



Shooting



The International Coaches Association
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Shooting Drills and Games















Select from a large variety of Shooting drills and games to custom design your own practice sessions. There are fun and challenging practices for every age and skill level.

Advanced














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-  Four Goal Shooting Drill - With Goalkeepers
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-  Chase Me
-  Pass, Follow, Shoot
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Fundamental

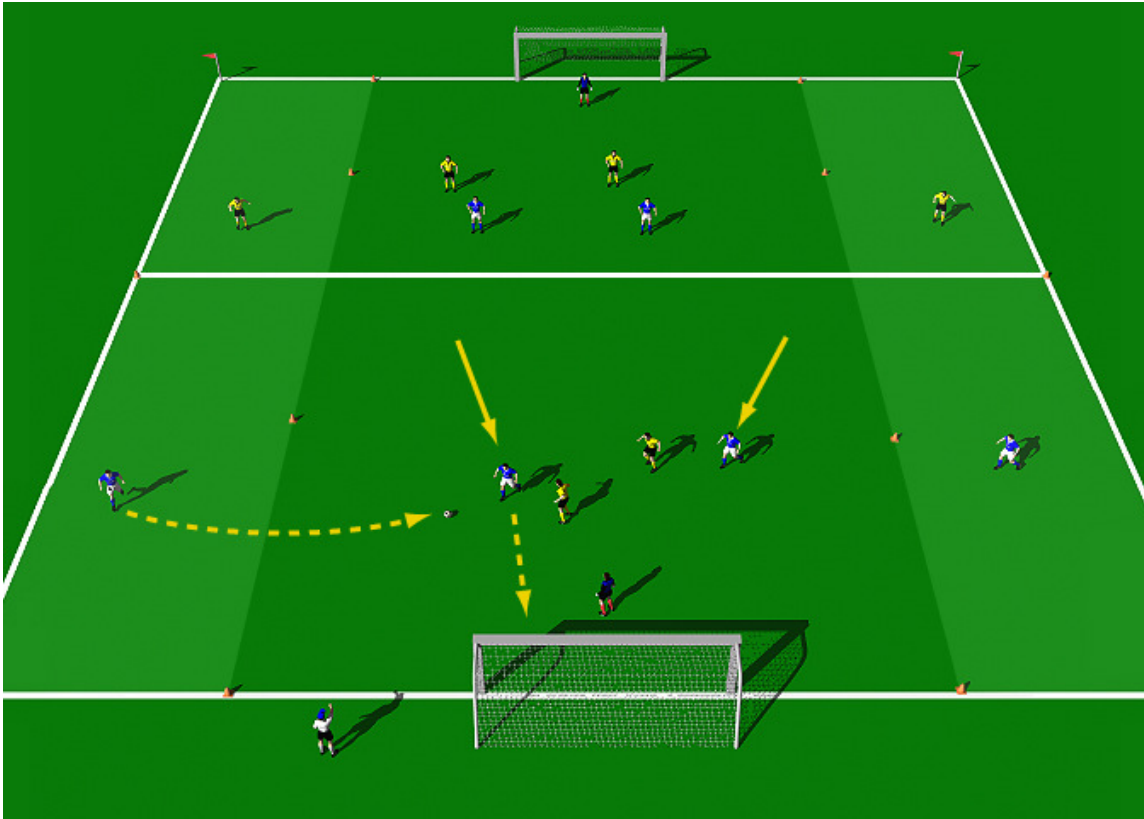
-  Shooting Basics I
-  Shooting Mechanics II
-  Keeping the Shot Low
-  Shooting Both Sides
-  Shooting 1 v 1 Goalkeeper in the Middle
-  Small Group Shooting Relay
-  Give, Go and Shoot
-  World Cup Shooting Game
-  Shooting 1 v 1 Knock Out
-  Dribble and Shoot
-  Survivor
-  Turn and Shoot
-  The Shooting Race



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Advanced Shooting

Chelsea Attacking Game



Exercise Objectives:

This is a great practice that incorporates passing and support, crossing, shooting and goalkeeping.

Field Preparation

12 Players (plus 2 Goalkeepers), 2 Full Size Goals with Goalkeepers, 40 x 40 Yards, Cones or Flag poles, Supply of Balls.

Coaching Pointers:

Players are divided into two team of six. Two wide zones are marked out as in the diagram above. The center zone is slit into half's. In the teams attacking zone, place 2 wide players. in the central zones play 2 v 2. All players are restricted to their zones. Wide men cannot chase or tackle each other. They must stay in their half. The goalkeeper starts the practice by distributing the ball to one of his wide attackers in the attacking half. The winger controls the ball as quickly as possible and delivers a cross for his two attacking players. Progress to allowing the opposite wide player to get into the box on the back post to make it a 3 v 2 attacking situation.

Focus On:

- Quality out swinging crosses.
- Attacking front and back post.
- Depth in the attacking shape.
- Decisive ground and aerial finishing.

Argentina Crossing and Shooting Drill



Exercise Objectives:

This is a great practice that incorporates crossing, shooting and goalkeeper.

Field Preparation

Entire Group, 2 Full Size Goals with Goalkeepers, Area 40 yards x 40 Yards, Cones or Flag poles, Supply of Balls, Colored Bibs

Coaching Pointers:

Servers alternate delivering crosses into the penalty area for the 2 attacking strikers. Servers should aim for the "second 6 yard box". The 2 striker start at the two cones on top of the "second 6 yard box" once they enter the box they must cross over, attacking front and back post. After the attack has ended they must leave the "second 6 yard box" and re enter for the second cross delivered from the opposite wing. After strikers have 2 attacks the join the group outside the box. An attacker runs forward and takes a shot. Two more attackers now move up to the "second 6 yard box" and the drill is repeated. The goalkeeper has to deal with the cross then quickly adjust his position to save the shot at goal.

Focus On:

- Quality out swinging crosses.
- Decisive ground and aerial finishing
- Goalkeepers on crosses and shot stopping.

Holland Crossing and Finishing Drill



Exercise Objectives:

This is a great practice that incorporates passing and support, crossing, shooting and goalkeeping.

Field Preparation

Entire Group, Full Size Goal with Goalkeeper, Half Field, Cones or Flag poles, Supply of Balls.

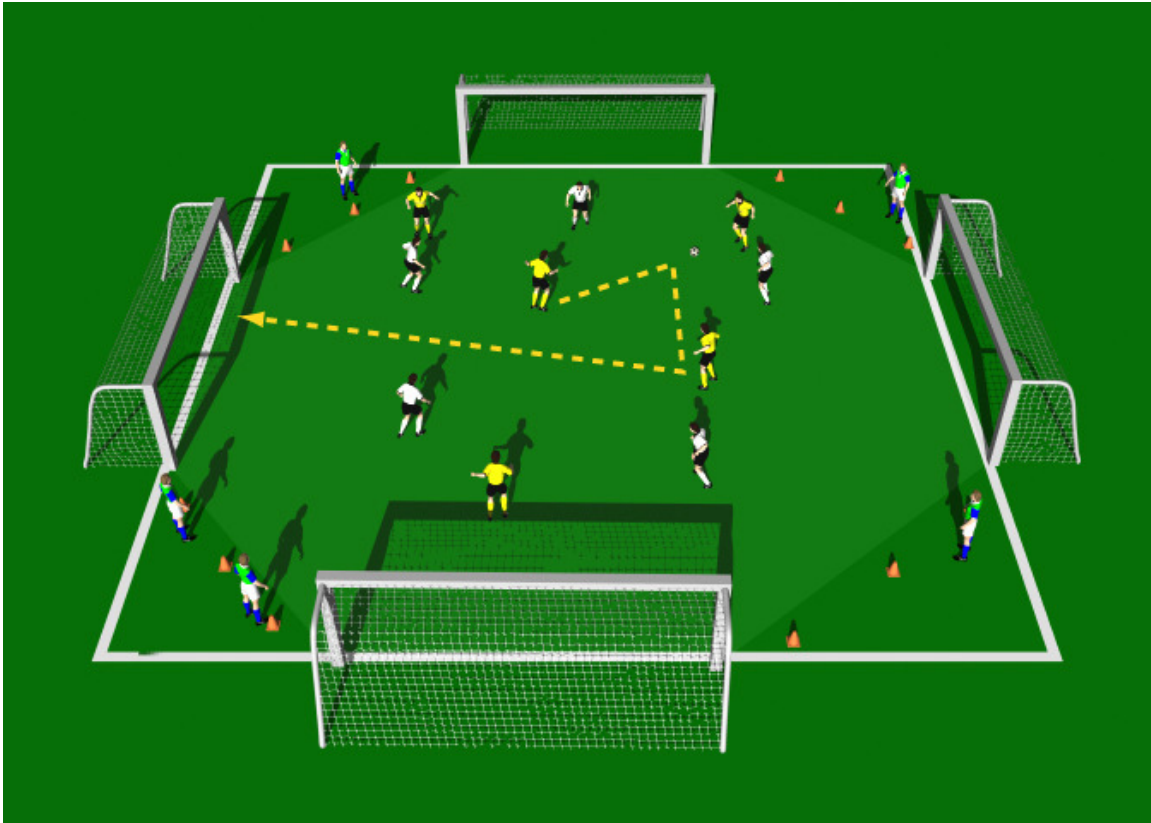
Coaching Pointers:

Players are divided into four groups. Position players as in the diagram above. The practice starts when player "1" passes to player "2" and times a run to attack the penalty area. Player "2" passes to player "3" and turns to attack the penalty area. Player "3" passes out wide to player "4" (third man running) and follows to attack the penalty area. Player "4" attacks the flank and delivers the ball for players 1, 2 and 3". After the attack the players jog back and the practice is repeated by the next 4 players.

Focus On:

- Quality out swinging crosses.
- Attacking front and back post.
- Depth in the attacking shape.
- Decisive ground and aerial finishing.
- Goalkeepers on crosses and shot stopping.

Four Goal Shooting Drill - One Touch Finish



Exercise Objectives:

The Four Goal "One Touch" Shooting drill is a great finishing exercise which players thoroughly enjoy. Besides from quick finishing, there are many components you can emphasize during this practice such as; high pressure defending, man for man marking, quality passing techniques, small group possession and much more.

Field Preparation

2 even groups of 4, 5 or 6 players, Area 30 yards x 30 yards, Cones, Supply of balls.

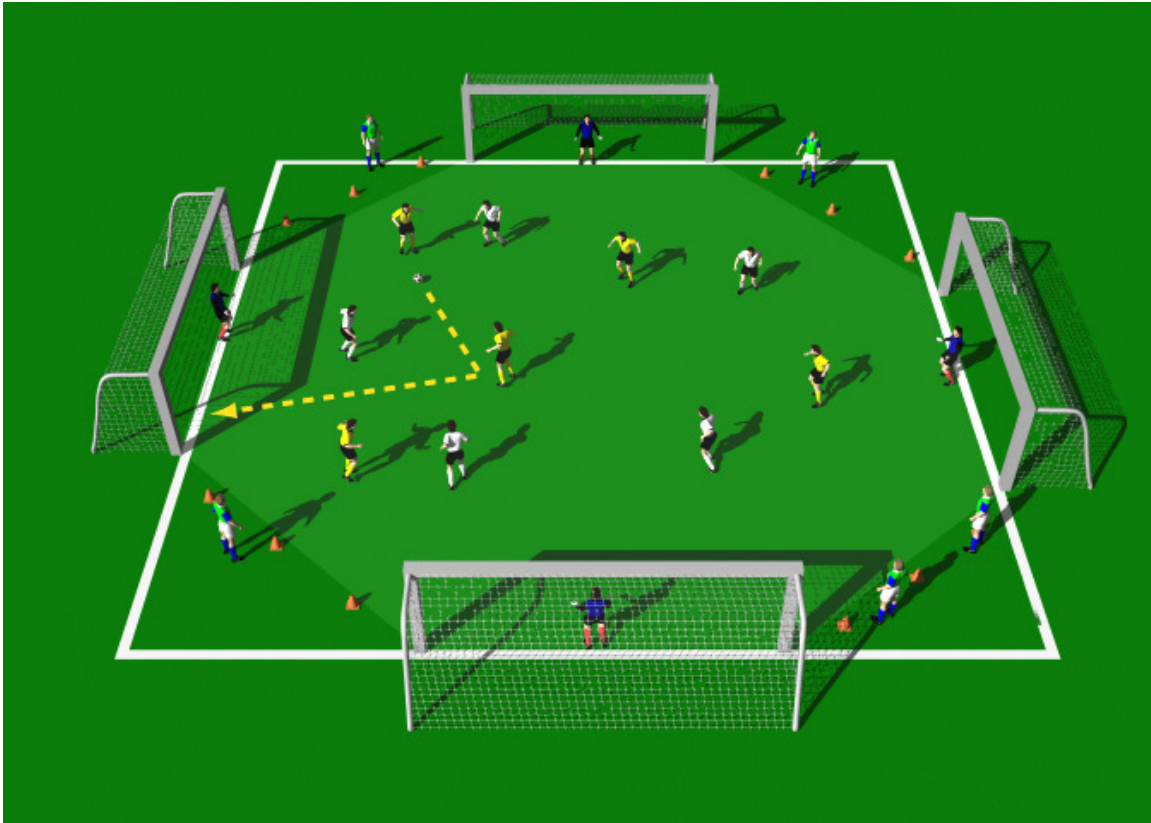
Coaching Pointers:

Divide your players into three even teams of 4, 5 or 6 players. Identify team by using different colored bibs. Organize your playing area as shown in the diagram above. Two teams play while one team rests. The object of the game is to score a goal using "one touch". The play is free play but a goal must be struck "first time" and must be all net (ball may not cross goal line on the ground). When a goal is scored, the winner stays on and the losing team swaps with the resting team. First team to get three straight victories wins!

Variations

- Two Touch Play
- Use Two Balls

Four Goal Shooting Drill - with Goalkeepers



Exercise Objectives:

This is a progression from the "One Touch Shooting Drill". It is a great finishing exercise which players thoroughly enjoy. Besides from quick finishing, there are many components you can emphasize during this practice such as; high pressure defending, man for man marking, quality passing techniques, small group possession and much more.

Field Preparation

4 Goalkeepers, 2 Even groups of 4, 5 or 6 players, Area 30 yards x 30 yards, Cones, Supply of balls.

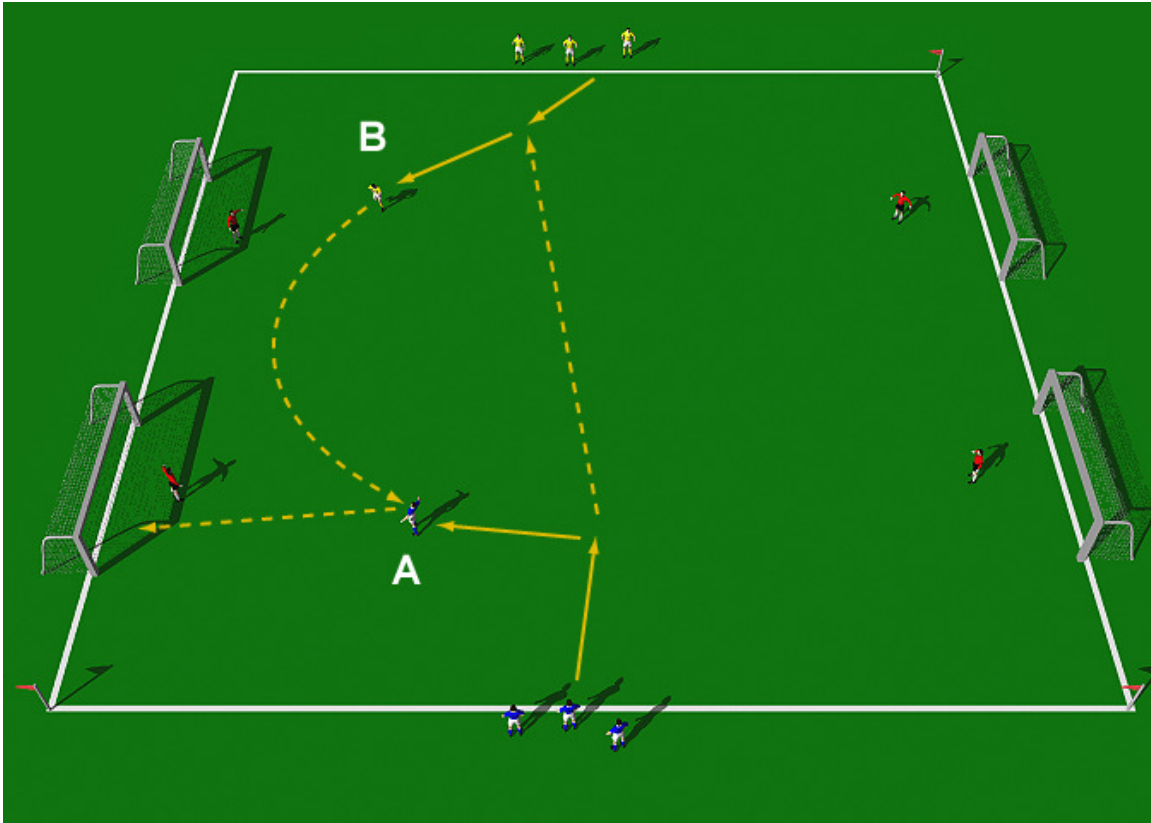
Coaching Pointers:

This is a progression from the "One Touch Shooting Drill". Divide your players into three even teams of 4, 5 or 6 players. Identify team by using different colored bibs. Position a goalkeeper in each goal. Organize your playing area as shown in the diagram above. Two teams play while one team rests. The object of the game is to score a goal using "one touch". The play is free play but a goal must be struck "first time". If the goalkeeper makes a save they must throw the ball out to the opposite team. When a goal is scored, the winner stays on and the losing team swaps with the resting team. First team to get three straight victories wins!

Variations

- Two Touch Play
- Use Two Balls

Shooting at Four Goals



Exercise Objectives:

This is a great practice to develop finishing, crossing and goalkeeping. If you don't have four goals use corner flags as goals.

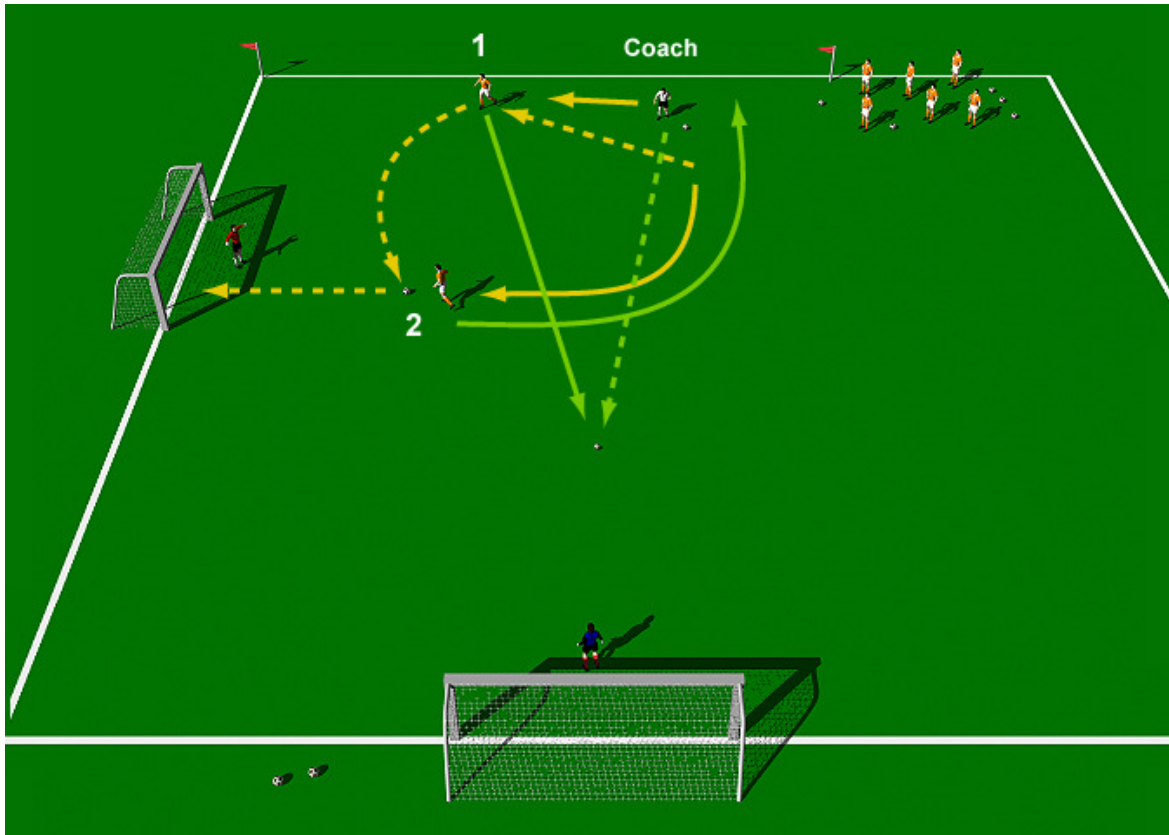
Field Preparation

- 4 Goalkeepers
- 2 Even groups of 4, 5 or 6 players.
- Area 40 yards x 40 yards
- Cones
- Supply of balls

Coaching Pointers:

In an area approximately 40 yards by 40 yards place four goals as in the diagram above. Divide your team into two groups. Player 'A' makes a driven pass to player 'B'. Player 'B' controls the ball and delivers a cross for player 'A'. Player 'A' can finish to the goal on his right or left. The drill is then repeated from the opposite side.

