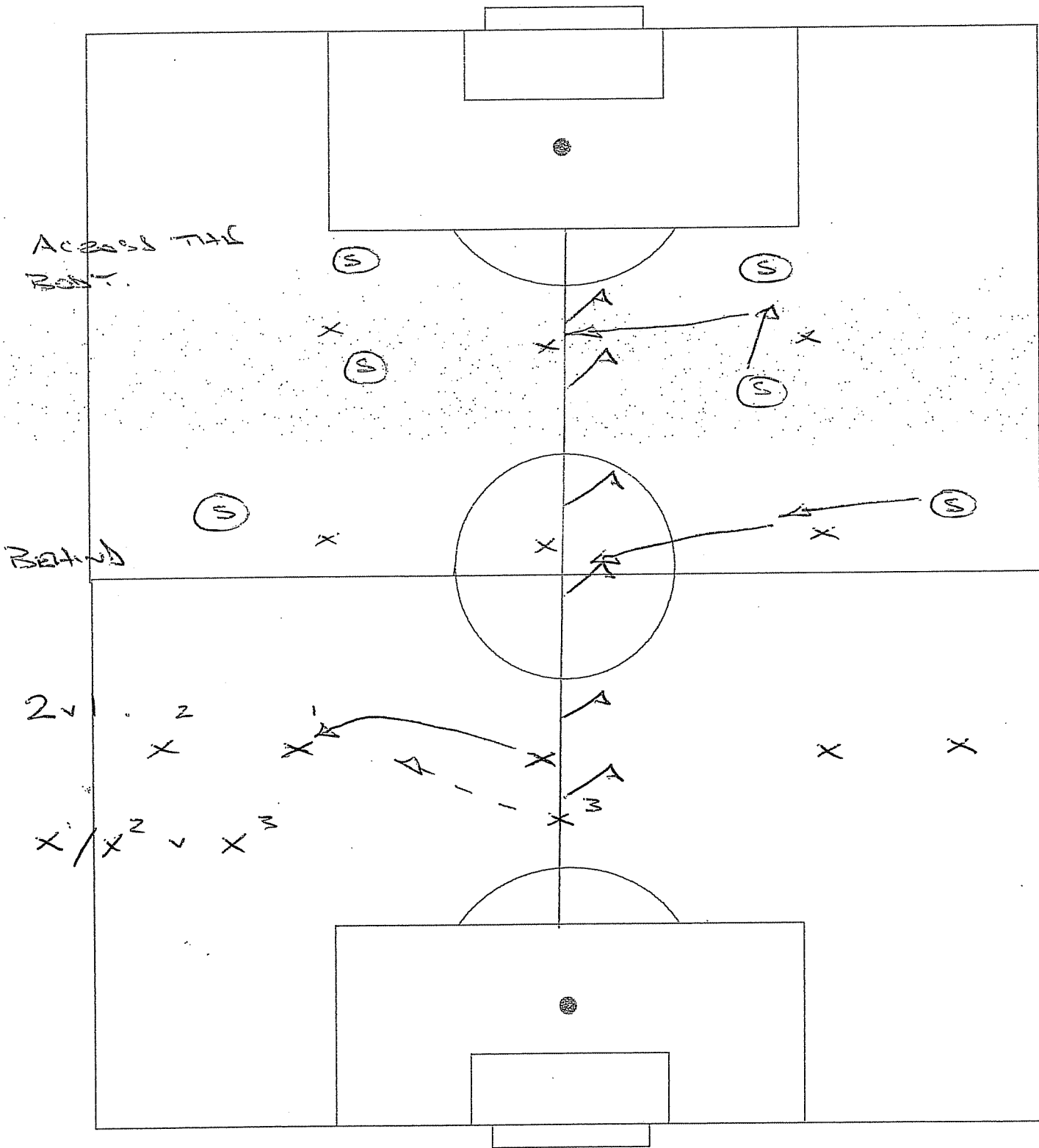
2

SHOOTING TECHNIQUES



LARGE GROUPS CAN
WORK WITH LIMITED
EQUIPMENT.

