

# Netbusters

This session aims to improve the attitude to shooting at goal by concentrating on having a good first touch or by combining with team mates in order to create space for a shot.



### What you tell your players the session is about

1. Shooting with power
2. Scoring goals from outside the box
3. Combining with team mates to create opportunities to shoot at goal

### Session planner

Warm up 10 mins	Session 15 mins	Developments 15 mins	Game 15 mins	Warm down 5 mins
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Activity	Kit	Outcome
Warm up	Bib and cone reaction	Players move and react quickly to race to the cone/bib
The session	Balls, cones, two goals	Receiving to shoot at goal
Development	Balls, cones, two goals	Combining to shoot at goal
Game	Balls, cones, two goals	Players attempt more shots in order to gain the reward of extra points/goals for the team
Warm down	n/a	Gentle jogging and stretching exercises



### Where it fits

Individual skills: Shooting, receiving the ball, first touch, passing, moving, dribbling, skills

Team skills: Communication, movement to receive, combination play

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- 79 [Power shooting](#)



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### What to think about

- A good first touch will set you up to shoot at goal correctly.
- Can you disguise to shoot and then take the ball past the defender to shoot in more space?
- Can you combine with a team mate by using a one-two or overlapping technique?





## Set-up

Use an area 50 yards long by 30 yards wide that is split into two end zones, each 15 yards in length and one central zone 20 yards in length.

The game situation is played on a pitch 40 yards long by 30 yards wide.



## What you get your players to do

The black player passes to the attacking white player. The attacker receives the pass and has one touch to shift the ball out of their feet and then shoot at goal.

The player is able to move anywhere they like inside the central zone before calling to receive a pass.

Immediately, after the shot, a white player at the side passes to a black player in the centre.



## What to call out

- “Concentrate on your first touch”
- “Get your shots off early”
- “Hit the target”



## Development

Both teams play inside the central zone with one player being neutral and playing for whichever team has possession of the ball.

The objective is to use the neutral player to create an overload situation where you can free a player on your team to shoot at goal.

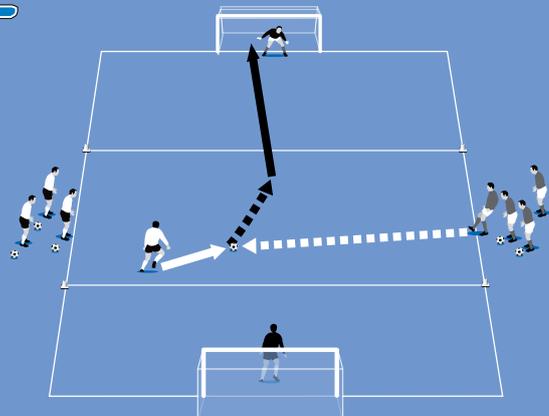


## Game situation

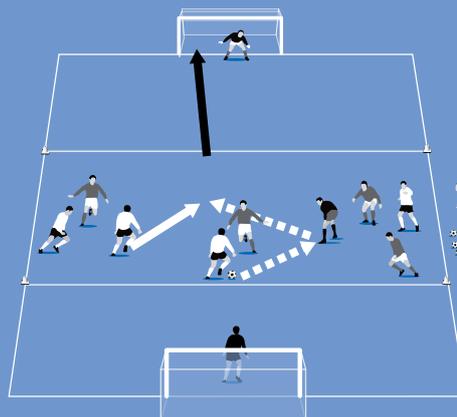
Play a small-sided game with normal rules. However, to encourage players to attempt shots at goal you can award one point for each shot on target and two points for each goal scored. That way, each shot that is accurate and on target is rewarded.

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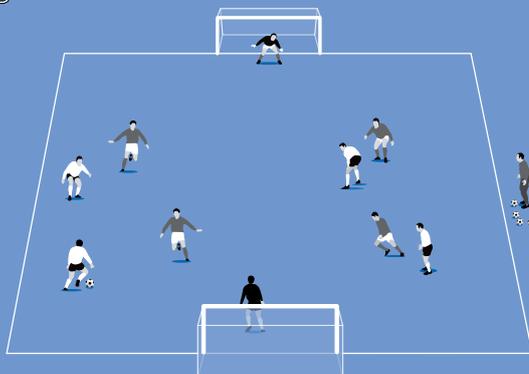
player movement  $\Rightarrow$  pass/serve  $\square\square\square\Rightarrow$   
 run with ball  $\dashrightarrow$  shot  $\rightarrow$



A black player passes to a white player who takes a touch and then shoots at goal.



Each team uses the neutral player to create an overload and shoot at goal.



To encourage shooting in a small-sided game, one point is awarded for shots on target and two points for a goal.