Barcelona Cross and Shooting Drill



Exercise Objectives:

This is a great practice that incorporates crossing, shooting and goalkeeper.

Field Preparation

- Entire Group
- 2 Full Size Goals with Goalkeepers
- Area 40 yards x 40 Yards
- Cones or Flag poles
- Supply of Balls
- Colored Bibs

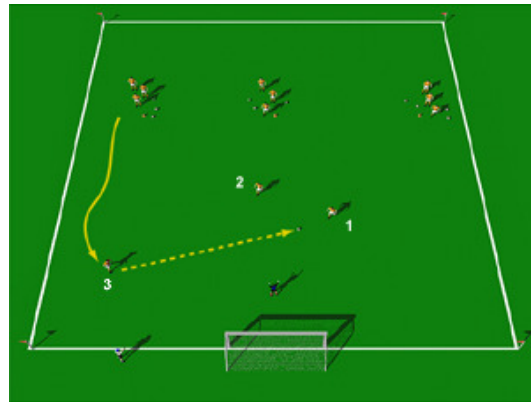
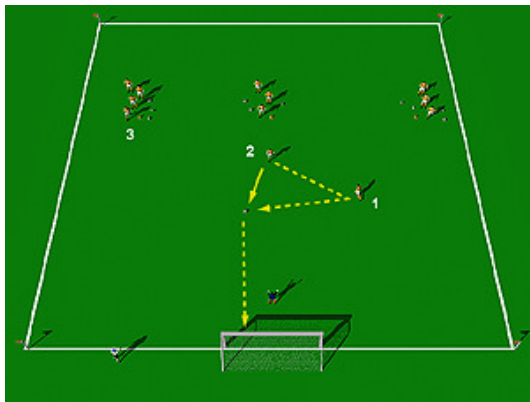
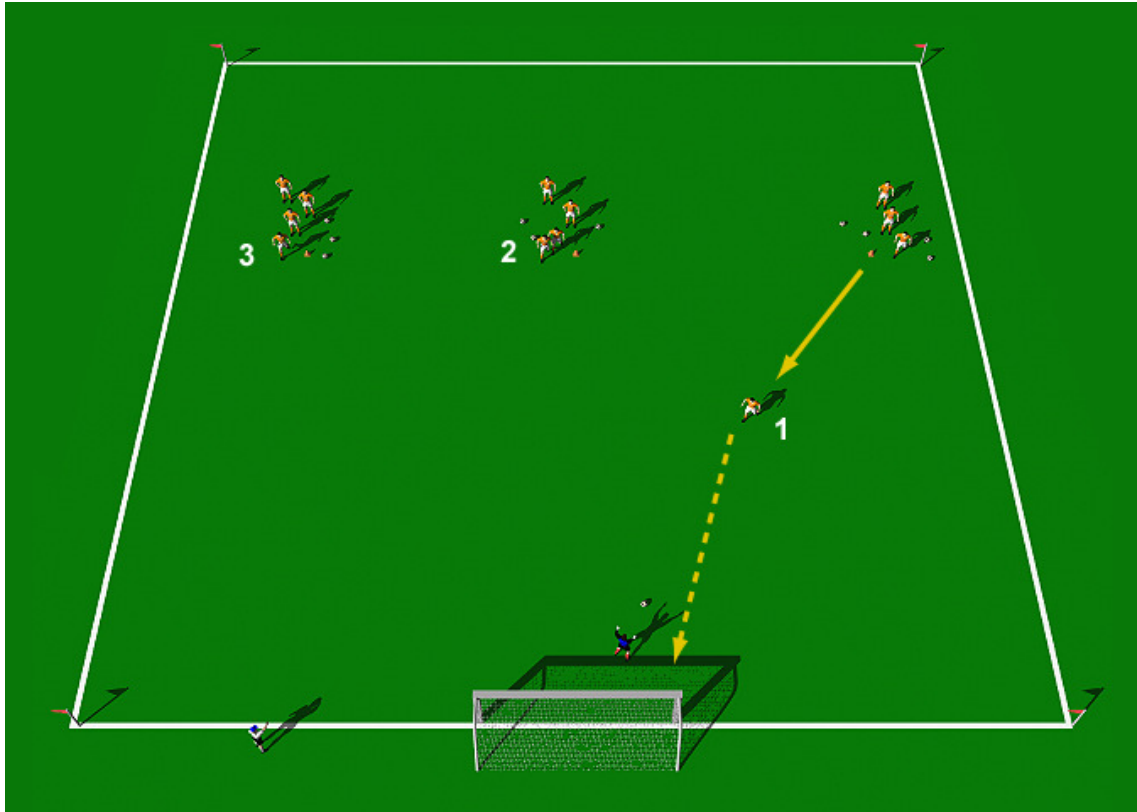
Coaching Pointers:

Players work in pairs attacking the goal. Player "2" passes the ball down the line for player "1" and then makes an attacking curved run to the first goal. Player "1" takes 3 touches and crosses the ball for player "2" to strike at goal. After strike the ball, player "2" turns and now becomes the wide player to cross the next ball. After player "1" crosses the ball he then receives a through pass from the coach and attacks the second goal to try and score. After shooting he now jogs back to the end of the line.

Focus On:

- Quality out swinging crosses.
- Decisive ground and aerial finishing
- Goalkeepers on crosses and shot stopping.

Norwegian Crossing and Shooting Game



Exercise Objectives:

This is a great practice that incorporates crossing, shooting and goalkeeper.

Field Preparation

- Entire Group
- Full Size Goal with Goalkeeper
- Area 30 yards x 30 Yards
- Cones or Flag poles
- Supply of Balls

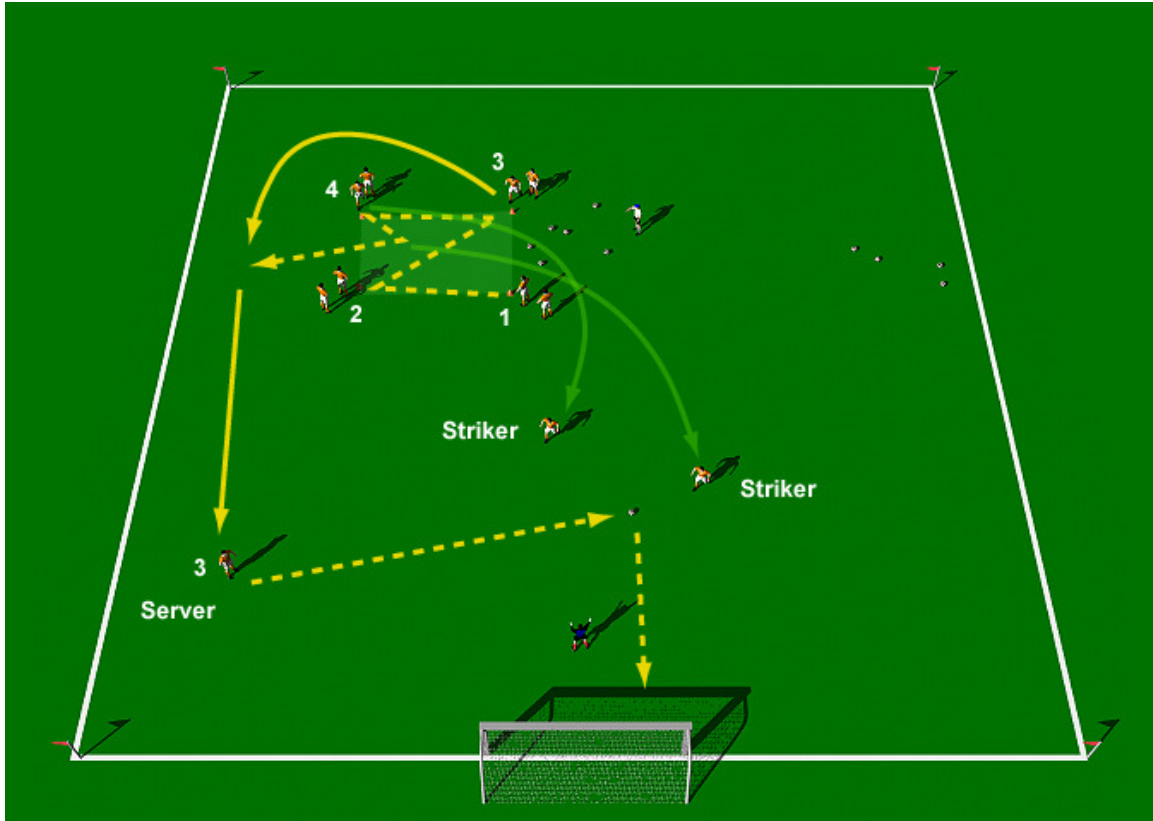
Coaching Pointers:

Three group of players are position 30 yards from goal as in the diagram above. The practice starts when player "1" dribbles the ball forward and attacks the goal and shoots. After the shot, player "1" checks to player "2", receives a pass from player "2" and plays it back "one touch". Player "2" then attacks and shoots at goal. After the attack, player "3" attacks the flank and crosses the ball for player "1" and "2" to score. Both players should perform a cross over, attacking front and back posts.

Focus On:

- Quality out swinging crosses.
- Decisive ground and aerial finishing
- Goalkeepers on crosses and shot stopping.

Norwegian Overlap Drill



Exercise Objectives:

This is a great practice that incorporates crossing, shooting and goalkeeper.

Field Preparation

- Entire Group
- Full Size Goal with Goalkeeper
- Area 30 yards x 30 Yards
- Cones or Flag poles
- Supply of Balls

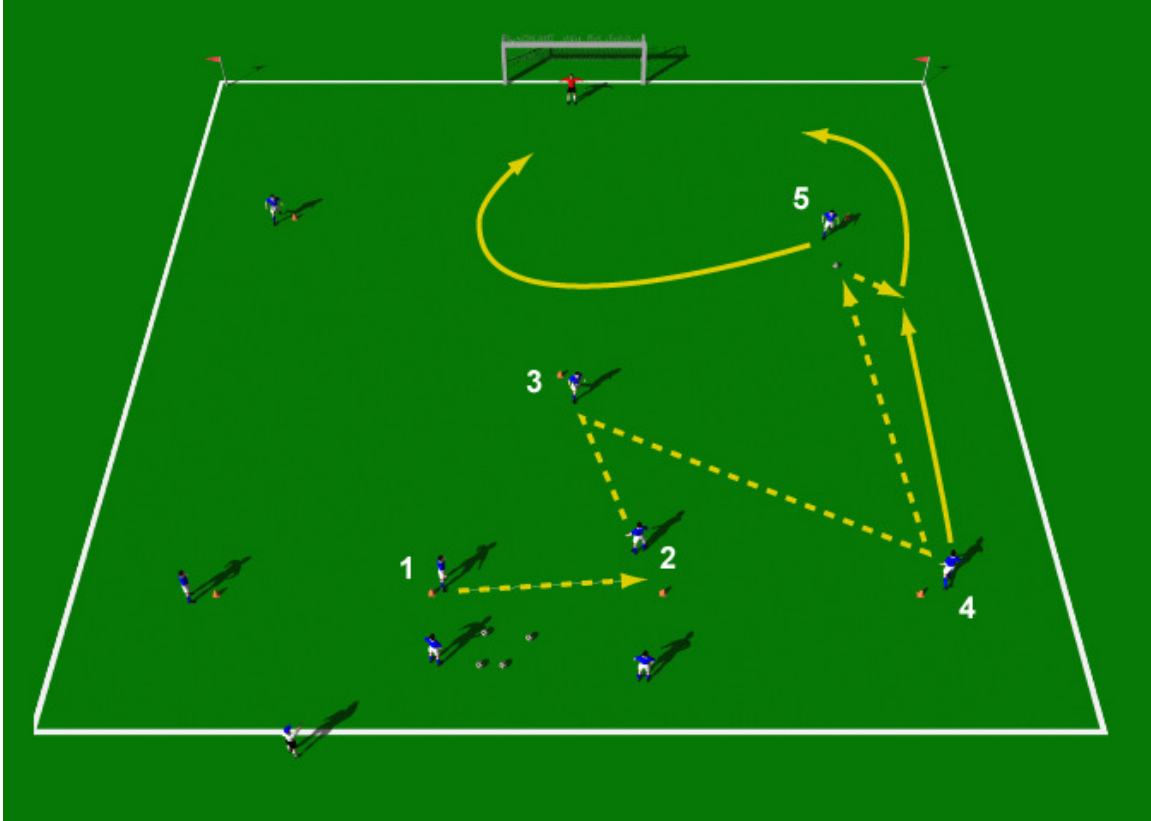
Coaching Pointers:

Four small groups of players are positioned out on the flank approximately 30 yards from goal. The practice starts when player "1" passes to player "2", player "2" passes diagonally to player "3", player "3" passes to player "4" and then performs an overlapping run around player "4". Player "4" lays the ball on for player "2". Player "2" plays a ball down the flank for player "4". Players "2" and "4" now make curved attacking cross over runs towards the goal. Player "3" attacks the flank and delivers the ball for players "2" and "4".

Focus On:

- Quality out swinging crosses.
- Decisive ground and aerial finishing
- Goalkeepers on crosses and shot stopping.

Manchester Crossing and Finishing Drill



Exercise Objectives:

This is a great practice that incorporates crossing, shooting and goalkeeper.

Field Preparation

Entire Group, Full Size Goal with Goalkeeper, Area 30 yards x 30 Yards, Cones or Flag poles, Supply of Balls.

Coaching Pointers:

Position players as in the diagram above. The practice starts when player "1" passes to player "2" and follows his pass. Player "2" passes to player "3" and follows his pass. Player "3" passes out wide to player "4" and follows his pass. Player "4" passes to player "5" and supports his pass. Player "5" lays the ball on for player "4" to cross. Player "4" now makes a curved attacking run towards the goal. Player "4" attacks the flank and delivers the ball for players "5". The practice is then repeated on the other side of the field.

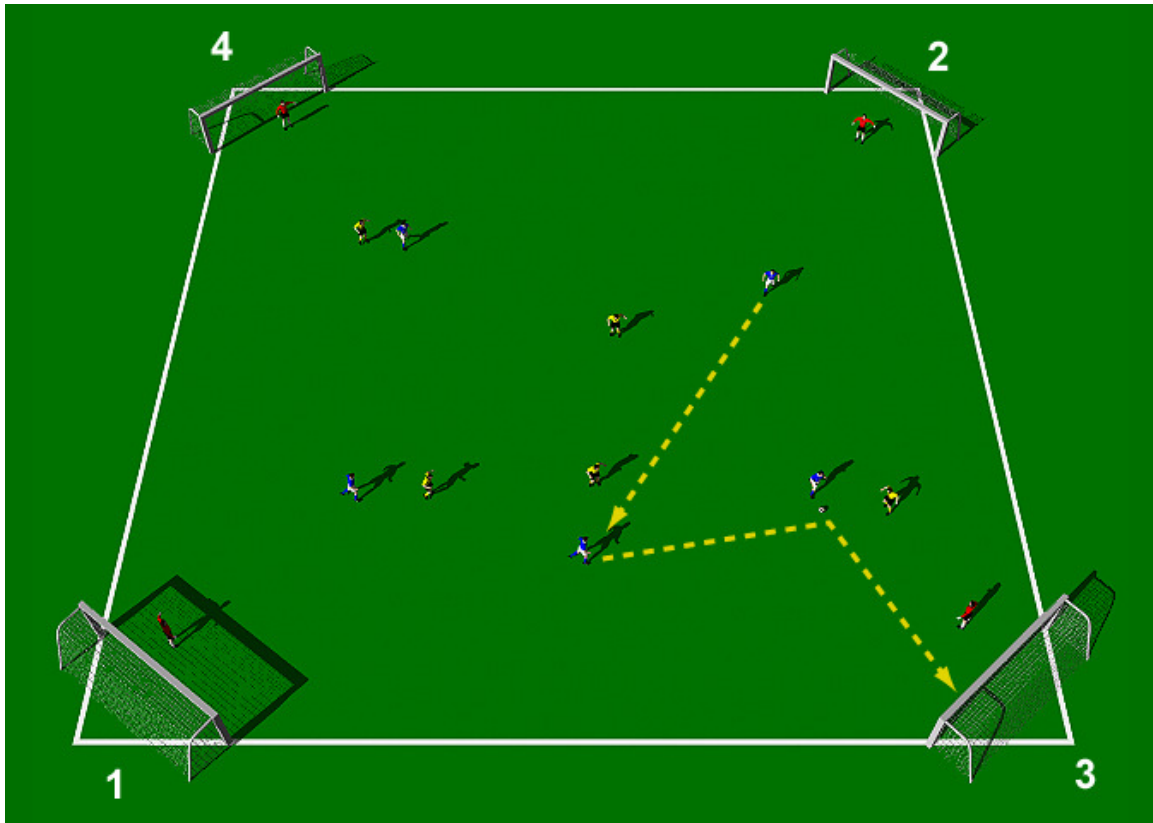
Focus On:

- Quality out swinging crosses.
- Decisive ground and aerial finishing
- Goalkeepers on crosses and shot stopping.

Progression:

- Now players "3" and opposite "5" can get into the box and support the cross.

USA Four Goal Shooting Game



Exercise Objectives:

This practice is a high tempo passing and shooting exercise designed to improve accuracy and power in shooting, transition and attacking combination play. This is also a good work out for your goalkeepers.

Field Preparation

- 10 players (5 v 5)
- 4 Full Size Goals with Goalkeepers
- Area 40 x 40 yards
- Cones or Flag poles
- Supply of Balls

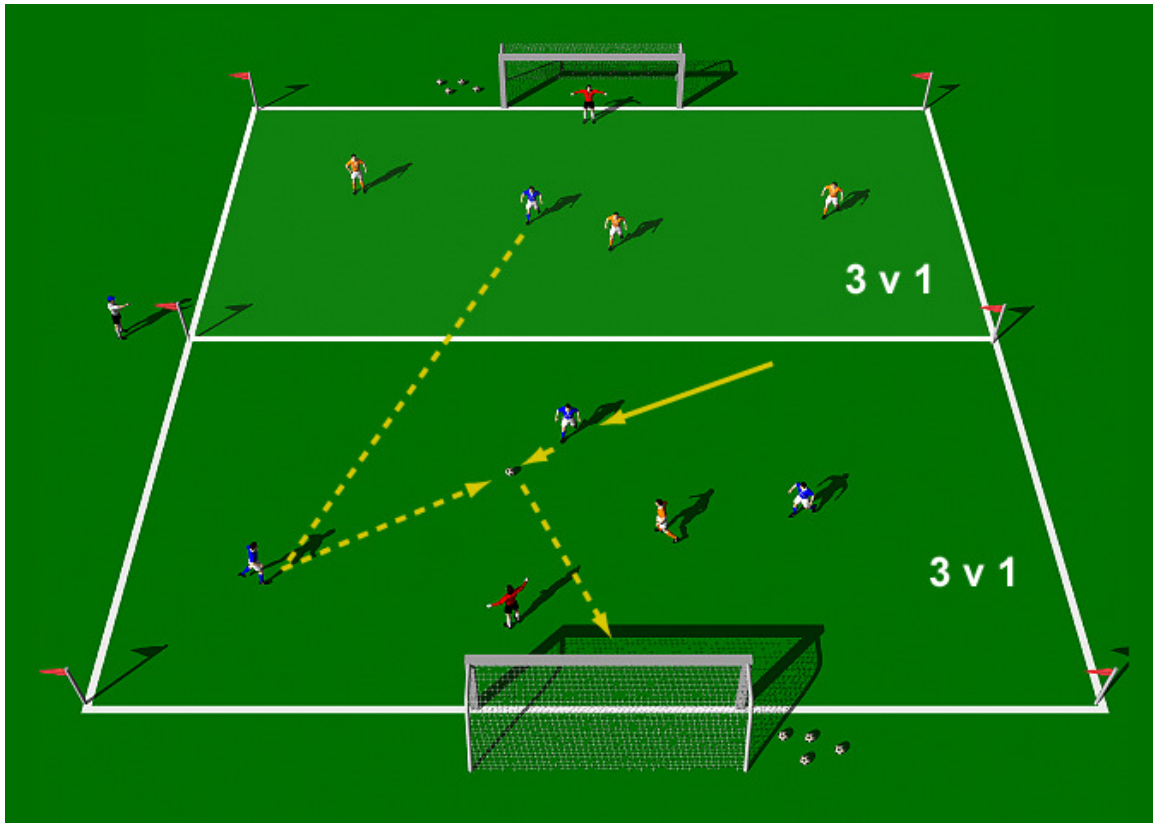
Coaching Pointers:

Position 4 goals in each corner of the square. Goalkeepers are placed in both goal. Play 5 v 5 inside with each team attacking 2 goals. Blue team attacks goals 3 and 4, while the yellow team attacks goals 1 and 2.

Focus On:

- Accuracy over Power when Shooting
- Quickness of transition from offense to defense.
- Thinking Forward, Looking Forward, Playing Forward. Penetration!
- Goalkeepers shot stopping and distribution.