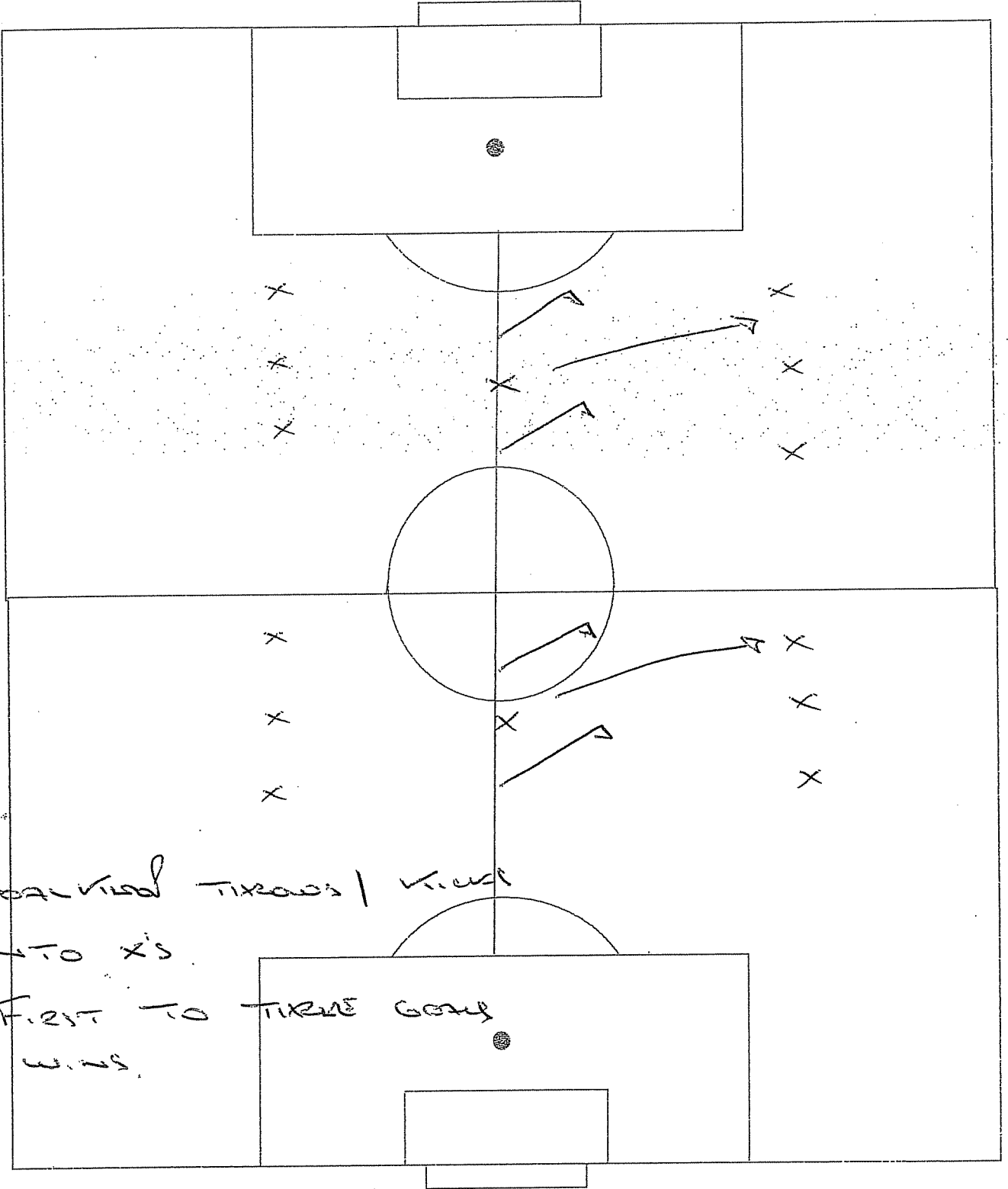
3



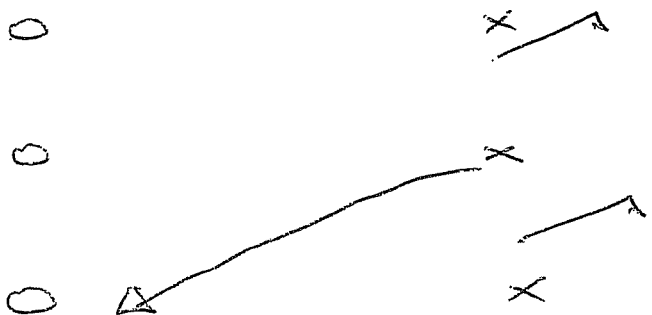
FLOOR | BOUNCING | IN THE AIR

4