Real Madrid 3 v 1 Shooting Game



Exercise Objectives:

This practice is a high tempo shooting exercise designed to improve accuracy and power in shooting, transition and attacking combination play. This is also a good work out for your goalkeepers.

Field Preparation

- 8 players (3 v 1 in each half)
- 2 Full Size Goals with Goalkeepers
- Area 40 x 30 yards
- Cones or Flag poles
- Supply of Balls

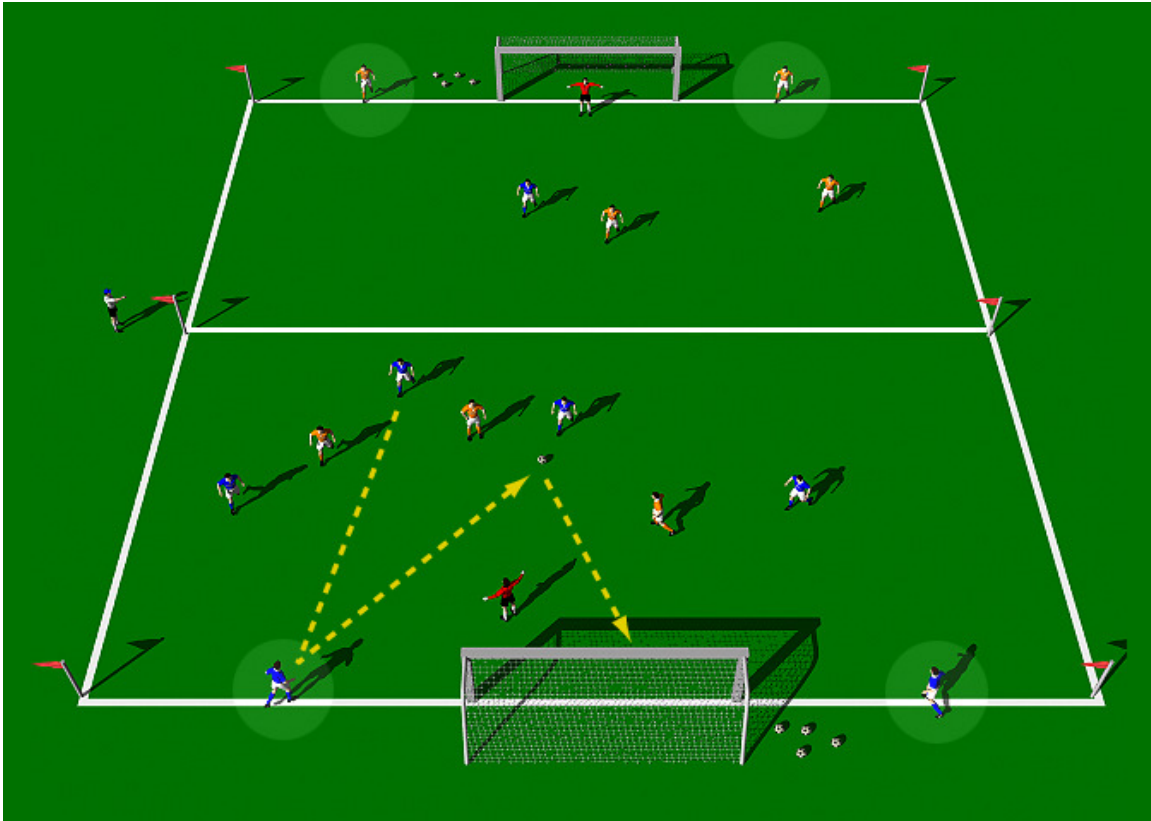
Coaching Pointers:

Place 3 attackers and 1 defender in each half of the field. Players are restricted to playing in their own half of the field, as in the diagram above. Goalkeepers are placed in both goals. The object of the game is to create a numbers up situation when attacking to score goals. The goalkeepers may throw the ball out directly to the 3 attacking players.

Focus On:

- Accuracy over Power.
- Quickness of transition from offense to defense.
- Be alert to rebounds.
- Goalkeepers shot stopping and distribution.

Arsenal 7 v 7 Shooting Drill



Exercise Objectives:

This practice is a high tempo shooting exercise designed to improve accuracy and power in shooting, transition and attacking combination play. This is also a good work out for your goalkeepers.

Field Preparation

14 players (5 v 5 plus 4 target men), 2 Full Size Goals with Goalkeepers, Area 40 x 40 yards, Cones or Flag poles, Supply of Balls.

Coaching Pointers:

Play 5 v 5 inside with 2 attacking target men for each team. Positioned target men either side of the goal, as in the diagram above. Goalkeepers are placed in both goals. The object of the game is to create numerous attacking opportunities by thinking and playing forward as quickly as possible. Attacks have to be played off the target man before you can score. Swap target men regularly.

Focus On:

- Accuracy over Power when Shooting
- Quickness of transition from offense to defense.
- Thinking Forward, Looking Forward, Playing Forward. Penetration!
- Goalkeepers shot stopping and distribution.

Shooting 3 v 3



Exercise Objectives:

This practice is designed to improve a wide variety of shooting techniques while under pressure.

Field Preparation

- Large group of players
- Penalty Area
- Full Size Goals
- Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

Players are divided into groups of three players. Each group is identified with a different color vest. Two groups are placed inside the penalty area, the remaining groups positioned outside the perimeter of the box. A goalkeeper is placed in goal.

The coach starts the practice by serving the ball into the penalty area. Players play 3 v 3. First team to score stays on. Losers leave grid and position themselves on the outside of the grid. New team comes into box. Teams stay on as long as they keep winning. Team in possession can use outside players to pass too. Players on outside limited to "one touch" Coach should keep track of goals scored and make a competition amongst the players. First team to get 4 consecutive wins are champions.

The coach should emphasize the following coaching points:

- The emphasis should be placed on "**accuracy**" and not power.
- Encourage attackers to run at the defenders with speed.
- Emphasize, quick "give and go's"
- Follow in on all shots. Look for rebounds.
- Keep the tempo high and at match pace.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Variation:

Make all play "two touch, then "one touch".

Combination Shooting 1



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques and an awareness for following in on shots.

Field Preparation

- Large group of players
- Half Field
- Full Size Goals
- Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

A group of players with a ball each are placed around the penalty area. Two sets of forwards are positioned inside the penalty area. Identify them using colored bibs. A goalkeeper is placed in goal.

Each set of forwards alternate attacking the goal. One forward makes a run for the ball (they can receive the ball from any server). The forward then turns with the ball and passes to his teammate, who tries to score. Players rotate roles each time. Attacks should be alternated so both forwards are not attacking the goal at the same time. Coach should keep track of goals scored and make a competition amongst the pairs.

The coach should emphasize the following coaching points:

- Demand the ball from the server and turn (spin) quickly.
- Vary the service to the second forward such as through balls, crosses etc.
- Second forward should vary runs such as back post, near post, short into feet and turn etc.
- The emphasis should be placed on "accuracy" and not power.
- Anticipate rebounds off the goalkeeper.
- Remember to keep the head steady and eyes fixed firmly on the ball.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Change forwards with servers to allow all players to practice shooting.

Combination Shooting 2



Exercise Objectives:

This practice is designed to improve the player's technical ability in dribbling, give and go's, a variety of shooting techniques, and an awareness for following in on shots.

Field Preparation

- Large group of players
- Half Field
- Full Size Goals
- Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

A group of players with a ball each are placed around the penalty area. Two sets of forwards and one defender are positioned inside the penalty area. Identify them using colored bibs.

A goalkeeper is placed in goal. Each set of forwards alternate attacking the goal. One forward makes a run for the ball (they can receive the ball from any server). The forward then turns with the ball and either;

- Passes to his teammate, who tries to score.
- Runs at the defender to create a 2 v 1 situation.
- Runs at the defender and dribbles to create a shooting opportunity for himself.

Forward should rotate roles each time. Attacks should be alternated so both forwards are not attacking the goal at the same time. Change the defender frequently. Coach should keep track of goals scored and make a competition amongst the pairs.

The coach should emphasize the following coaching points:

- Demand the ball from the server and turn (spin) quickly.
- Vary the service to the second forward such as through balls, crosses etc.
- Second forward should vary runs such as back post, near post, short into feet and turn etc.
- Look for quick give and go passes.
- Create 2 v1 situations.
- Run at the defender to commit them to attempt to tackle.
- The emphasis should be placed on "accuracy" and not power.
- Anticipate rebounds off the goalkeeper.
- Remember to keep the head steady and eyes fixed firmly on the ball.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Change forwards with servers to allow all players to practice shooting.

Combination Shooting 3



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques, and tactical understand of attacking runs.

Field Preparation

- Large group of players
- Half Field
- Full Size Goals
- Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

A group of players with a ball each are placed around the penalty area. Two sets of 3 forwards are positioned inside the penalty area. Identify them using colored bibs. A goalkeeper is placed in goal. Each set of forwards alternate attacking the goal.

Sequence:

First Attacker:

The first attacker makes a check run for the ball (they can receive the ball from any server). The attacker receive the ball and lays the ball back to the server.

Server:

The server receives the ball back from the first attacker and has to pass the ball to the second attacker.

Second Attacker:

The second attacker makes a run to receive the ball from the server. He then turns and passes the ball to the third attacker.

Third Attacker:

The third attacker is constantly moving and looks to receive the pass from the second attacker. He must receive the ball and shoot as quickly as possible.

Players rotate roles each time.

Attacks should be alternated so both sets of forwards are not attacking the goal at the same time.

Coach should keep track of goals scored and make a competition amongst the teams.

The coach should emphasize the following coaching points:

- Demand the ball from the server and make a quality pass back.
- Vary the service to the third forward such as through balls, crosses etc.
- Third forward should vary runs such as back post, near post, short into feet and turn etc.
- The emphasis should be placed on "accuracy" and not power when shooting.
- Anticipate rebounds off the goalkeeper.
- Remember to keep the head steady and eyes fixed firmly on the ball.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Change forwards with servers to allow all players to practice shooting.

Strike Force



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques. The practice will encourage goal scoring from aerial crosses, rebounds and deflections.

Field Preparation

- Large group of players
- Attacking Third of Field
- Full Size Goals
- Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

Starting Positions:

Two attackers and two defenders are placed within the penalty area. Four servers and two shooters are positioned outside of the penalty. (see diagram above).

The object is for the two forwards to receive the ball from the servers and score with the minimum amount of touches possible. When the shooter takes a shot from outside the box the forwards must look to score from rebounds off the goalkeeper or deflections off the defenders.

Sequence of practice:

The practice is performed in the following sequence.

Server 1 crosses the ball for the forwards to score.

Shooter 1 takes a shot at goal.

Server 2 crosses the ball for the forwards to score.

Shooter 2 takes a shot at goal.

Server 3 crosses the ball for the forwards to score.

Shooter 1 takes a shot at goal.

Server 4 crosses the ball for the forwards to score.

Shooter 2 takes a shot at goal.

Repeat sequence.

After the server crosses the ball or the shooter takes a shot, the play is not finished until;

- The attacking team has scored or
- The ball goes over the end-line.
- The goalkeeper saves the ball.
- The defenders can clear the ball high and long enough past the servers and shooters.

If the defenders attempt to clear the ball and it lands in front of any of the servers or shooters, the servers or shooters can run onto the ball and take a "one touch shot" at goal.

Coaching Points:

For the Servers:

The servers should play a variety of crosses into the forwards such as high lofted, low driven, front and back post and into the forwards feet.

For the Shooters:

Be alert and ready to take the shot quickly. Have the ball positioned out of the feet to run up to the ball and shoot. Keep the ball low for the possibilities of deflections.

For the Defenders:

Mark the two forwards tightly. Listen to the goalkeepers instructions for marking and clearing the ball. Clear the ball high, wide and deep down the field.

For the Two Forwards:

Constantly keep moving in the box to create space for yourself and your teammate. Look to strike the ball "first time" whenever possible. Player not taking the shot should be alert to any balls the goalkeeper may mishandle or drop.

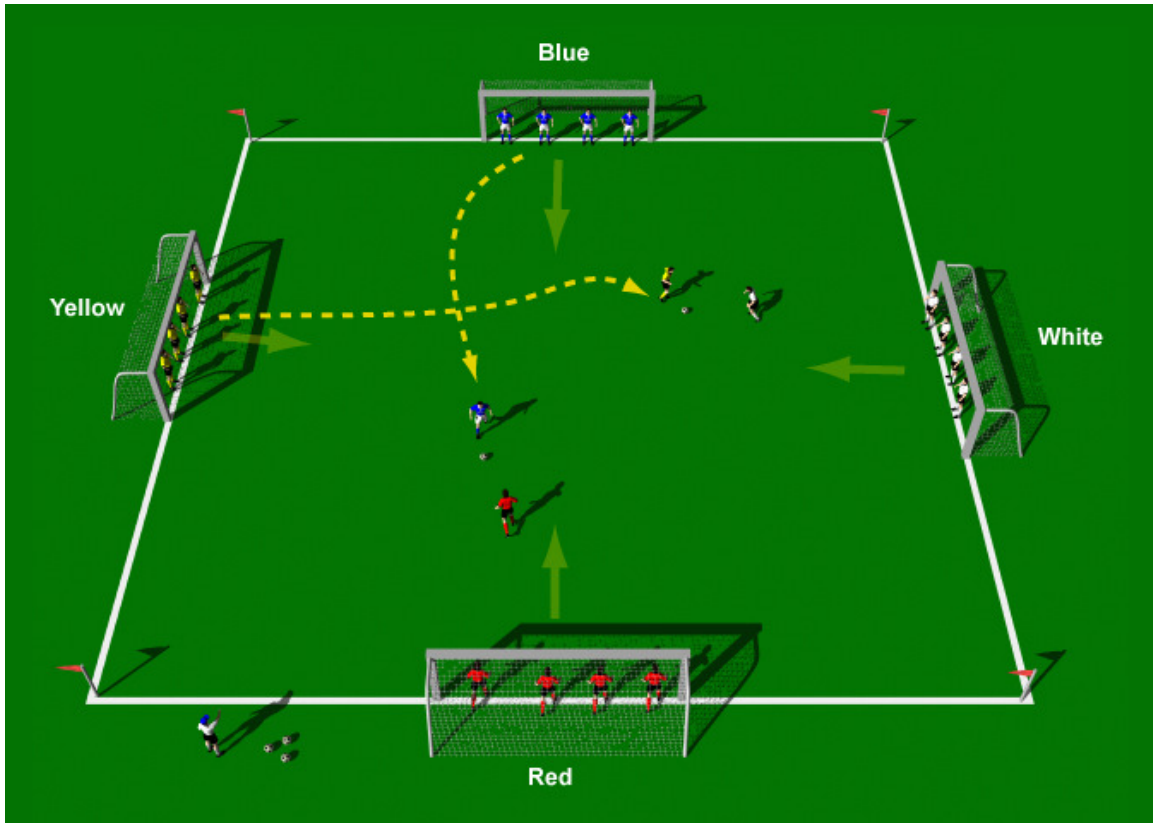
If the server shoots from a clearance the two forwards should position themselves slightly outside the goal posts to redirect the ball towards the goal should it be off target.

Rotate roles of player throughout the practice.

Coach should keep track of goals scored and make a competition amongst the forwards and defenders.

Intermediate Shooting

Four Teams - Four Goals



Exercise Objectives:

This is a great practice to develop finishing, crossing and goalkeeping. If you don't have four goals use corner flags as goals.

Field Preparation

Entire Group with Four Goalkeeper, Four Full Size Goals, Area 30 yards x 30 Yards, Supply of Balls and Cones, Four Sets of Colored Bibs

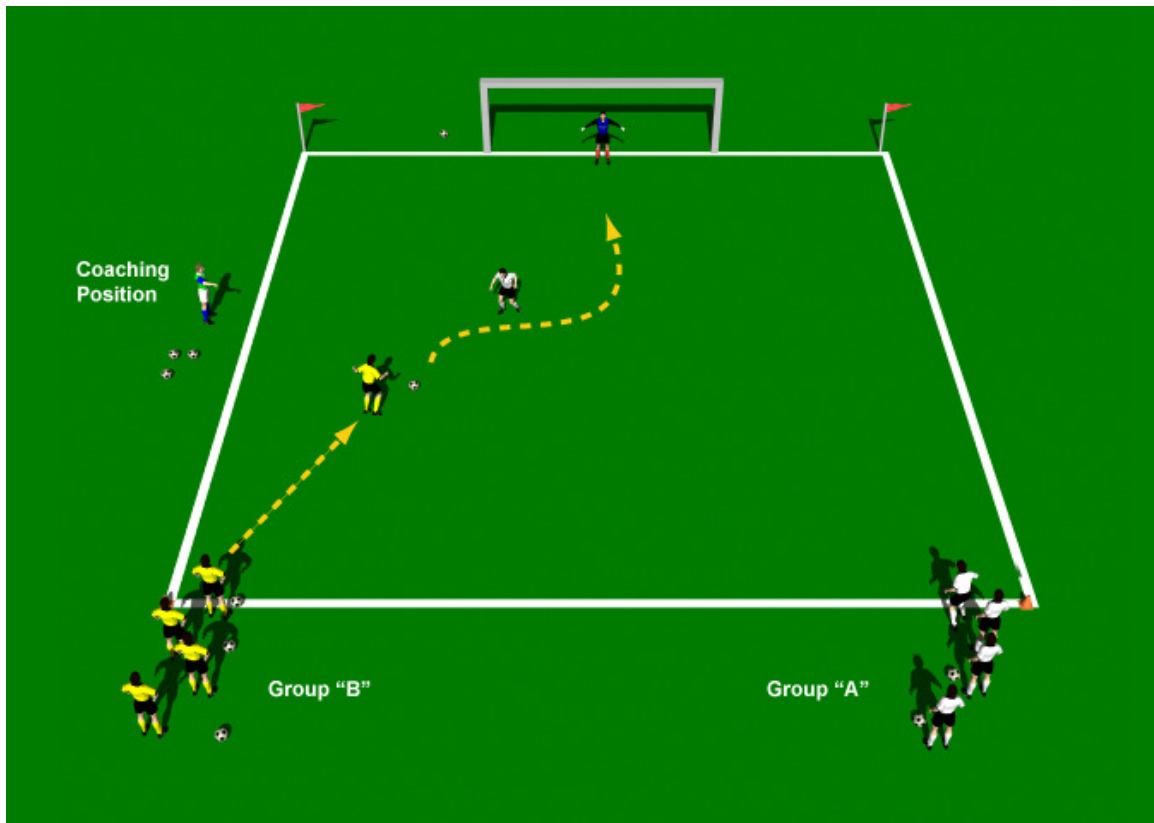
Coaching Pointers:

Place 4 goals in an area 30 by 30 yards. Divide group into four teams of 4-6 players. Identify each team by using colored bibs. Place a team on each goal line. Yellow play White and Red play Blue. Two games are being played simultaneously in the square. The object of the game is to score in the opponents' goal. Players on the line act as goalkeepers, but may not use their hands. Players are must stay on the goal line. If a player leaves the goal line a penalty is awarded. Start playing 1 v 1 the progress to 2 v 2, 3 v 3.

Focus On:

- Attack the defender with pace.
- Quality defending technique.
- Small group attacking and defending tactics.

Shoot then Defend



Exercise Objectives:

This is one of those practices that players love to do. Its high tempo, fun and develops both offensive and defensive skills. It also gives your goalkeeper a great workout.

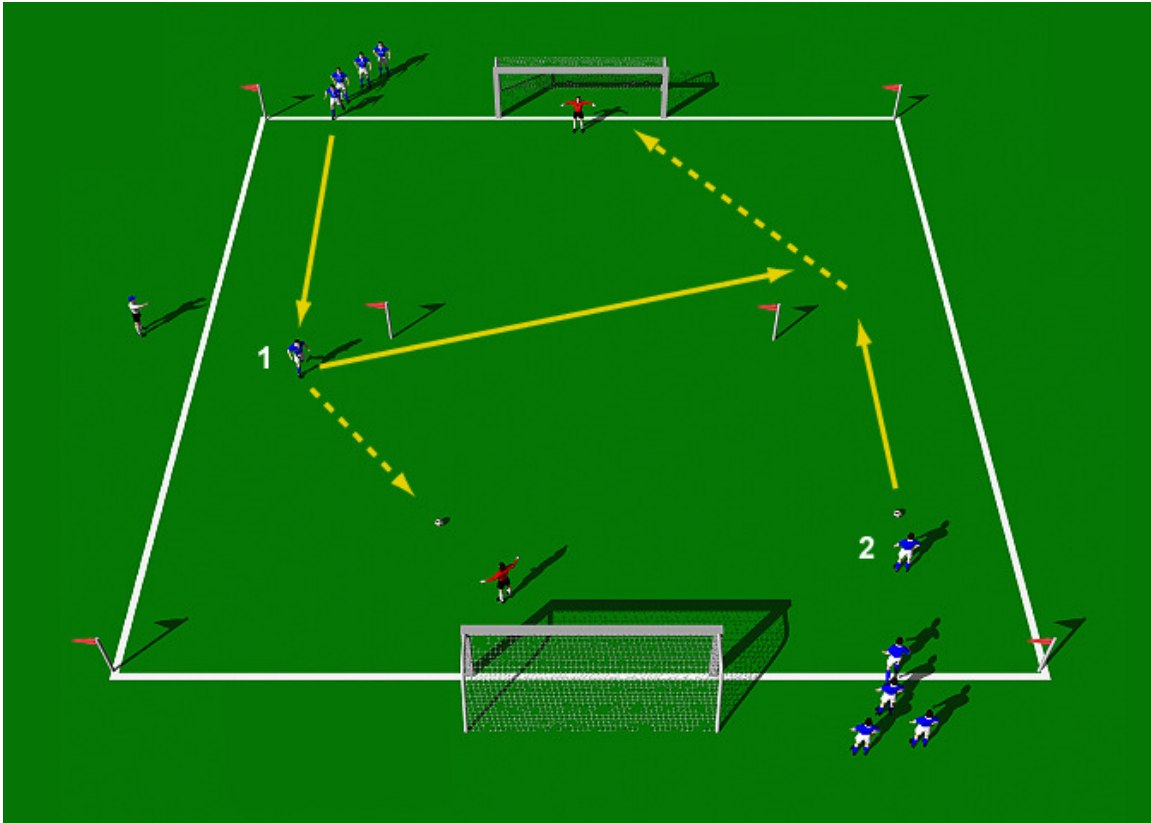
Field Preparation

- Goalkeeper
- 2 Even groups of 4, 5 or 6 players.
- Area 20 yards x 20 yards
- Cones
- Supply of balls

Coaching Pointers:

Divide your team into two groups. The first player in group "A" dribbles the ball forward and shoots at goal. Immediately after shooting the ball he must defend against the first player in group "B". When the attack ends, the player from group "A" returns to his group and the player from group "B" now defends against the next player in group "A". This sequence is repeated throughout the drill.

Chelsea Shoot and Defend Game



Exercise Objectives:

This practice is a high tempo shooting exercise designed to improve accuracy and power in shooting and transition to defending. This is also a good work out for your goalkeepers.

Field Preparation

Entire Group, 2 Full Size Goals with Goalkeepers, Area 30 x 30 yards, Cones or Flag poles, Supply of Balls

Coaching Pointers:

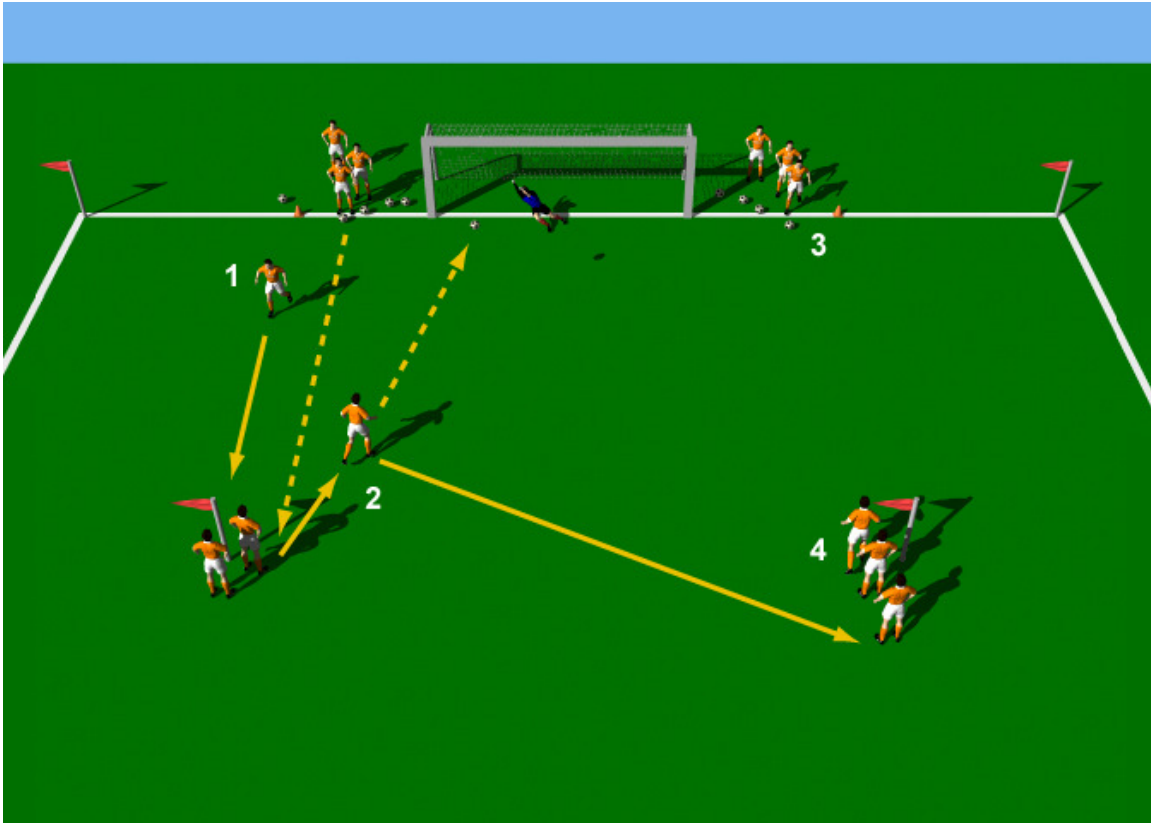
Divide players into two equal groups. Groups are placed diagonally opposite, as in the diagram above. Goalkeepers are placed in both goals. Two flag poles are positioned in the middle of the area. Each player has a ball.

The practice starts when player "1" attacks the flag pole, performs a body feint and shoots at goal. After shooting he must transition quickly from attack mode to defense and sprint across the square to defend player "2". Player "2" is attacking the opposite goal. After he shoots he then must defend. After defending players return to their own groups.

Focus On:

- Accuracy over Power.
- Quickness of transition from offense to defense.
- Goalkeepers shot stopping.

Liverpool Box Shooting Drill



Exercise Objectives:

This practice is a high tempo shooting exercise designed to improve accuracy and power. This is also an intense work out for your goalkeepers.

Field Preparation

Entire Group, Full Size Goal with Goalkeeper, Penalty Area, Cones or Flag poles, Supply of Balls.

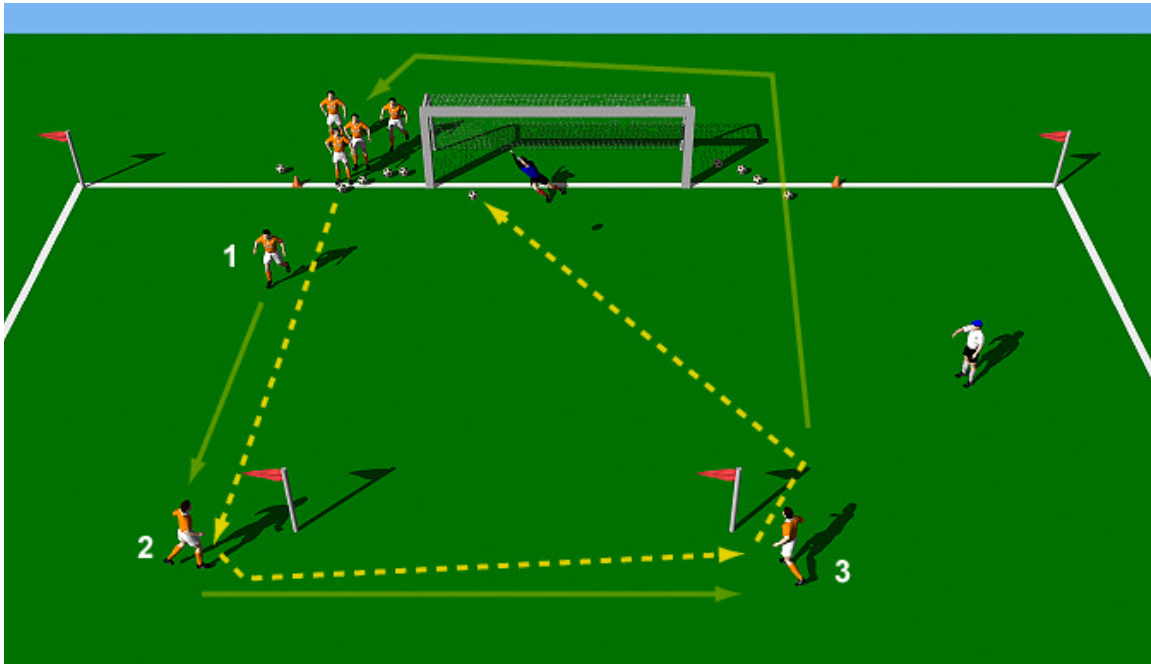
Coaching Pointers:

Two flag poles are positioned 20 yards from goal and 15 yards apart. Players are divided into four groups. Two groups with balls, stand either side of the goal. Two groups stand at each flag pole, as in the diagram above. A goalkeeper is placed in goal. The practice starts when the first player in "group 1" passes to the first player in "group 2" and follows his pass. The player in "group 2" has only "**one touch**" to control the ball then he must shoot at goal. He then follows to join "group 4" on his right. The player in "group 3" passes to the first player in "group 4" then runs behind the goal to "group 1". The player in "group 4" has only "**one touch**" to control the ball then he must shoot at goal. He then follows to "group 3". In affect, each player serves twice and shoots twice, in that rotation.

Focus On:

- Accuracy over Power.
- Reacting to rebounds.
- Goalkeepers shot stopping.

Liverpool Two Touch Shooting Drill



Exercise Objectives:

This practice is a high tempo shooting exercise designed to improve accuracy and power. This is also an intense work out for your goalkeepers.

Field Preparation

- Entire Group
- Full Size Goal with Goalkeeper
- Penalty Area
- Cones or Flag poles
- Supply of Balls

Coaching Pointers:

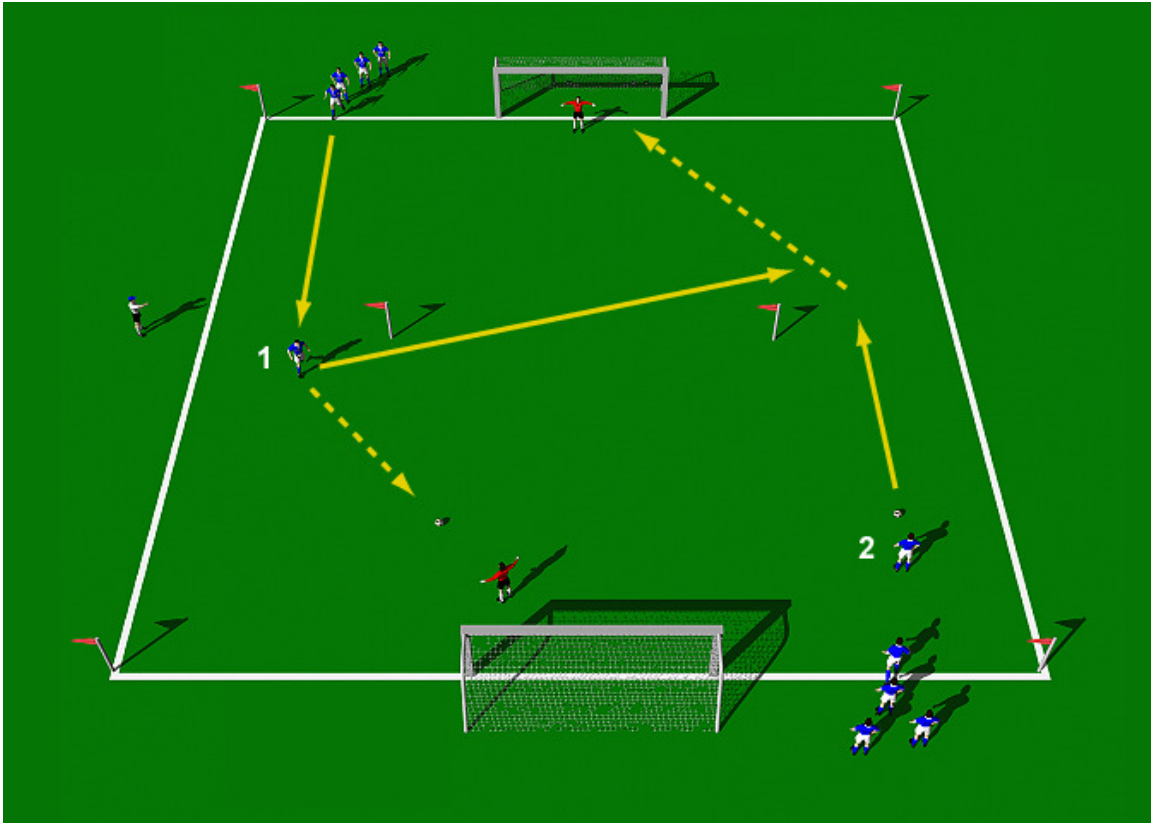
Two flag poles are positioned 20 yards from goal and 15 yards apart. A group of players with balls, stand to the side of the goal. One player stand at each flag pole, as in the diagram above. A goalkeeper is placed in goal.

The practice starts when player “1” passes to player “2” and follows his pass. Player “2” has only “*one touch*” to control the ball then passes across to player “3” and follows his pass. Player “3” has only “*one touch*” to control the ball then he must shoot at goal. He then sprints behind the goal and join the group beside the post.

Focus On:

- Accuracy over Power.
- Preparation touch using inside of the foot.
- Goalkeepers shot stopping.

Chelsea Shoot and Defend Game



Exercise Objectives:

This practice is a high tempo shooting exercise designed to improve accuracy and power in shooting and transition to defending. This is also a good work out for your goalkeepers.

Field Preparation

Entire Group, 2 Full Size Goals with Goalkeepers, Area 30 x 30 yards, Cones or Flag poles, Supply of Balls

Coaching Pointers:

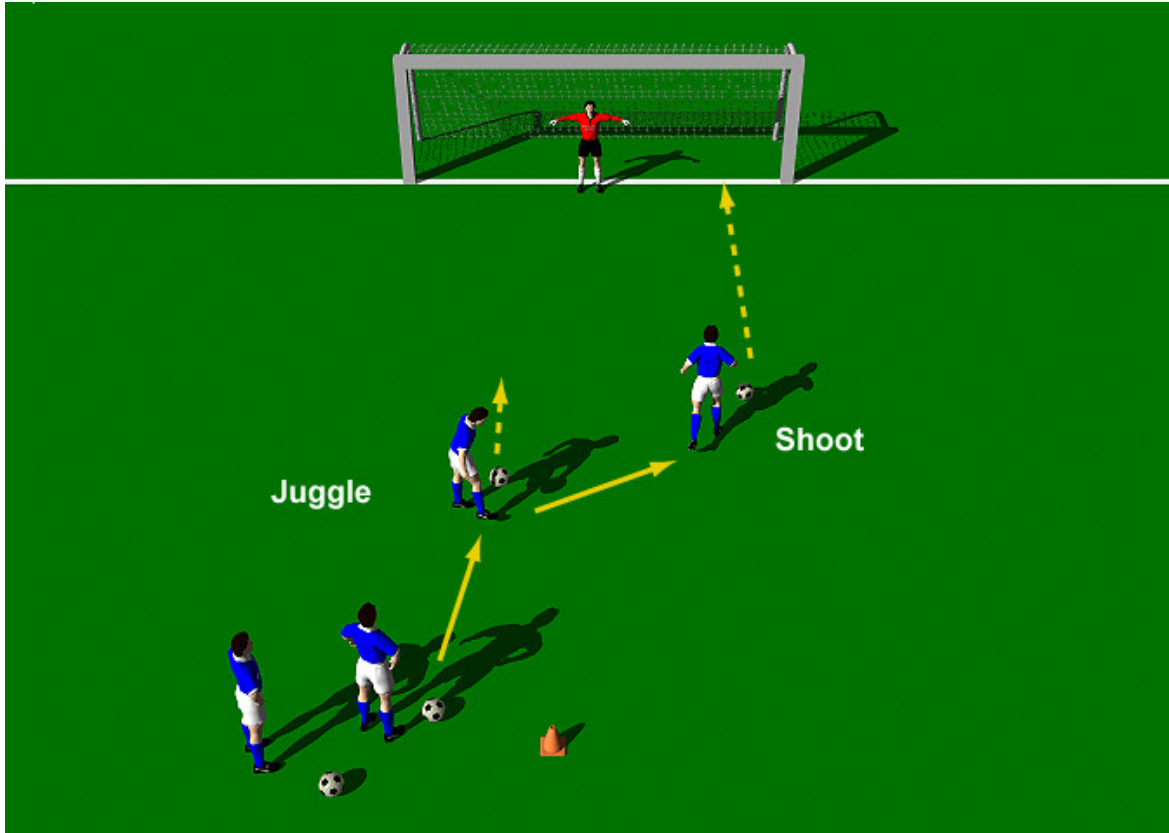
Divide players into two equal groups. Groups are placed diagonally opposite, as in the diagram above. Goalkeepers are placed in both goals. Two flag poles are positioned in the middle of the area. Each player has a ball.

The practice starts when player "1" attacks the flag pole, performs a body feint and shoots at goal. After shooting he must transition quickly from attack mode to defense and sprint across the square to defend player "2". Player "2" is attacking the opposite goal. After he shoots he then must defend. After defending players return to their own groups.

Focus On:

- Accuracy over Power.
- Quickness of transition from offense to defense.
- Goalkeepers shot stopping.

Juggle Shoot



Exercise Objectives:

This is a fun game that players enjoy. The drill tests the players ball control and shooting ability.

Field Preparation

- Small Group of Players
- Full Size Goal with Goalkeeper
- Penalty Area
- Cones or Flag poles
- Supply of Balls

Coaching Pointers:

Players position themselves 20 yards from goal. Each player has a ball. The practice starts when the first player in line juggle 5 yards towards the goal. He must then shoot the ball off the juggle. Either volley or ground shot. After shooting he rejoins the group and the next player in line repeats the drill.

Focus On:

- Good soft touch when juggling. Use different body surfaces. Foot, thigh, chest, head.
- Decisive ground and aerial finishing
- Goalkeepers shot stopping.

Through Ball Shooting



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques.

Field Preparation

- Goalkeeper
- Large group of players.
- Half field
- Cones
- Supply of balls

Coaching Pointers:

Divide your team into two groups. Place a goalkeeper in goal. Position players and cones as in the diagram above, with a player positioned at each cone. Groups alternate attacking the goal. The practice is performed in the following sequence.

Player "A" passes to player "B" and follows the pass to take the place of player "B". Player "B" runs with the ball towards player "C" and then plays a through pass for player "C" to run onto. Player "B" takes the place of player "C". Player "C" runs onto the through ball and tries to score a goal. After the attack is ended player "C" joins the end of the line at the center circle. The practice is then repeated by the opposite team. Coach should keep track of goals scored and make a competition between the two groups. Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Through Ball Shooting with a Defender



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques.

Field Preparation

Goalkeeper, Large group of players, Half field, Cones, Supply of balls.

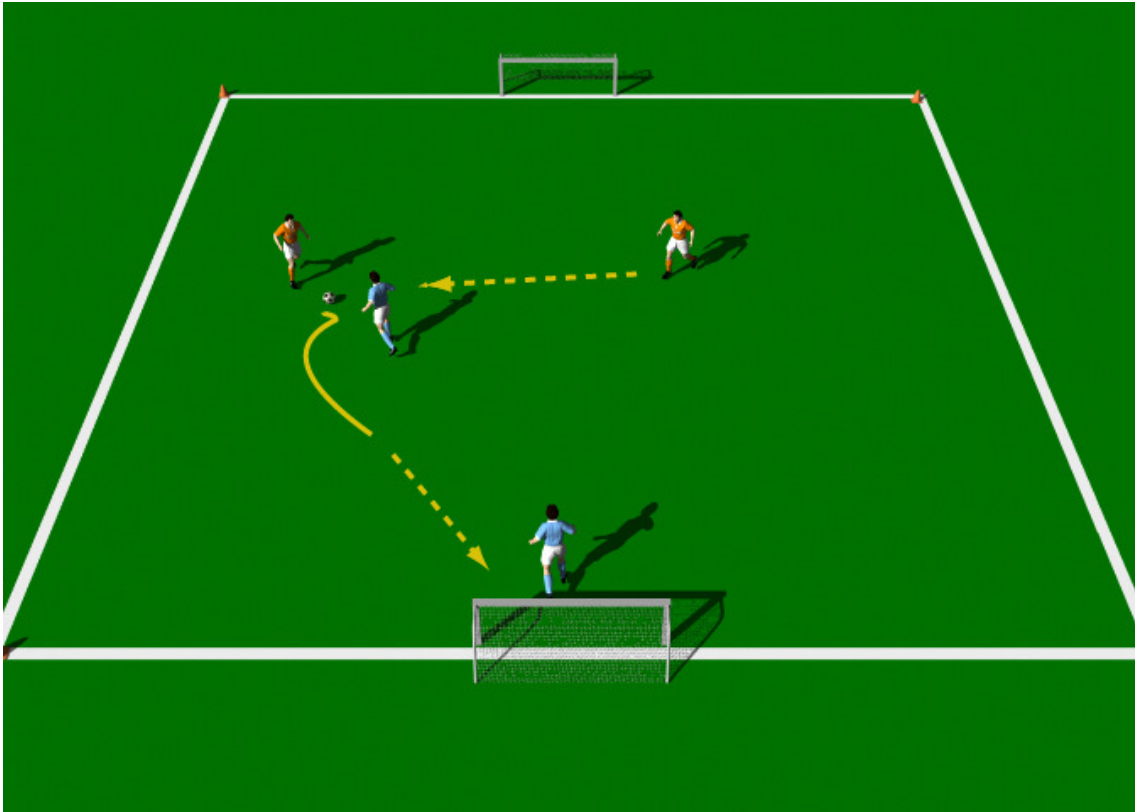
Coaching Pointers:

Divide your team into two groups. Place a goalkeeper in goal. Position players and cones as in the diagram above, with a player positioned at each cone. A defender from the opposite group is positioned in the penalty area. Groups alternate attacking the goal. The practice is performed in the following sequence.