Cup Finals



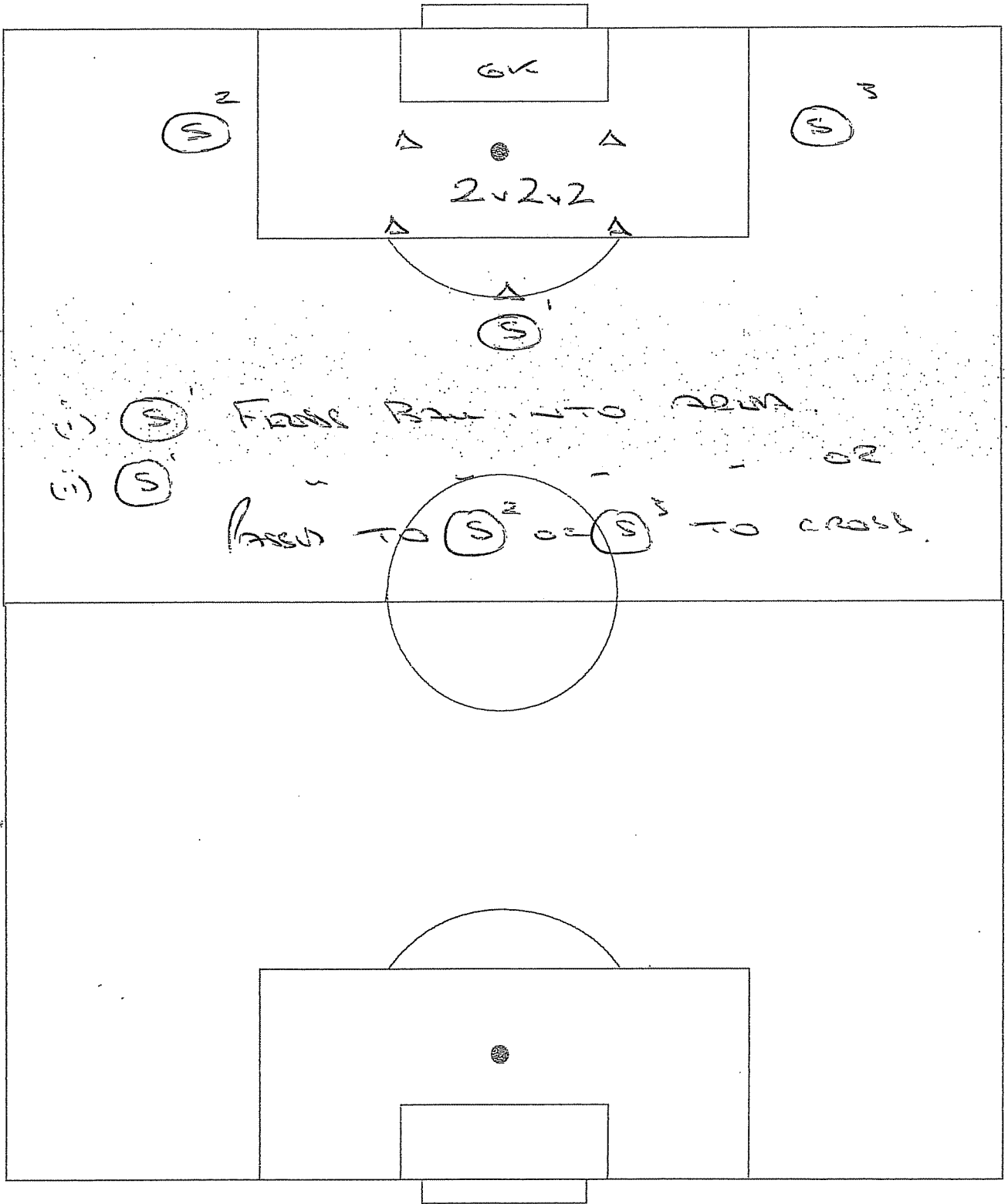
- Goalkeeper throws / kicks into X's
- First to THREE GOALS WINS.