Player "A" passes to player "B" and follows the pass to take the place of player "B". Player "B" runs with the ball towards player "C" and then plays a through pass for player "C" to run onto. Player "B" takes the place of player "C". Player "C" runs onto the through ball and tries to beat the defender and score a goal. **After the attack is ended player "C" then becomes the defender against the opposite group.**

The practice is then repeated by the opposite team. Coach should keep track of goals scored and make a competition between the two groups. Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

2 v 1 Running Goalkeeper



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques.

Field Preparation

- 4 Players
- Area 30 x 30 yards
- Cones or Flag poles
- Supply of Balls
- Mini Goals
- Coloured Bibs

Coaching Pointers:

Two pairs of players are positioned in a grid 20 yards x 40 yards. Each team starts from their goal. One team on offense starts with the ball, the other team on defense. The offensive team attacks with two players and attempts to score a goal. The defensive team plays with one defender and one goalkeeper. Only the goalkeeper may use his hands. If the attacking team scores, one attacker becomes a defender, the second must run behind the cones and into the goal to act as a goalkeeper. If the defending goalkeeper catches the ball, they now become the offensive team. If the defending player wins the ball, they now become the offensive team. When possession changes, the offensive team must counter as quickly as possible.

The team, who scores the most goals in 10 minutes wins. Rotate groups to compete against different players.

Shooting from Central and wide Angles



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques.

Field Preparation

- Large group of players
- Penalty Area
- Full Size Goals
- Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

A group of players are placed at the edge of the penalty area. Two servers are positioned each side of the goal. One server passes the ball to the edge of the box for the shooter to hit first time. Immediately after shooting the ball, the second server delivers a short-range pass at an angle from the goal, for the shooter to strike. After taking both shots, the shooter returns to his starting position and joins the end of the line.

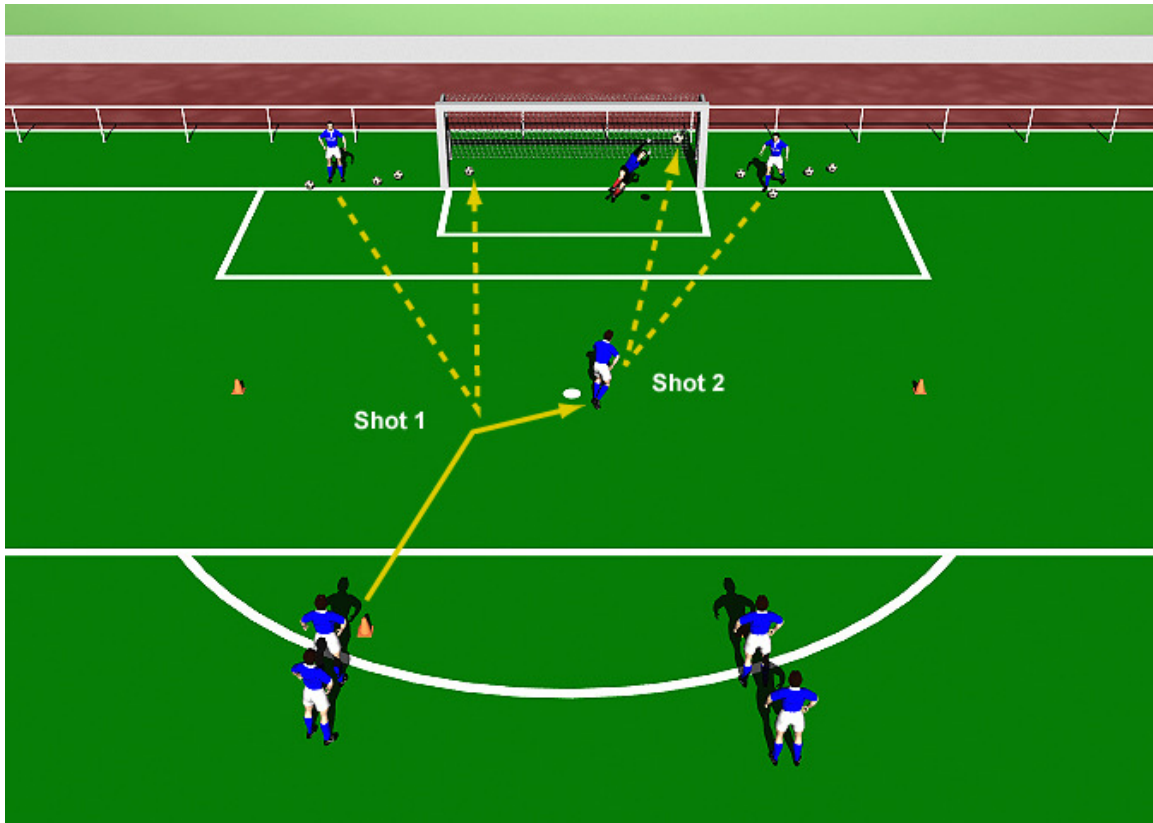
Coach should keep track of goals scored and make a competition amongst the shooters.

The coach should emphasize the following coaching points:

- The emphasis should be placed on "accuracy" and not power.
- Players should time their runs so that they do not have to break stride when striking the ball.
- Remember to keep the head steady and eyes fixed firmly on the ball.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Two Shot Drill



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques.

Field Preparation

- Large group of players
- Penalty Area
- Full Size Goals
- Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

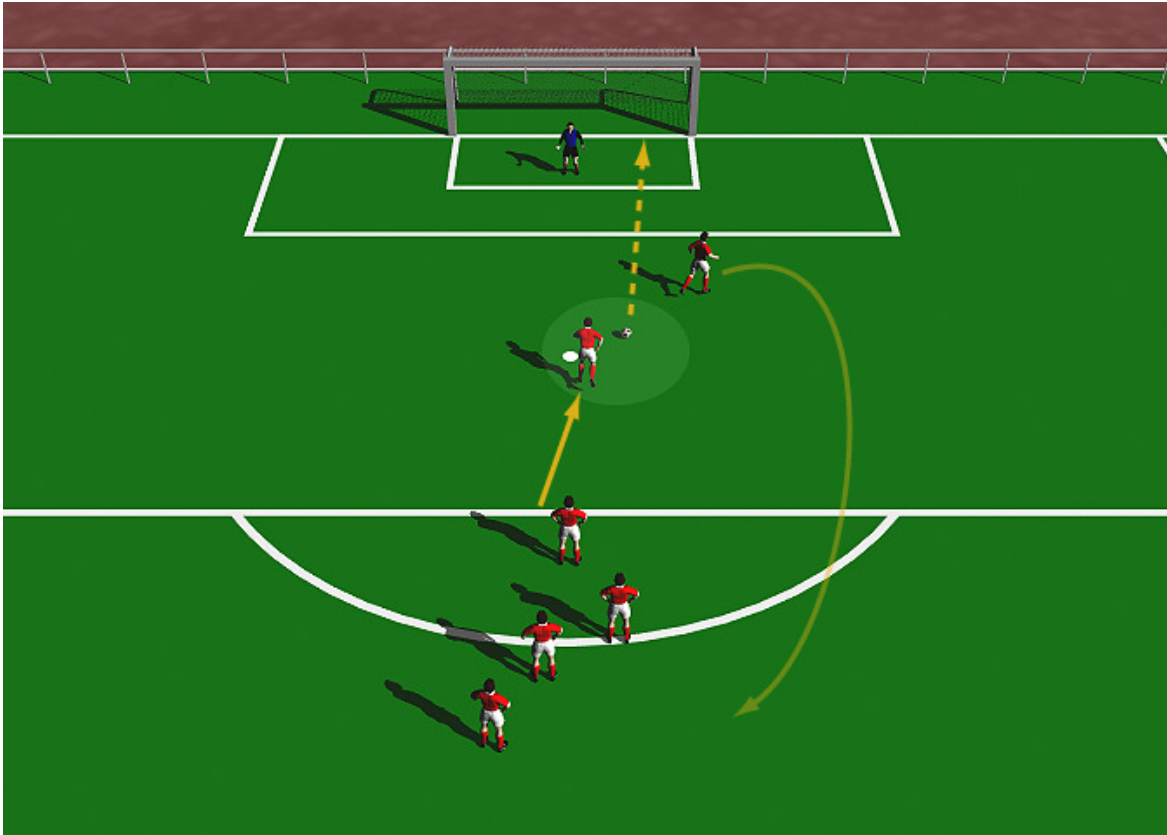
A group of players are placed at the edge of the penalty area. Two servers are positioned each side of the goal. One server passes the ball to the edge of the box for the shooter to hit first time. Immediately after shooting the ball, the second server delivers a short-range pass for the shooter to strike at goal. After taking both shots, the shooter returns to their starting position and joins the end of the line.

Coach should keep track of goals scored and make a competition amongst the shooters.

The coach should emphasize the following coaching points:

- The emphasis should be placed on "**accuracy**" and not power.
- Players should time their runs so that they do not have to break stride when striking the ball.
- Remember to keep the head steady and eyes fixed firmly on the ball.
- Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Stop and Shot



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques and an awareness for following in on shots.

Field Preparation

- Large group of players
- Penalty Area
- Full Size Goals
- Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

A group of players are placed at the edge of the penalty area. Players are divided into pairs. First player in the pair dribbles the ball towards the goal. The second player trails several yards behind. The first player stops the ball dead using the sole of the foot and continues to move forward looking for a rebound off the goalkeeper. The second player strikes the dead ball "first time" and attempts to score.

After the attack is finished, players return to the starting position and join the end of the line.

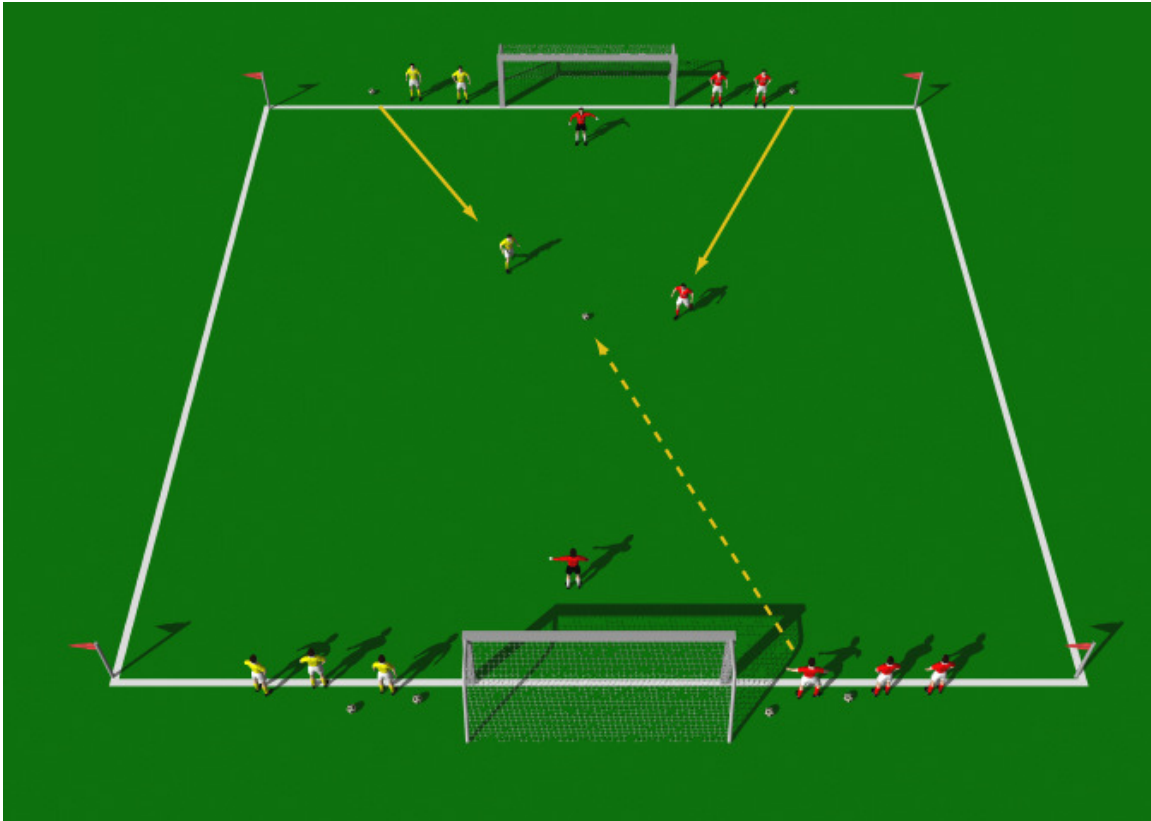
Coach should keep track of goals scored and make a competition amongst the pairs.

The coach should emphasize the following coaching points:

- The emphasis should be placed on "accuracy" and not power.
- Players should time their runs so that they do not have to break stride when striking the ball.
- Anticipate rebounds off the goalkeeper.
- Remember to keep the head steady and eyes fixed firmly on the ball.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Gladiators 1 v 1



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety shooting techniques with an emphasis on "1 v 1" confrontations.

Field Preparation

- Large group of players
- Area 30 x 30 yards
- Full Size Goals
- Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

Divide group into two teams, then divide each team into two groups. Position a group from each team at both goals. Place a supply of balls beside each goal post. The practice starts when one of the players serves a ball into the center of the area. The first player on each team from the opposite side must come to the ball and challenge for possession. The object is for the player who wins the ball to try and turn and score as quickly as possible. The defender must try to stop him. Should the defender win the ball, the roles are then reversed. After a shot is taken both players must sprint back to their original positions. The sequence is then continued when a player from the opposite side passes a ball into the center for the first two players on the other side of the grid.

This practice can be developed to play 2 v 2, 3 v 3 etc.

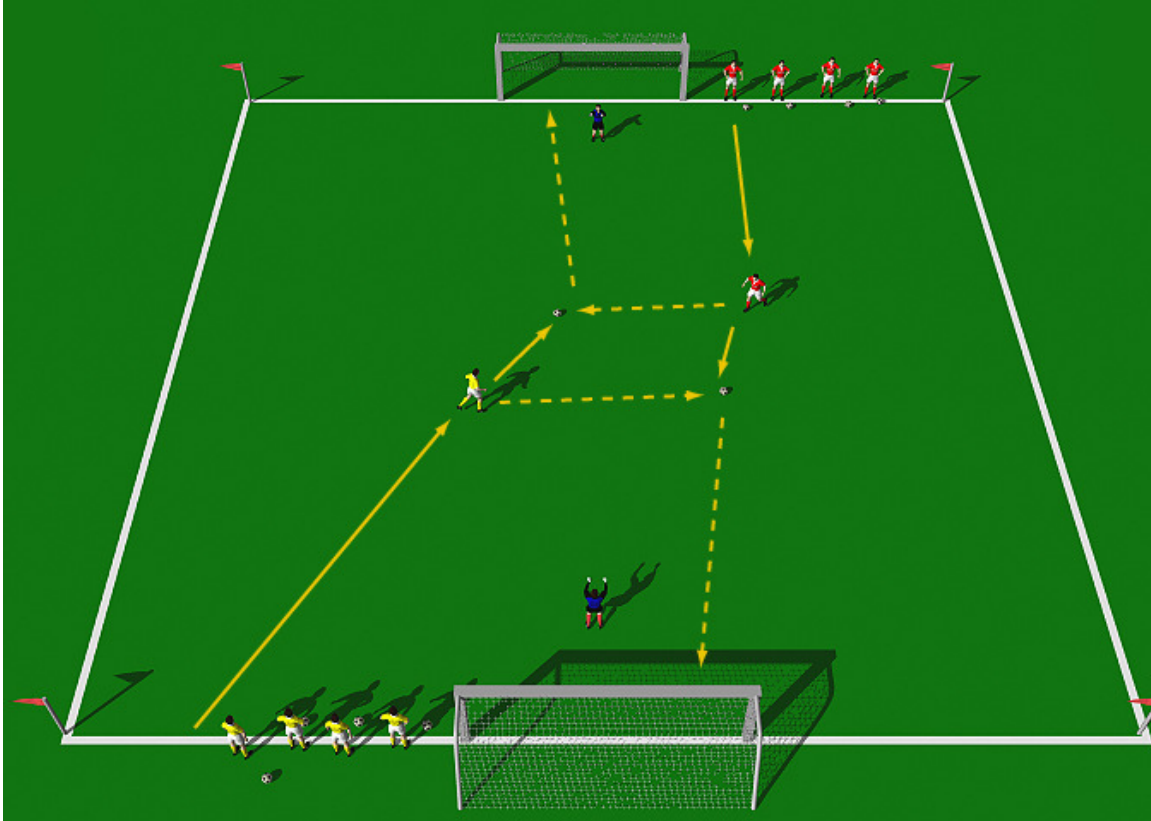
Note: Service must always be neutral. Coach should keep track of score between both teams.

The coach should emphasize the following coaching points:

- Turn as quickly as you can and confront the defender. Glance over your shoulder to see how much space is available to turn.
- Demand "realistic" defending, Go after the ball and try to win it.
- The emphasis should be placed on "accuracy" and not power when shooting.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Swap and Shoot



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques under speed.

Field Preparation

- Large group of players
- Half Field
- Full Size Goals
- Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

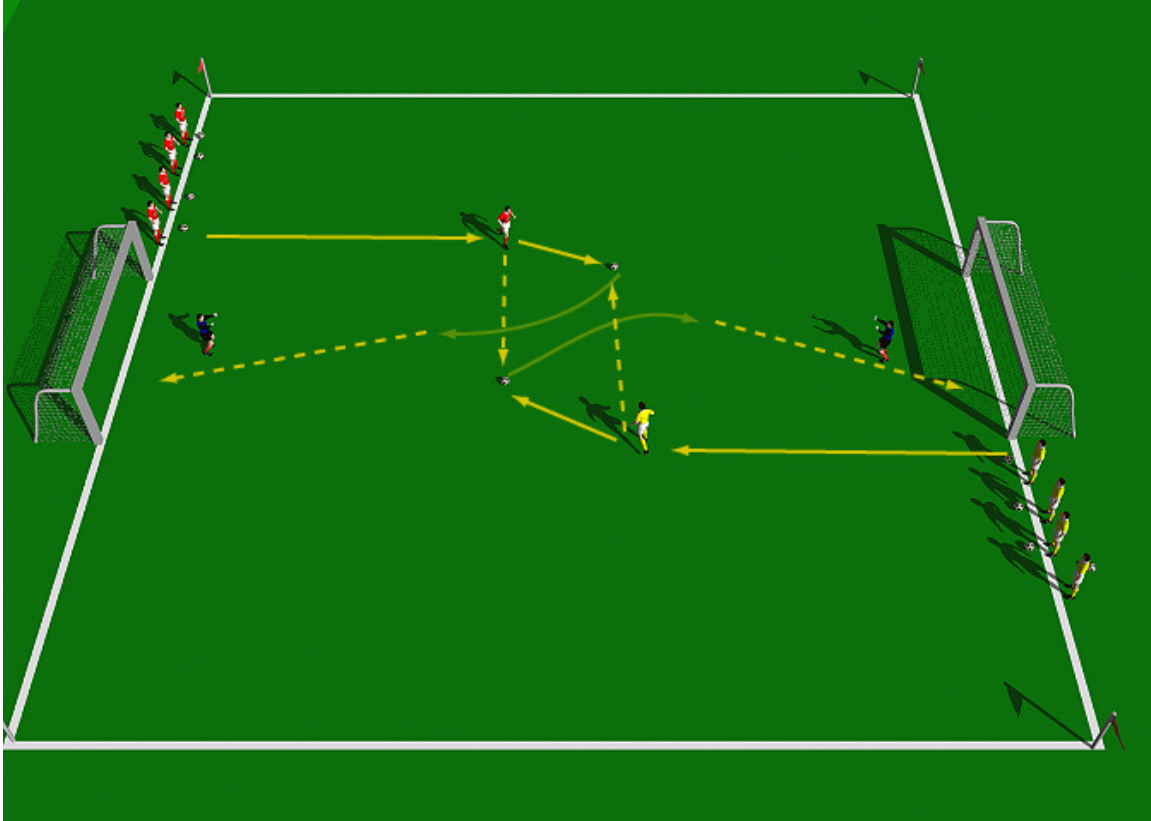
A group of players with a ball each are placed at opposite goals. Two goalkeepers are positioned in goal. On the coach's command, the first player from each group dribbles towards the opposite goal. At the mid-way point both players exchange balls and try to score with a shot. After shooting, players join the end of the opposite group. The practice is then repeated by the next players in line. Coach should keep track of goals scored and make a competition amongst the players.