3-2

10

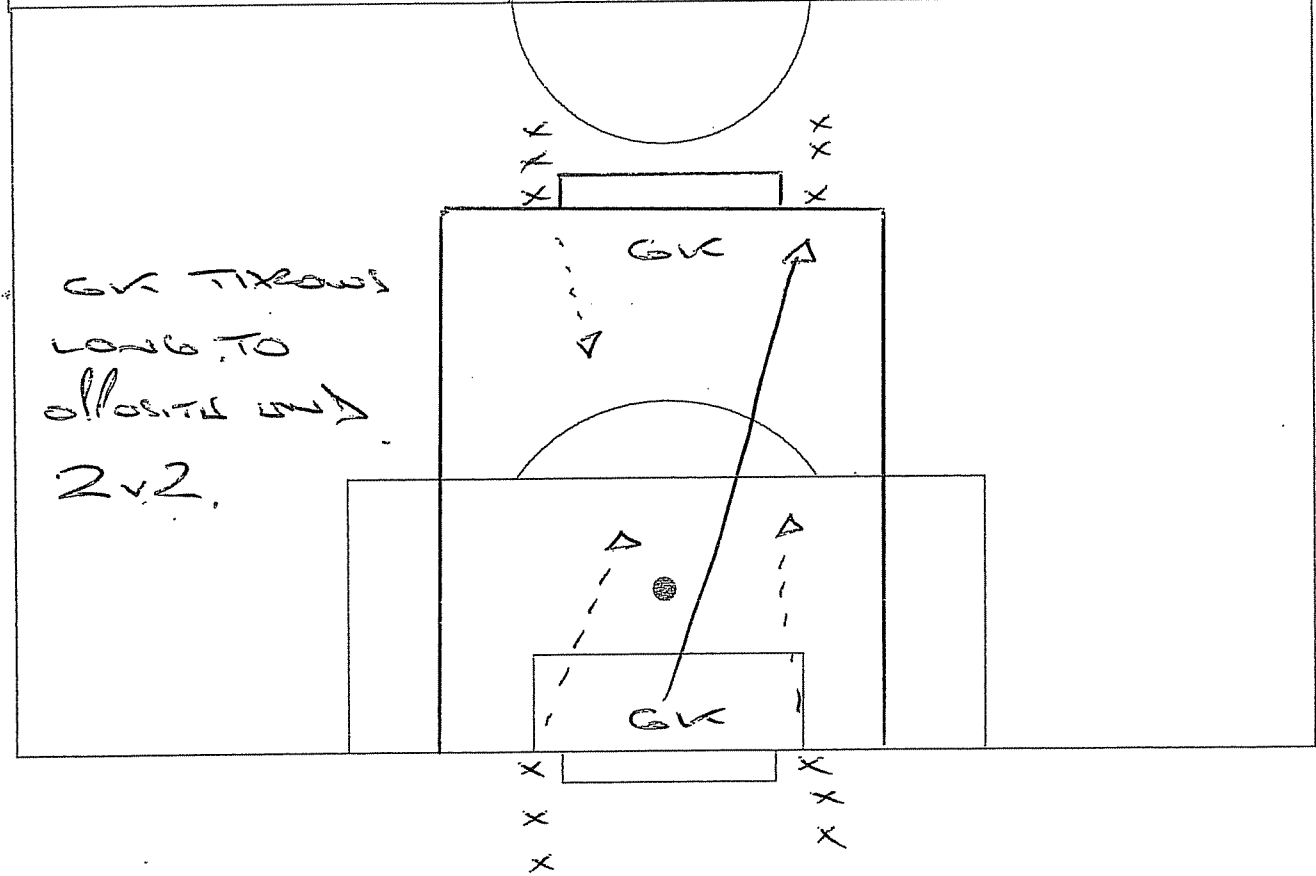
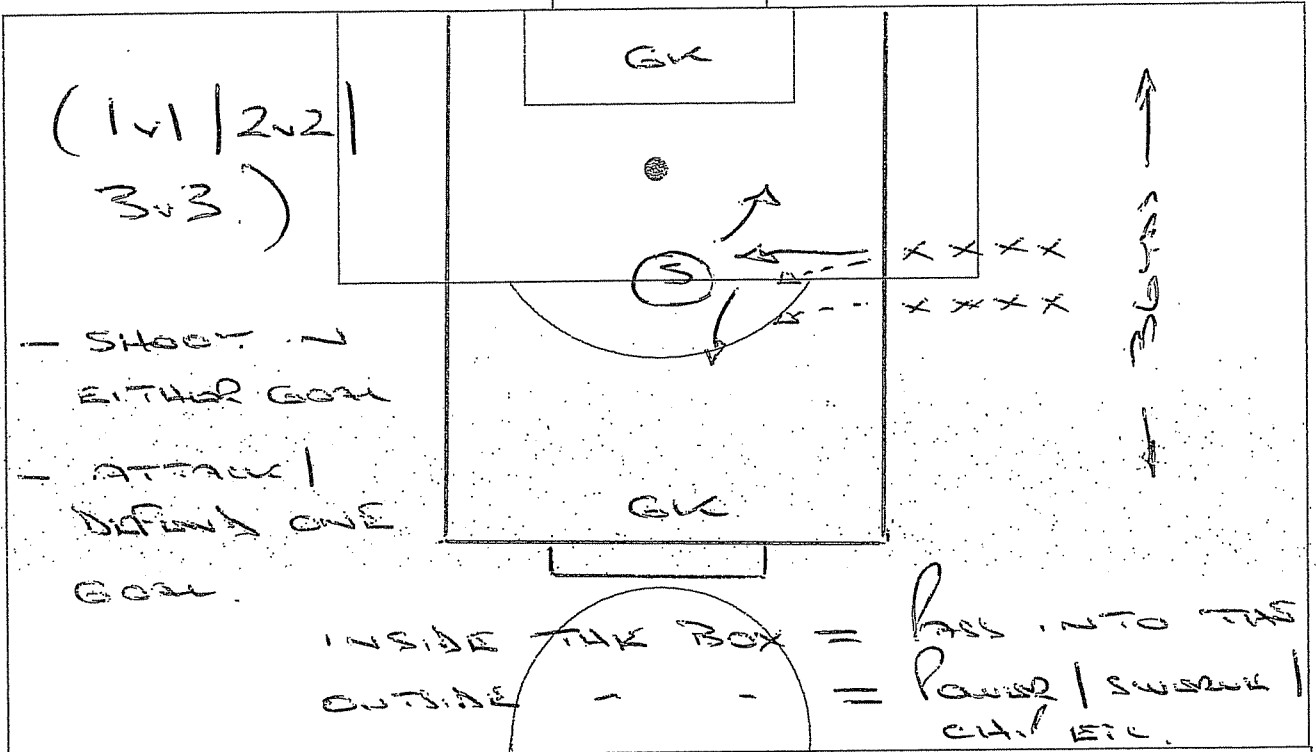
QUICK SHOOTING