The coach should emphasize the following coaching points:

- Be alert to the coach's command.
- Dribble quickly.
- Use a "reverse" pass when exchanging balls.
- The emphasis should be placed on accuracy and power when shooting.
- Remember to keep the head steady and eyes fixed firmly on the ball.
- Expect the goalkeeper to drop the ball and follow in on all rebounds.

Encourage players to use a variety of shooting techniques such as the chip, lofted, low driven and bent shot.

Swap Turn and Shoot



Exercise Objectives:

This practice is designed to improve the player's technical ability to turn with their back to goal and shoot under speed.

Field Preparation

- Large group of players
- 30 x 30 yards
- Full Size Goals
- Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

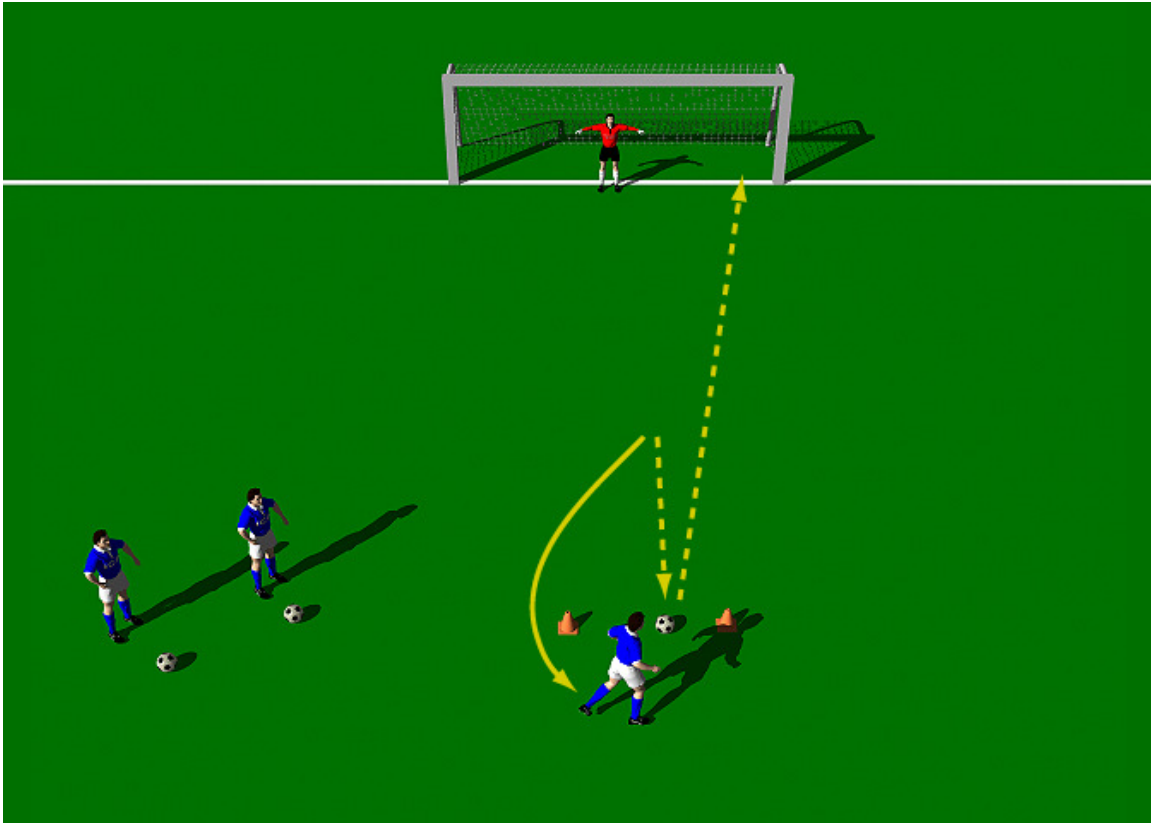
A group of players with a ball each are placed at opposite goals. Two goalkeepers are positioned in goal. On the coach's command, the first player from each group dribbles towards the opposite goal. At the mid-way point both players exchange balls, turn with the ball and try to score. After shooting, players join the end of the opposite group. The practice is then repeated by the next players in line. Coach should keep track of goals scored and make a competition amongst the players.

The coach should emphasize the following coaching points:

- Be alert to the coach's command.
- Dribble quickly.
- Use a "reverse" pass when exchanging balls.
- Turn as economically as possible with the ball. Get the ball out of your feet and into a shooting position quickly.
- The emphasis should be placed on accuracy and power when shooting.
- Remember to keep the head steady and eyes fixed firmly on the ball.
- Expect the goalkeeper to drop the ball and follow in on all rebounds.

Encourage players to use a variety of shooting techniques such as the chip, lofted, low driven and bent shot.

Shooting Quick Turn Drill



Exercise Objectives:

This is a fun game that players enjoy. The drill tests the player's balance and shooting ability.

Field Preparation

- Small Group of Players
- Full Size Goal with Goalkeeper
- Penalty Area
- Cones or Flag poles
- Supply of Balls

Coaching Pointers:

Players position themselves 20 yards from goal. Each player has a ball. Place 2 cones 1 yard apart as in the diagram above. The practice starts with the first player with his back to goal and 2 yards from the cones. He must pass the ball between the 2 cones, then quickly sprint around either cone and shoot as quickly as possible. After shooting he rejoins the group and the next player in line repeats the drill.

Focus On:

- Good balance on the turn.
- Decisive ground finishing
- Goalkeepers shot stopping.

Chase Me



Exercise Objectives:

This is a great shooting practice that forces the striker to attack the goal with speed.

Field Preparation

Goalkeeper, 2 Even groups of 4, 5 or 6 players, Half field, Cones, Supply of balls.

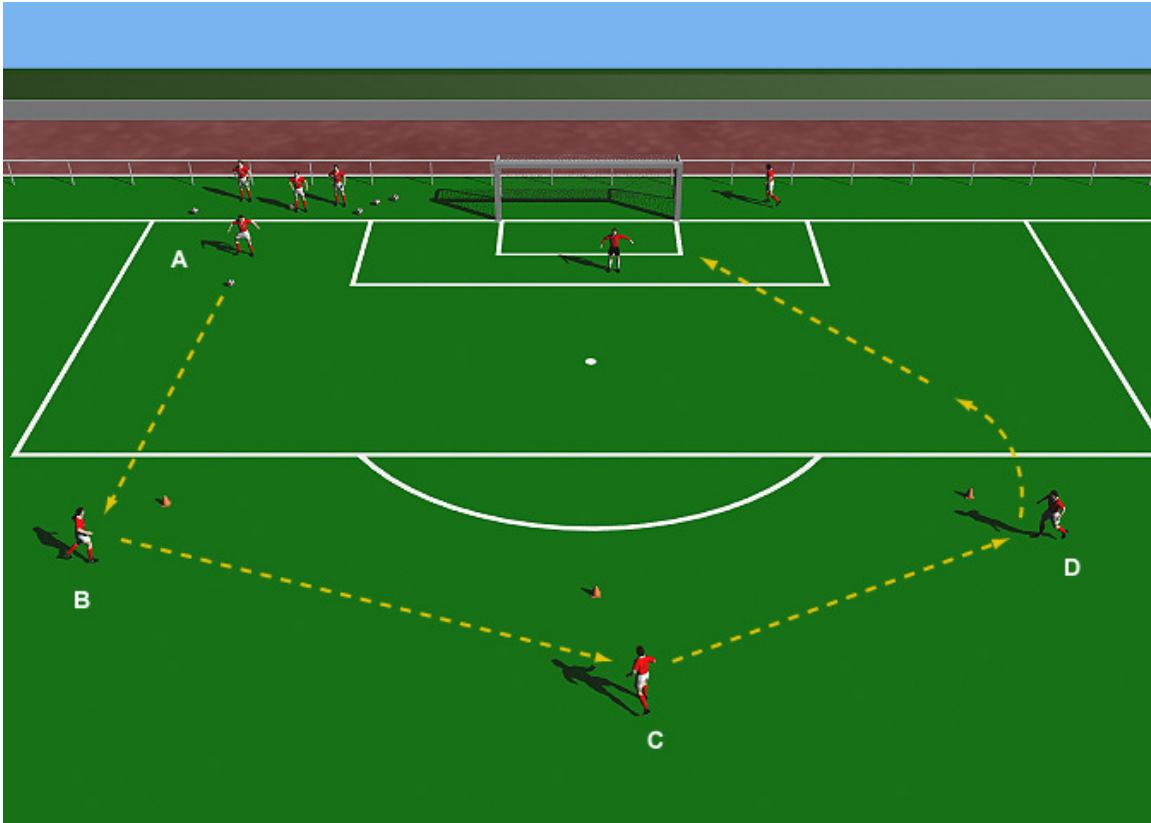
Coaching Pointers:

Organisation – Two groups of players. One group positioned at a cone 45 yards from goal – runners with ball. The other group at a cone which is 5 – 8 yards back and to the side – “chasers”. Place a gate 2 yards wide, central to goal and 20 yards from goal. Coach serves the ball from the centre position. Coach plays ball into space for “running player” to run onto ball, “runner” must go through gate and finish. “chasing” player can chase him as soon as coach plays the ball and try and stop him scoring. Rotate runners to chasers after shot.

Objectives – Running quickly with ball in straight line towards goal, cutting across chasing defenders, composure in box, finishing. Defending, goalkeeping.

Progressions - 1. “Runners” must turn with ball 2. Runners must set ball and then curve run. 3. Serve bouncing ball in front of “runners” 4. “Runners” start position wider and angle run into goal.

Pass - Follow - Shoot



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques.

Field Preparation

- Goalkeeper
- Large group of players.
- Half field
- Cones
- Supply of balls

Coaching Pointers:

Position a group of players with a ball each beside the goal. Place a goalkeeper in goal. Position players and cones as in the diagram above, with a player positioned at each cone. The practice is performed in the following sequence.

Player "A" passes to player "B" and follows the pass to take the place of player "B". Player "B" passes to player "C" and follows the pass to take the place of player "C". Player "C" passes to player "D" and follows the pass to take the place of player "D". Player "D" attacks the goal and tries to score a goal. After the attack is ended player "D" joins the end of group.

Coach should keep track of goals scored and make a competition between the players.

The coach should emphasize the following coaching points:

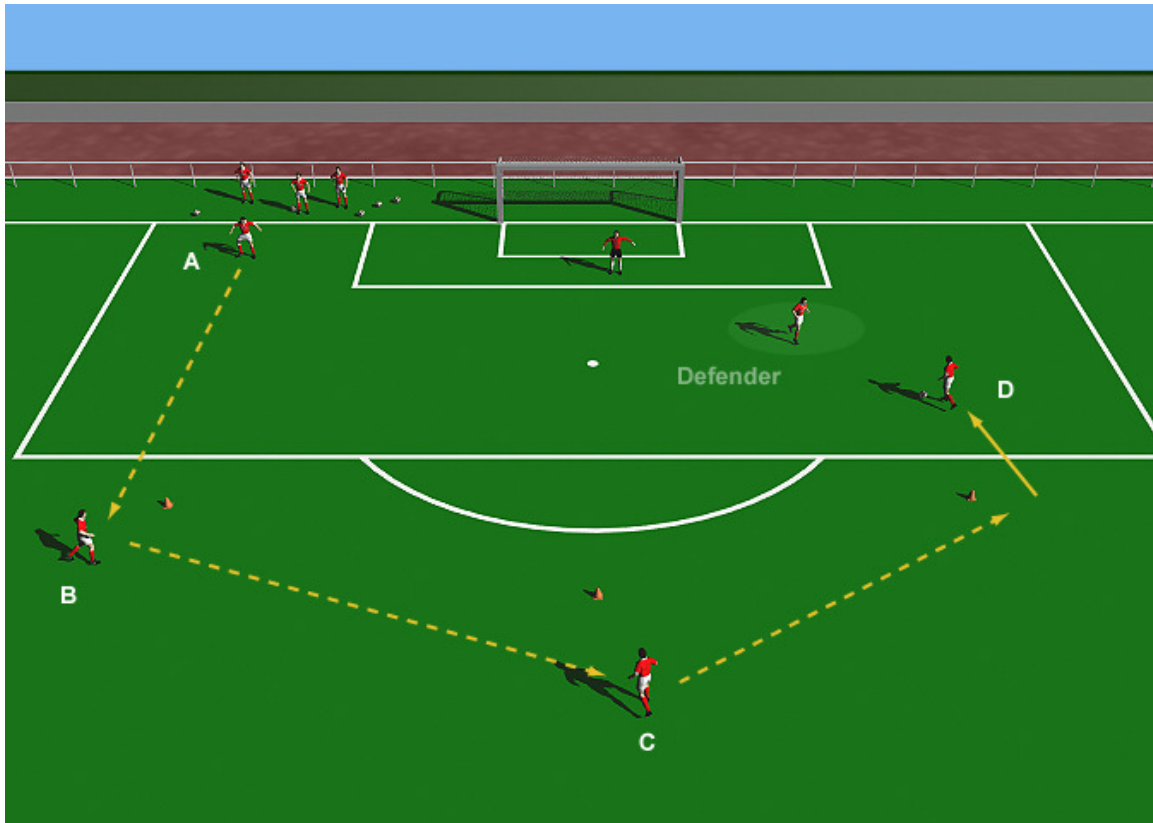
Make firm accurate passes.

When controlling the ball, make the first touch in the direction of the next cone and get the ball out of the feet.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Variation: Have players run with the ball from cone to cone instead of passing.

Pass - Follow - Shoot then Defend



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques.

Field Preparation

- Goalkeeper
- Large group of players.
- Half field
- Cones
- Supply of balls

Coaching Pointers:

Position a group of players with a ball each beside the goal. Place a goalkeeper in goal. Position players and cones as in the diagram above, with a player positioned at each cone. The practice is performed in the following sequence.

Player "A" passes to player "B" and follows the pass to take the place of player "B". Player "B" passes to player "C" and follows the pass to take the place of player "C". Player "C" passes to player "D" and follows the pass to take the place of player "D". Player "D" attacks the goal and tries to beat the defender and score a goal.

After the attack is ended player "D" then becomes the defender against the next player.

Coach should keep track of goals scored and make a competition between the players.

The coach should emphasize the following coaching points:

Make firm accurate passes.

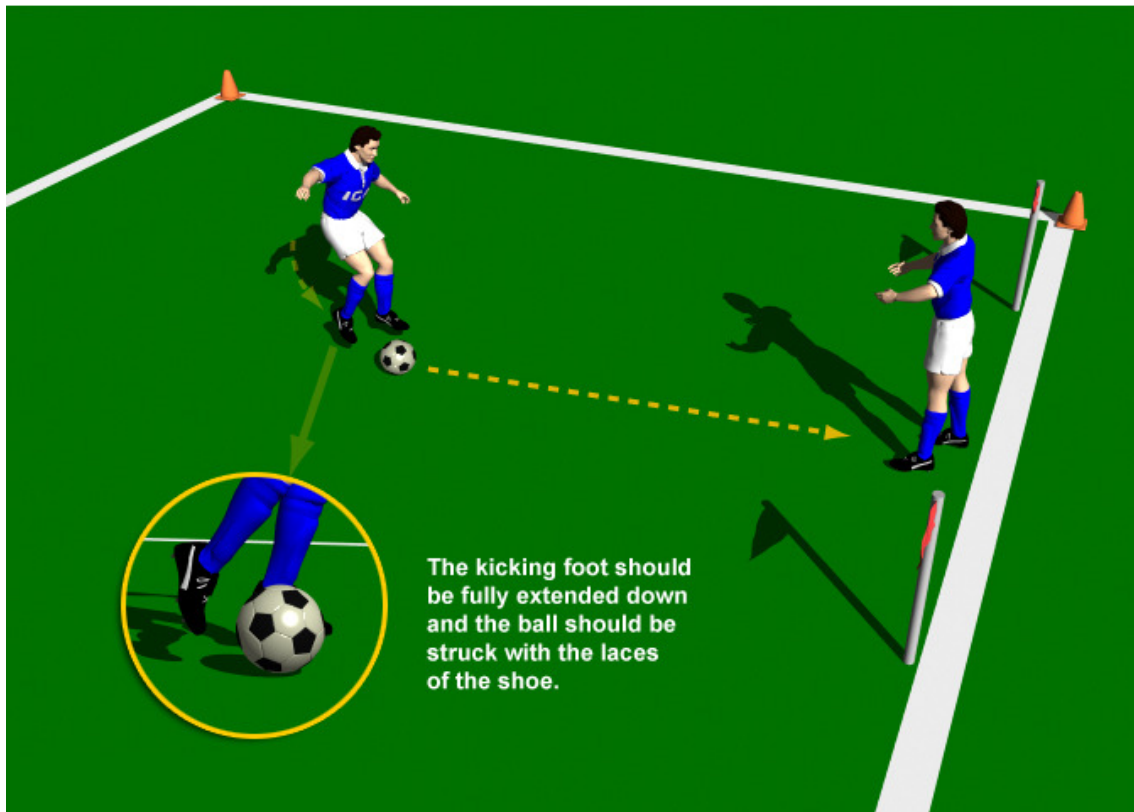
When controlling the ball, make the first touch in the direction of the next cone and get the ball out of the feet.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Variation: Have players run with the ball from cone to cone instead of passing.

Fundamental Shooting

Shooting Basics 1



Exercise Objectives:

This practice is designed to introduce the novice player to the correct mechanics when shooting the ball.

Field Preparation

- 2 Players
- Area 10 x 10 yards
- Cones
- 1 Ball

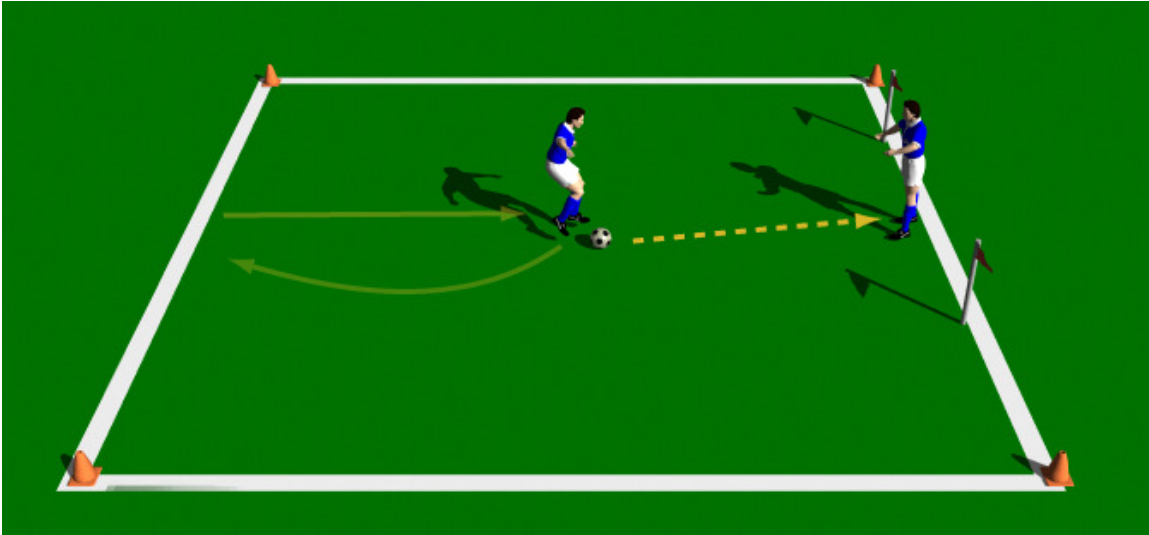
Coaching Pointers:

Two players are positioned in a grid 10 yards by 10 yards. One player is the goalkeeper, the second a receiver. The goalkeeper stands in between the two cones and rolls the ball towards the receiver. The receiver steps towards the ball and shoots the ball at the goal. After shooting the ball, the receiver must return to the starting position. Both players should alternate roles.

The coach should emphasize the following coaching points:

- Remember to keep the head steady and eyes fixed firmly on the ball.
- Approach the ball at a slight angle. This will assist the natural swinging motion of the kicking leg.
- The last stride to the ball should be the longest stride.
- The non-kicking foot should be placed along side and slightly in front of the ball.
- Contact on the ball with the kicking foot should be made through the horizontal mid-line of the ball.
- The kicking foot should be fully extended down and the ball should be struck with the laces of the shoe.
- The follow through should be made through the center of the ball and continue in the direction of the goal.

Shooting Basics 2



Exercise Objectives:

This practice is designed to introduce the novice player to the correct mechanics when shooting the ball.

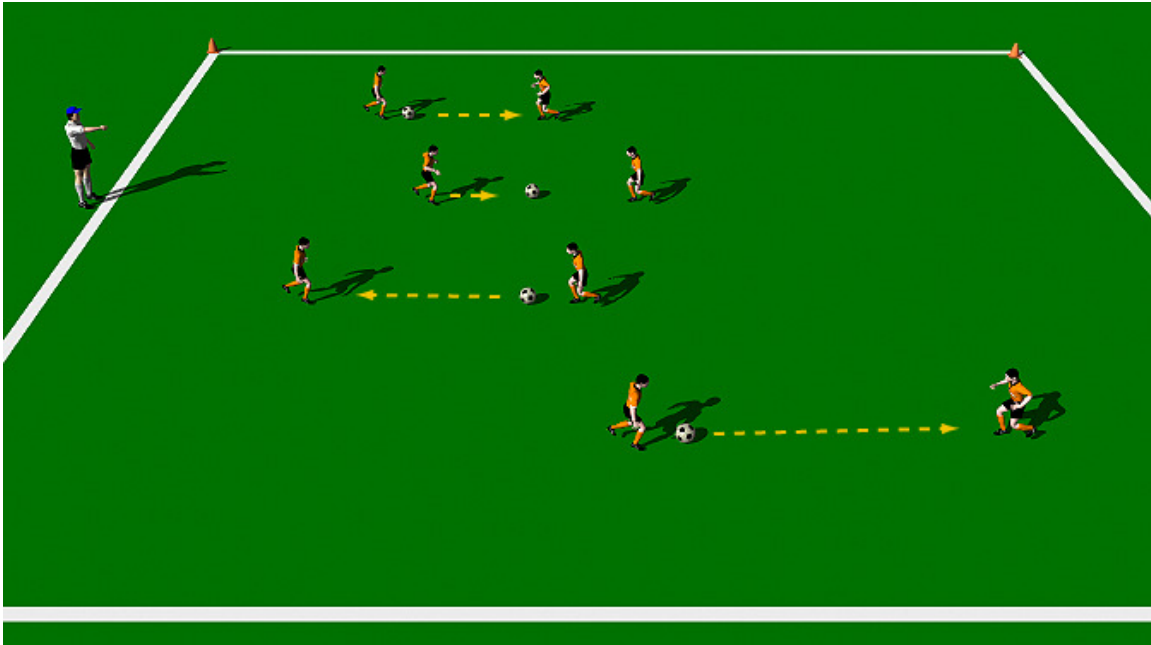
Field Preparation

- 2 Players
- Area 10 x 10 yards
- Cones
- 1 Ball

Coaching Pointers:

Two players are positioned in a grid 10 yards by 20 yards. One player is the server, the second a receiver. The players start the practice at one end of the grid. The server stands approximately 2 yards from the receiver and rolls the ball towards the receiver. The receiver steps towards the ball and shoots the ball back to the server's hands. The server then retreats 2 yards and repeats the service. This is done until both players reach the opposite side of the grid, then both players change roles.

Keeping the Shot Low



Exercise Objectives:

This is a great exercise to reinforce the importance of keeping the ball low when shooting.

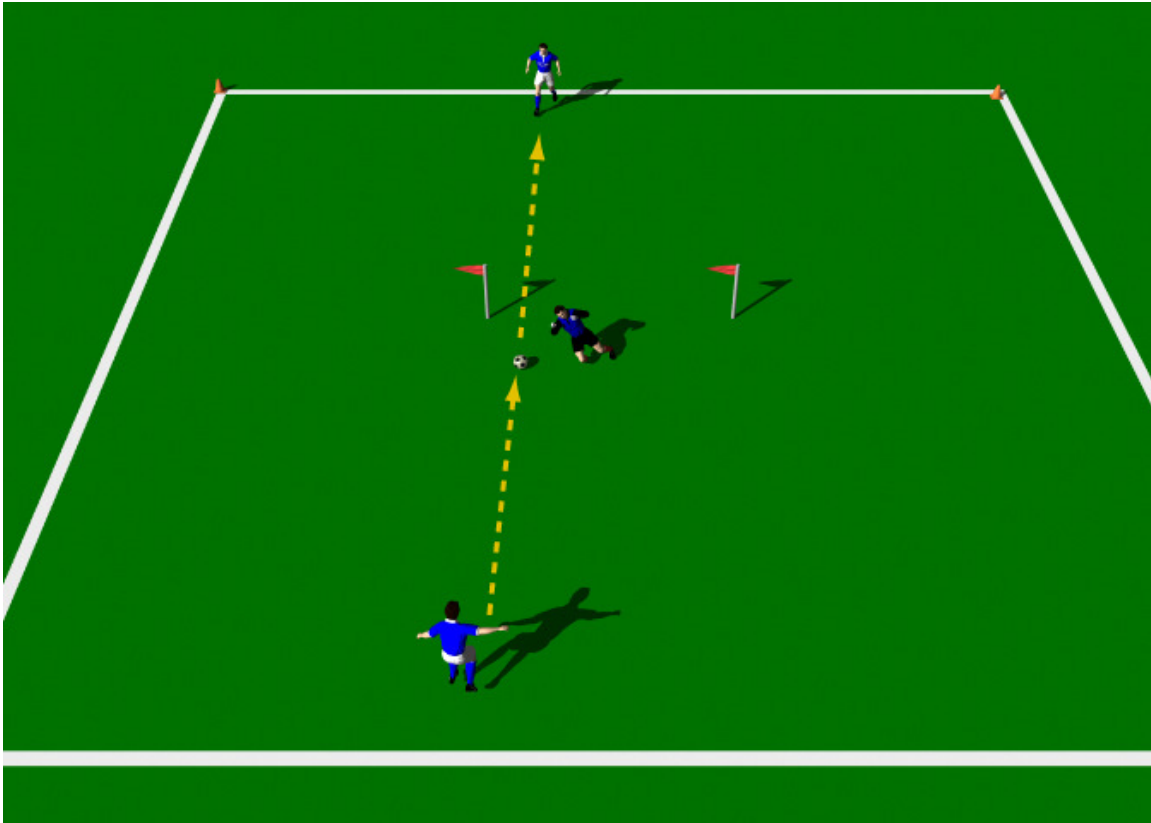
Field Preparation

- 2 Players per ball
- Area 40 x 40 yards
- Cones

Coaching Pointers:

Divide your group into pairs. Partners stand approximately 6 yards apart. One player is the server and the other the receiver. The server rolls the ball for their partner to kick back to them "first time". The server catches the ball and retreats backwards a few yards and repeats the drills. The object is for the players to work their way across the width of the square then alternate roles.

Shooting Both Sides



Exercise Objectives:

This practice is designed to improve the player's technical ability using the "Low driven shot".

Field Preparation

3 Players, Area 20 x 20 yards, Cones or Flag poles, 1 Ball

Coaching Pointers:

Three players are positioned in a grid 20 yards x 40 yards, using one ball. One player is placed each side of the goal and the third acts as a goalkeeper. The goalkeeper starts the practice by rolling the ball to one of the players. The player tries to score past the goalkeeper. The ball must travel between the flagpole's or cones and below head-height of the goalkeeper to count. Goals are awarded in the following manner:

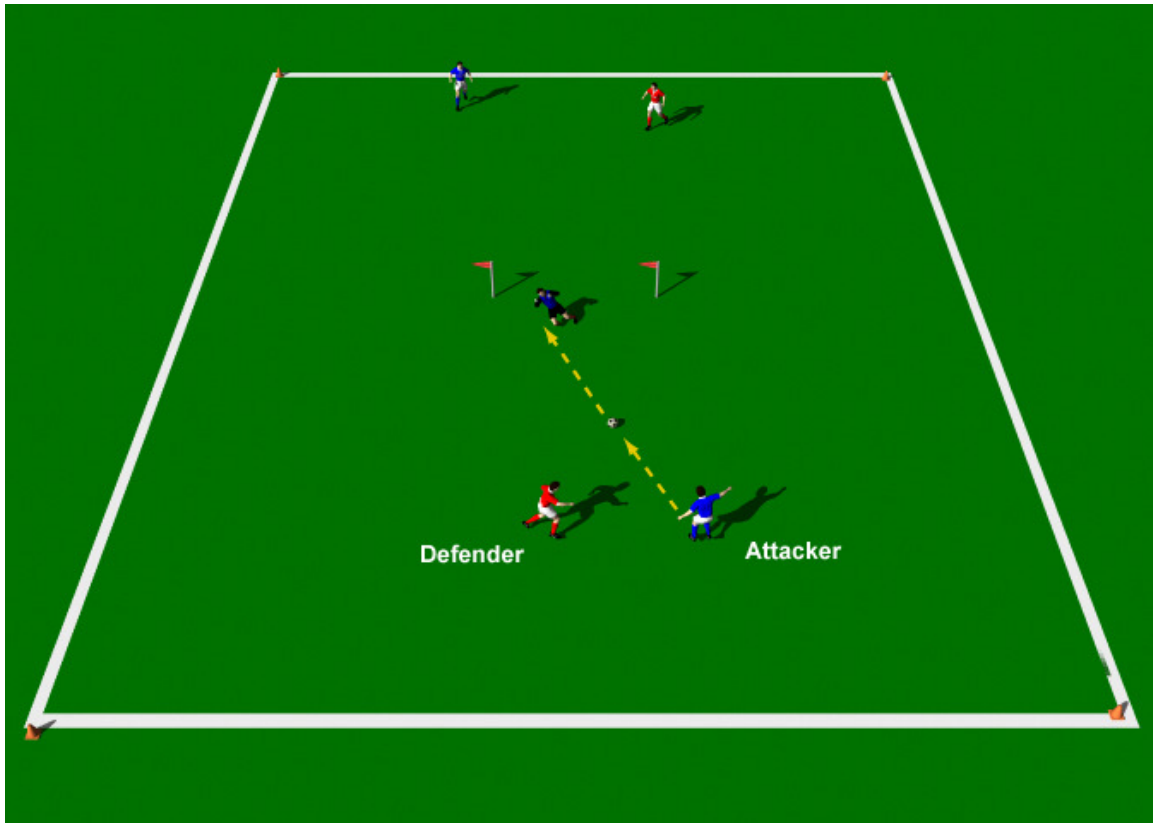
3 goals if the player scores on first touch.

2 goals if the player takes two touches before scoring.

1 goal if the player takes three or more touches before scoring.

The player on the opposite side must always be alert to strike the ball when it comes into their end from a shot. If the goalkeeper saves the shot, they turn around and roll the ball out to the opposite player. The player in goal should be rotated with the outfield players. Keep a record of the score to determine the champion.

Shooting 1 v 1 with Goalkeeper in the Middle



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques.

Field Preparation

3 Players, Area 30 x 30 yards, Cones or Flag poles, 1 Ball

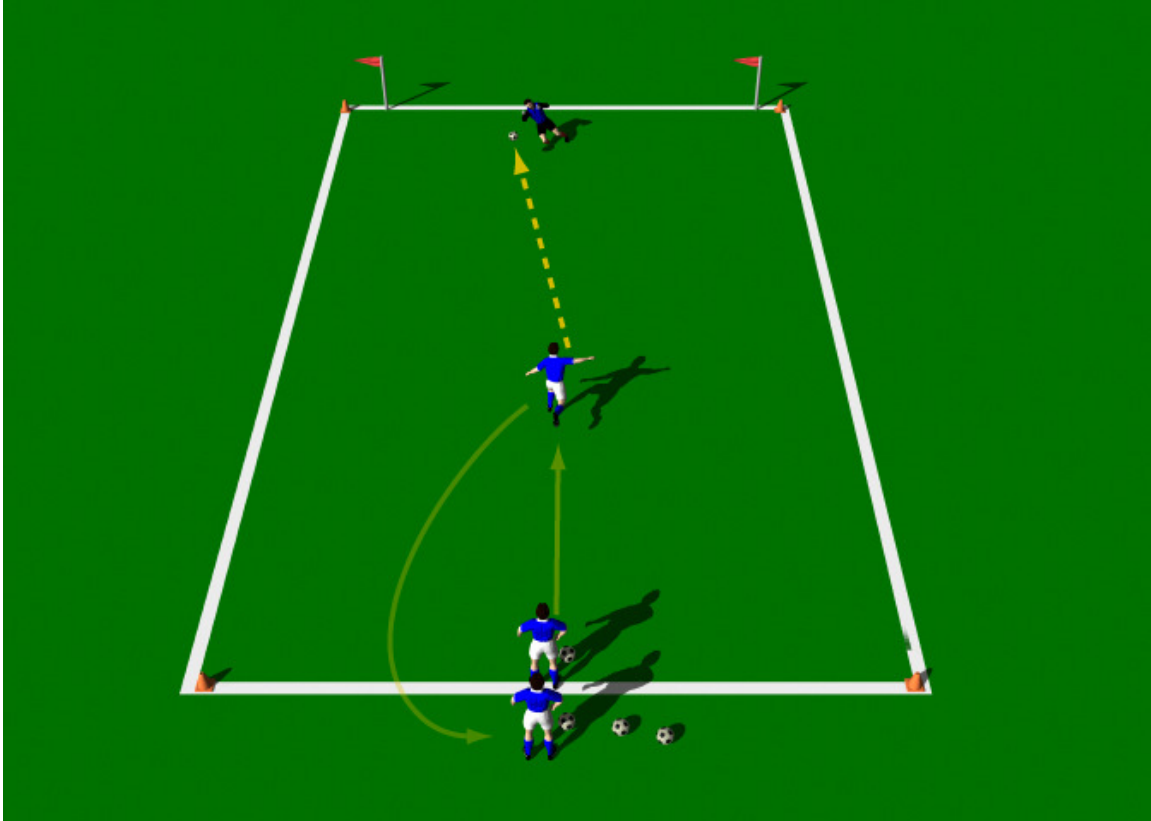
Coaching Pointers:

Five players are positioned in a grid 30 yards x 30 yards, using one ball. Two players are positioned either side of the goal. The goalkeeper starts the practice by rolling the ball to one of the players. The first player to the ball tries to score past the goalkeeper, the second must defend, if they win the ball they may also shoot. The ball must travel between the cones and below head-height of the goalkeeper to count. Goals are awarded in the following manner:

- 3 goals if the player scores on first touch
- 2 goals if the player takes two touches before scoring
- 1 goal if the player takes three or more touches before scoring.

The players on the opposite side must always be alert to strike the ball when it comes into their end from a shot. If the goalkeeper saves the shot, they then turn around and roll the ball out to the opposite players. The player in goal should be rotated with the outfield players. Keep a record of the score to determine the champion.

Shooting Relay



Exercise Objectives:

This practice is designed to introduce the novice player to the correct mechanics when shooting the ball.

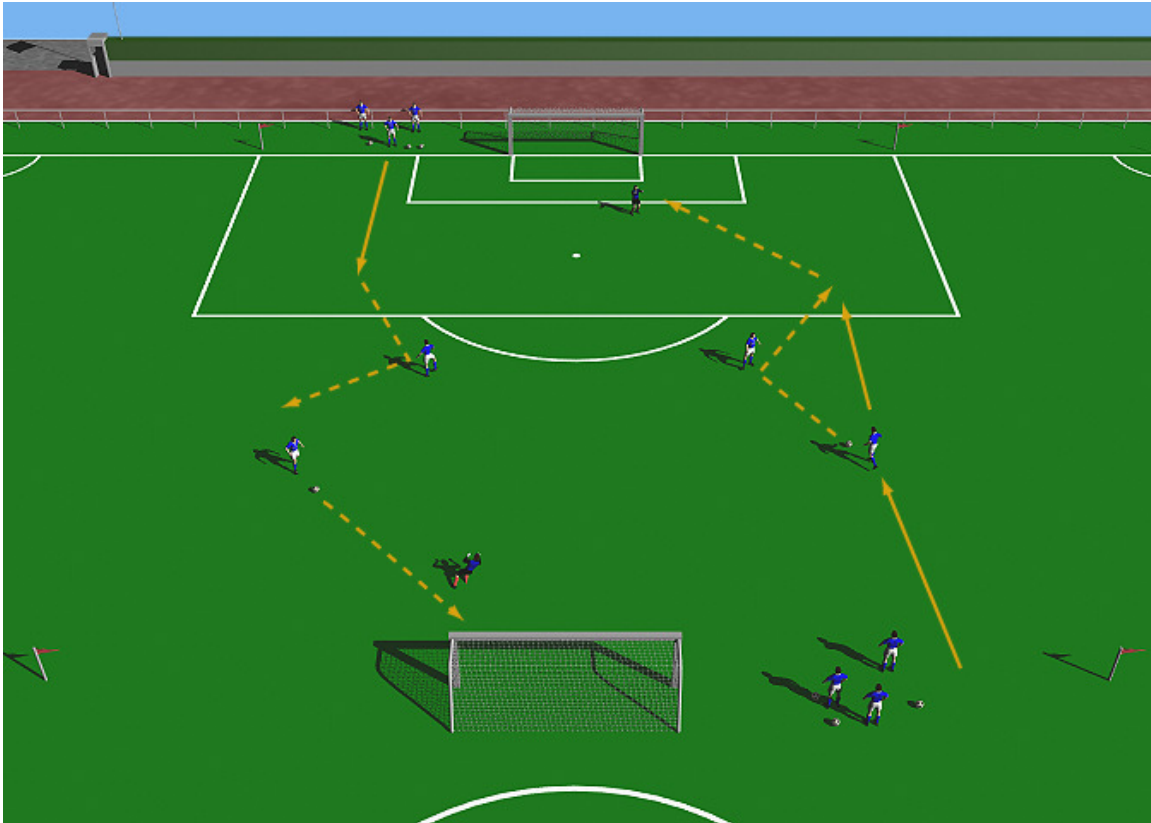
Field Preparation

- Small group of players
- Area 10 x 20 yards
- Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

Four players are positioned in a grid 10 yards by 20 yards with one player as the goalkeeper. The practice starts when the first shooter in line pushes the ball forward and shoots at goal. After shooting, the players must retrieve their ball and return to the starting position and join the end of the line. Players should alternate roles of the goalkeeper.

Give, Go and Shoot



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety shooting techniques with an emphasis on the "Give and Go".

Field Preparation

- Large group of players
- Half Field
- 2 Full Size Goals
- Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

A small group of players are placed at the side of each goal. Two target players are positioned in the middle of the area. The first player in line passes the ball to the target player for a return pass. The target player returns the pass "one touch" for the shooter to hit first time. Immediately after shooting the ball the shooter must look to follow through for any rebounds from the goalkeeper. The shooter then joins the group at the opposite side and joins the end of the line.

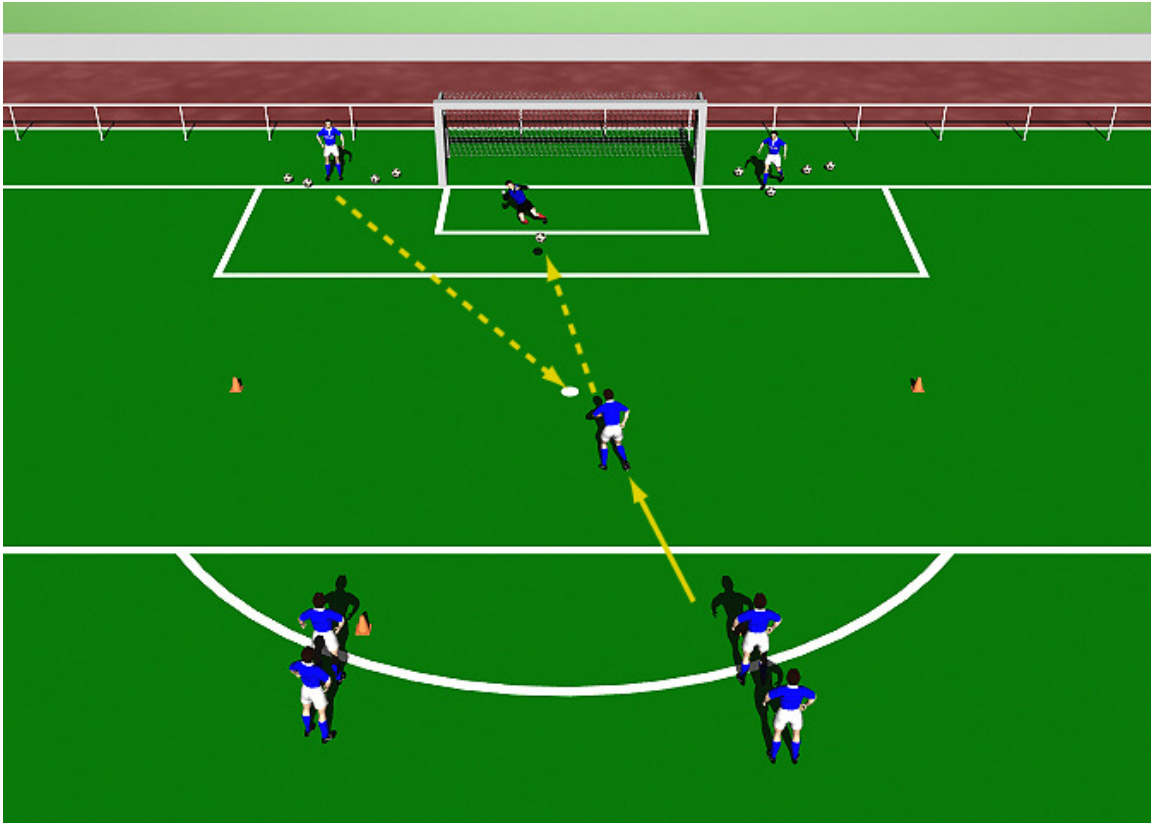
Coach should keep track of goals scored and make a competition amongst the shooters.

The coach should emphasize the following coaching points:

- The emphasis should be placed on "accuracy" and not power.
- Change pace after receiving the return pass from the target player.
- Players should time their runs so that they do not have to break stride when striking the ball.
- Remember to keep the head steady and eyes fixed firmly on the ball.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

World Cup Shooting Drill



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of close range shooting techniques.

Field Preparation

Entire Group, Full Size Goal with Goalkeeper, Penalty area, Supply of Balls.