6

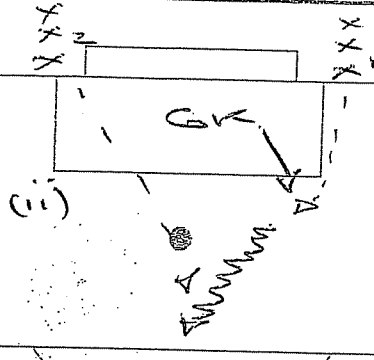
SHOOTING SKILLS

← 25m →

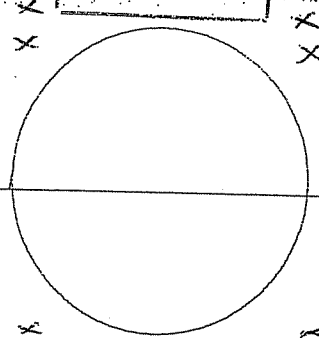
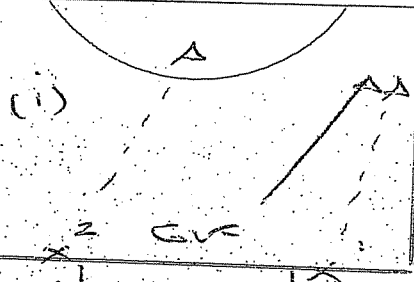


SHOOTING SKILLS

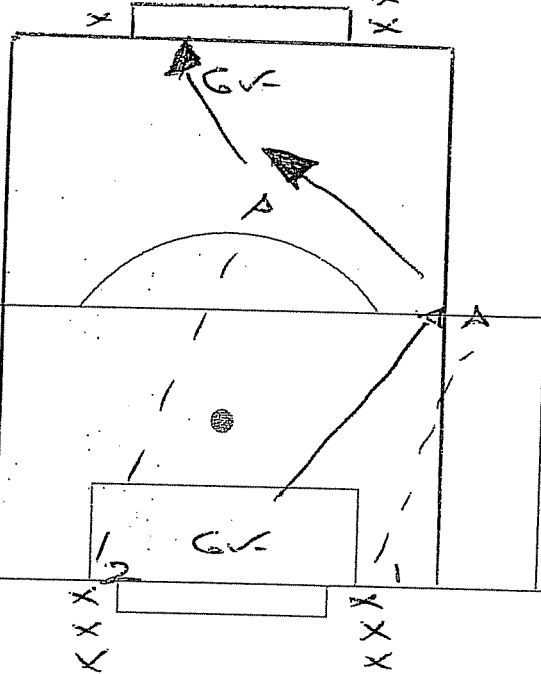
(i) GK THROWS TO X¹ WHO SHOOT, X² REBOUND



(ii) GK THROWS TO X¹ WHO RUNS WITH THE BALL, X² FORWARDS, X¹ STOP THE BALL FOR X² TO SHOOT



(i) GK THROWS WIDE FOR X¹ X¹ CUTS BACK BACK / ACROSS FOR X² TO FINISH



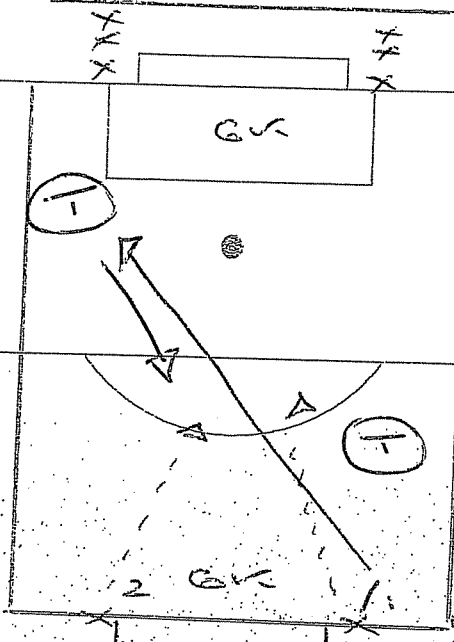
10

SHOOTING SKILLS

(i)