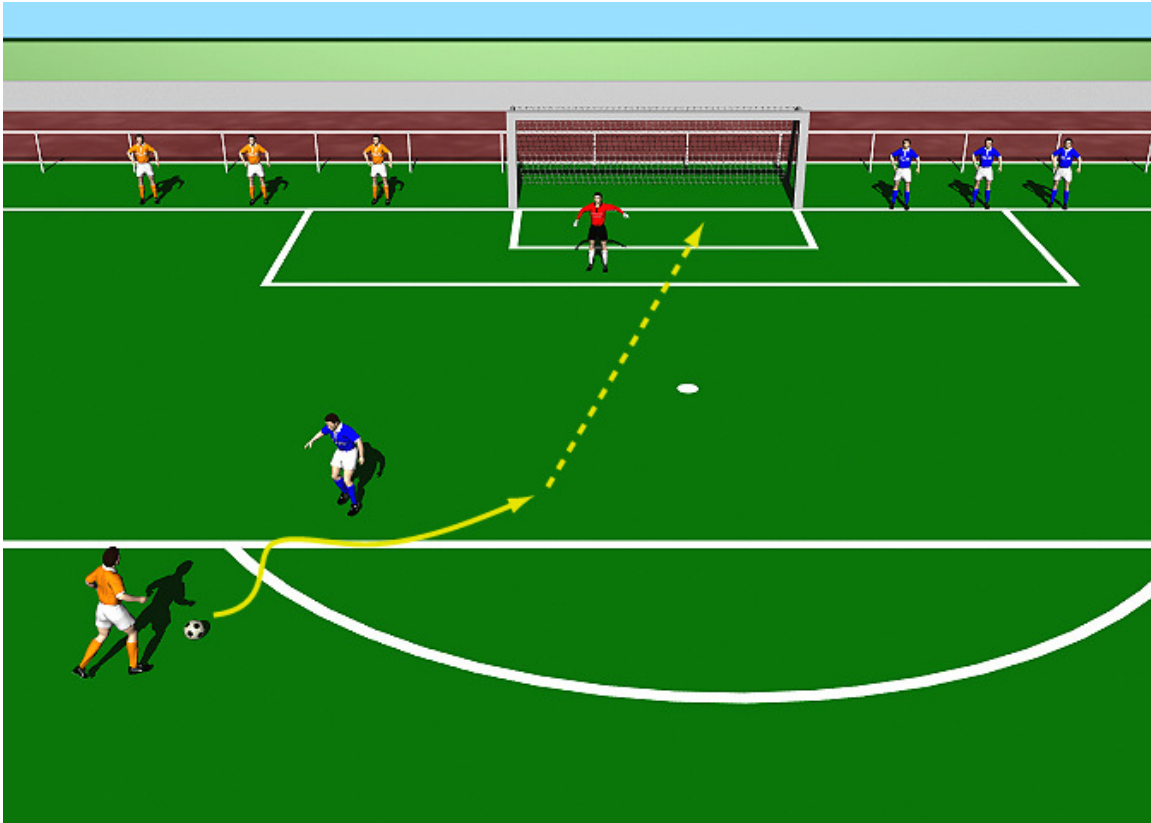
Coaching Pointers:

Players are divided equally into two groups. One group is positioned behind the goal to recover missed shots. The second group are split equally and positioned at two cones placed at the edge of the penalty area. Two servers, positioned each side of the goal, serve the ball on the ground and between the two flag poles placed approximately 12 yards from the goal line. Each server alternates serving. Players recovering the balls must always ensure there is a ready supply of ball for the servers.

Players shooting must receive a pass from the server diagonally opposite. The ball must be struck after it passes through the cones. Any ball struck before passing through the cones does not count. The group works as a team to see how many goals they can score in three minutes. After the three minutes, all goals are totaled and the groups alternate.

The emphasis should be placed on "accuracy" and not power. Players should time their runs so that they do not have to break stride when striking the ball. **Note:** This is also a great practice to use for heading. Have servers deliver underhanded serves.

1 v 1 Knock out Game



Exercise Objectives:

This practice is designed to improve a wide variety of shooting techniques while under pressure.

Field Preparation

- Large group of players
- Penalty Area
- Full Size Goals
- Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

Players are divided into pairs and placed on the end line at opposite sides of the goal. Each pair is assigned a number. The goalkeeper starts the practice by serving the ball out towards the edge of the penalty area.

On distributing the ball, the goalkeeper calls out a number such as 1, 2, 3, or 4 etc. The pair selected then run out to the ball. First player to get to the ball becomes the attacker, the second acts as the defender. The defender must attempt to win the ball, and the attacker tries to score. The defender becomes the attacker if they can win possession. After a shot is taken, both players return to their starting positions.

Coach should keep track of goals scored and make a competition amongst the players.

The coach should emphasize the following coaching points:

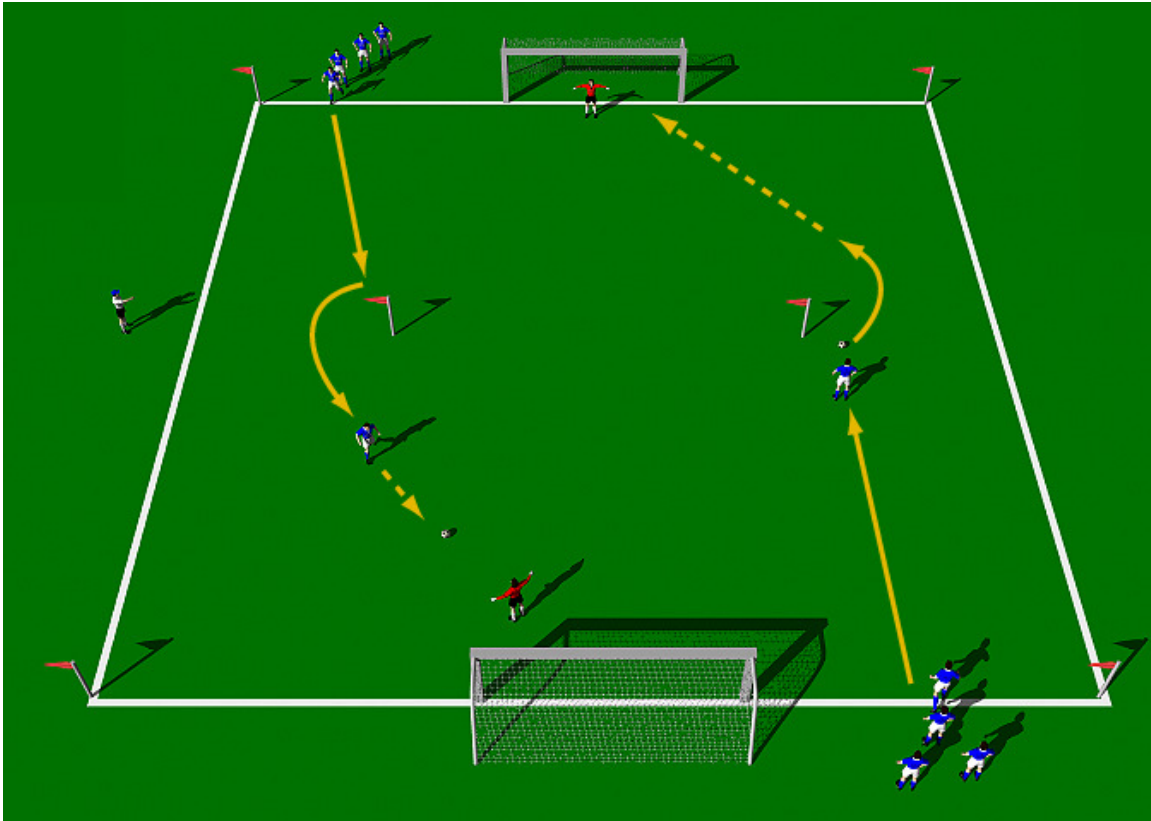
- The emphasis should be placed on "**accuracy**" and not power.
- Encourage attackers to run at the defenders with speed.
- Keep the tempo high and at match pace.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Progression:

This practice can be developed to play, 2 v 2, 3 v 3 etc.

Dribble and Shoot



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques and emphasizes a change of speed and direction.

Field Preparation

- Large group of players
- Penalty Area
- Full Size Goals
- Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

A small group of players are placed at the side of each goal. Players have a ball each. First player in each group dribbles the ball towards the cone. At the cone the player performs a dribbling move (using the pole as an imaginary defender. The player then quickly attacks the penalty area and finishes with a shot on goal.

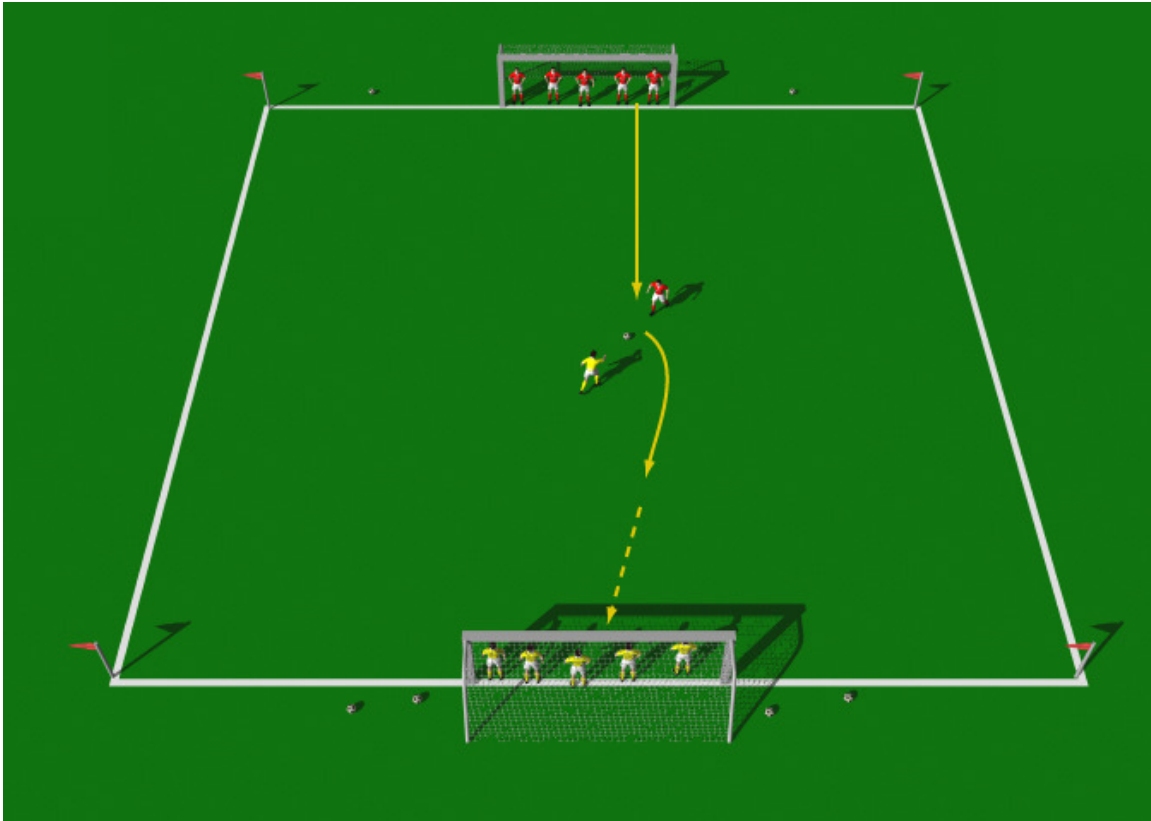
After the attack is finished, players jog behind the goal and join the group at the opposite side. Coach should keep track of goals scored and make a competition amongst the players.

The coach should emphasize the following coaching points:

- The emphasis should be placed on "accuracy" and not power. Shoot for the back post, rather than near post.
- Use a variety of moves such as the scissors, step over, head fakes, dipping the shoulder etc.
- Players should demonstrate a noticeable change of pace after performing a dribbling move.
- Anticipate rebounds off the goalkeeper.
- Remember to keep the head steady and eyes fixed firmly on the ball.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Survivor



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of long and close range shooting techniques with an emphasis on 1 v 1, 2 v 2, and 3 v 3 confrontations.

Field Preparation

- Large group of players
- Area 30 x 30 yards
- Full Size Goals
- Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

Divide group into two teams and position each team in a goal. The coach is positioned to the side of the field with a supply of balls.

Players in each team are designated a number 1 through 4. The practice starts when the coach serves a ball into the playing area and calls out a number. The player who's number is called come onto the field and challenges for possession. The object is for the player who wins the ball to try and score as quickly as possible. The defender must try to stop him. Should the defender win the ball, the roles are then reversed. When the ball goes out of play or the coach calls a new number both players must sprint back to their original positions. They are not allowed to touch the ball after the numbers are changed.

Coach should keep track of goals scored and make a competition amongst the teams.

The coach should emphasize the following coaching points:

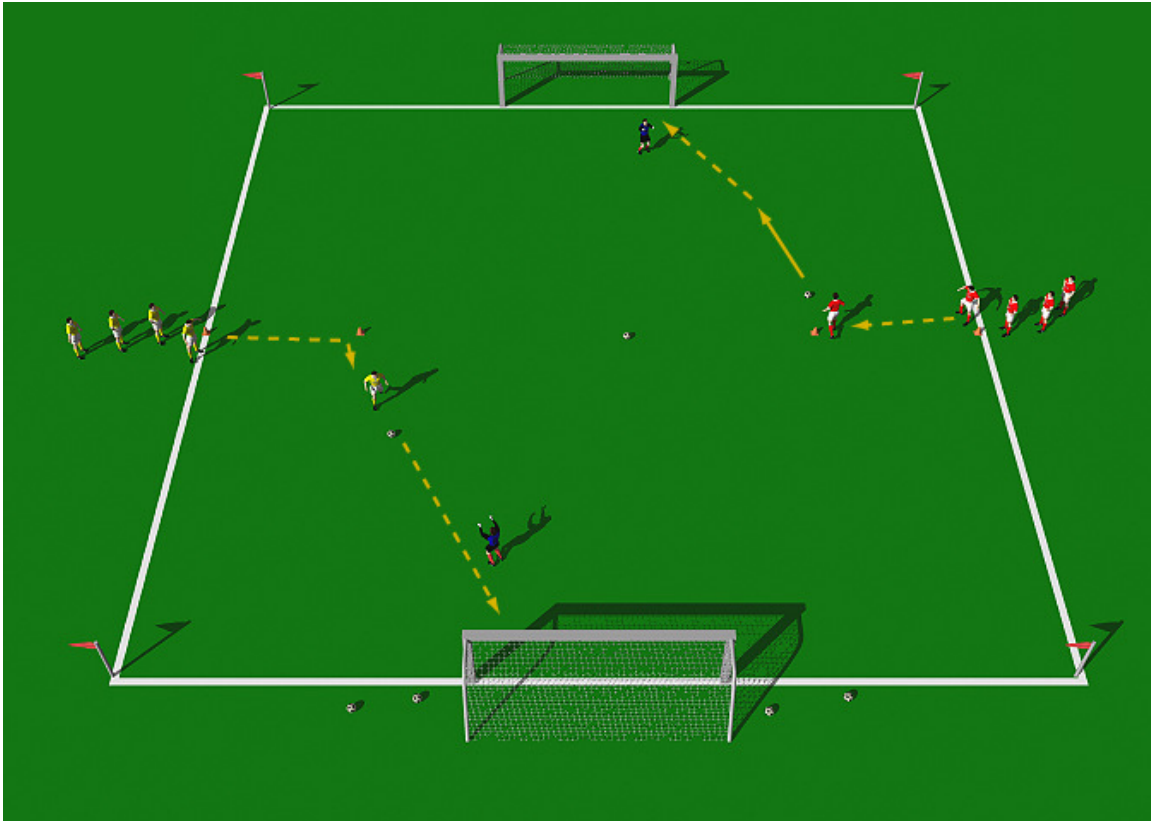
- Attack defender with a commitment. Use a change of direction and speed.
- Demand "realistic" defending, Go after the ball and try to win it.
- The emphasis should be placed on "accuracy" and not power when shooting.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Progression:

This practice is developed by playing 2 v 2, and 3 v 3.

Turn and Shoot



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of long and close range shooting techniques.

Field Preparation

- Large group of players
- Area 30 x 30 yards
- Full Size Goals
- Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

Divide players into two small groups. Groups are positioned on each side of the penalty area and attack opposite goals. A receiver is positioned at a cone placed 5 yards from the second cone. The remaining players are placed at a cone with a ball each.

First player in line passes the ball to the receiver. The receiver must turn as efficiently as possible, quickly attack the penalty area and finish with a shot on goal. The second player moves to the cone and becomes the next receiver. After shot is taken the player must collect their ball, jog back to their group and join the end of the line. Coach should keep track of goals scored and make a competition amongst players or groups.

The coach should emphasize the following coaching points:

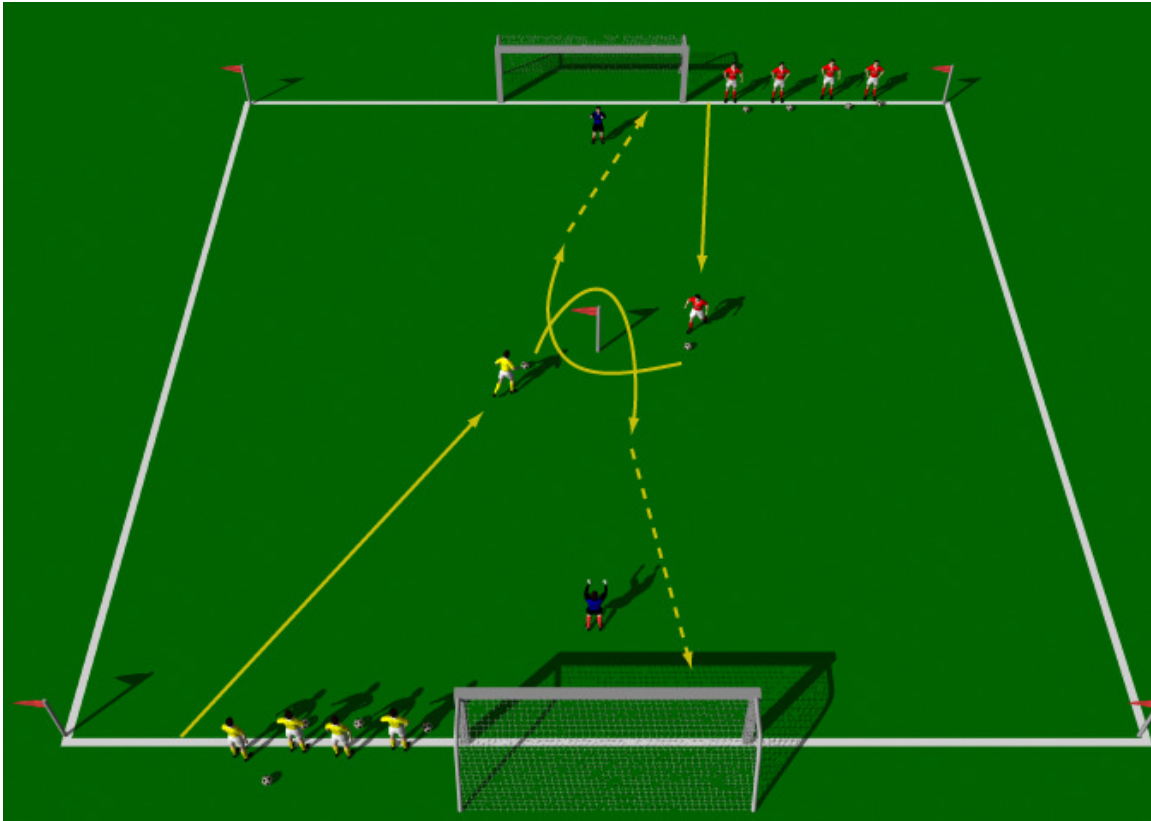
- Attack the goal with commitment.
- Use a variety of techniques to turn, outside of the foot, inside, let the ball role etc.
- First touch when turning should direct the ball in the direction of the goal and out of the feet.
- The emphasis should be placed on "accuracy" and not power when shooting.

Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Progression:

Can introduce a defender in each penalty area. Can insert a target man inside the box to play a "Give and Go" off.

The Shooting Race



Exercise Objectives:

This practice is designed to improve the player's technical ability in a variety of shooting techniques under speed.

Field Preparation

- Large group of players
- Half Field
- Full Size Goals
- Cones or Flag poles
- Supply of Balls
- Colored Bibs

Coaching Pointers:

A group of players with a ball each are placed at opposite goals. Two goalkeepers are positioned in goal. Identify groups using colored bibs. A cone is placed in the middle of the goals. On the coaches command, the first player from each group dribbles around the cone and has to score as quickly as possible. The first player to score wins a point for their team. After shooting, players join the end of their group. The practice is then repeated by the next players in line. Coach should keep track of goals scored and make a competition amongst the teams.

The coach should emphasize the following coaching points:

- Be alert to the coach's command.
- Dribble quickly.
- The emphasis should be placed on accuracy and power.
- Remember to keep the head steady and eyes fixed firmly on the ball.

Encourage players to use a variety of shooting techniques such as the chip, lofted, low driven and bent shot.