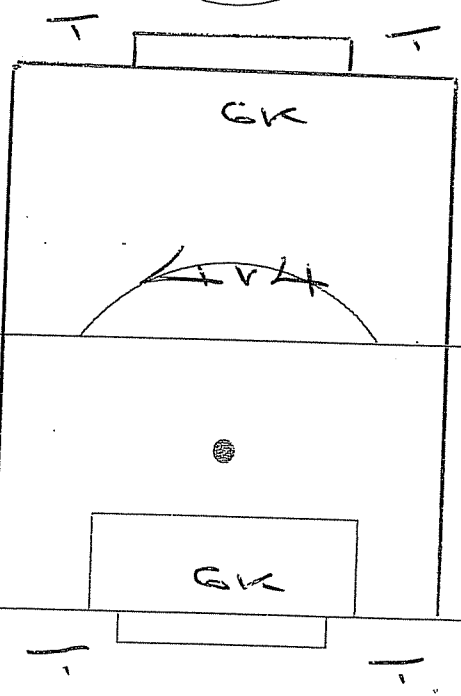
X' Diagonal Pass to (1)

(1) KICKS Ball Down For X² / X³ to Finish.



(ii)

GK throws into touch. MUST HAVE ONE PASS INTO T BEFORE SHOOTING

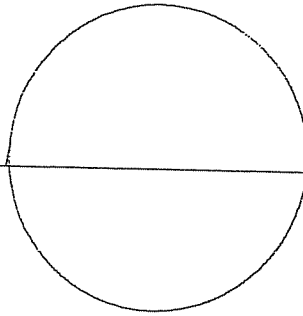
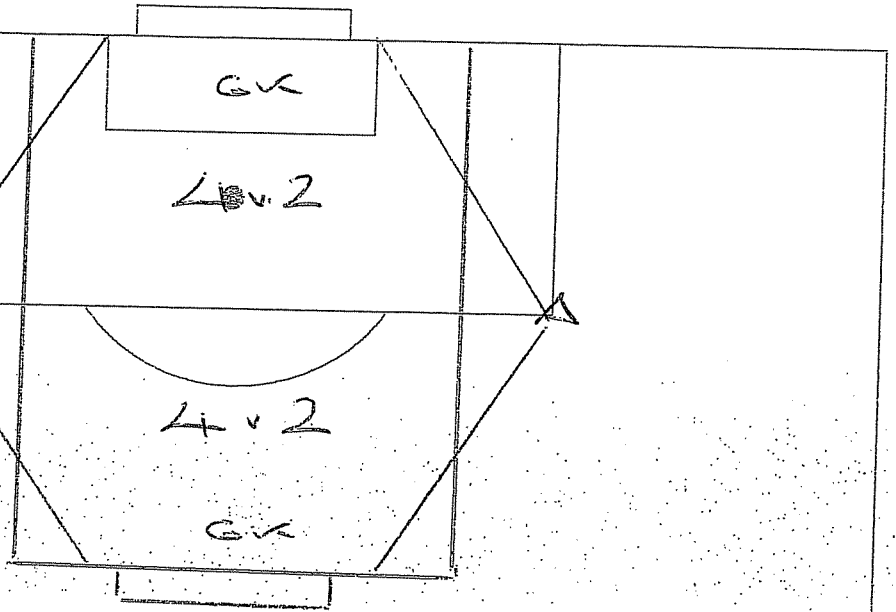


9

SHOOTING SKILLS

(i) GK THROWS INTO 4.

(ii) GK THROWS IN FRONT
2



(i) GK THROWS INTO 4.

(ii) TS JUST CROSS BAR
HEIGHT.

