



31 Favorite Shooting Sessions

Shooting Sessions from WORLD CLASS COACHING



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31 Favorite Shooting Sessions

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Edited by Tom Mura



Published by
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31 Favorite Shooting Sessions

WORLD CLASS COACHING recently conducted a contest where coaches contributed their favorite shooting sessions. We recieved many interesting and useful exercises and small-sided games. Rather than finish the contest and discard the sessions, we decided to offer them to other coaches for free.

The sessions appear here exactly as they have been contributed. It's our hope that you find these sessions useful when planning training sessions for your teams.

Thanks to all of the coaches that contributed sessions.

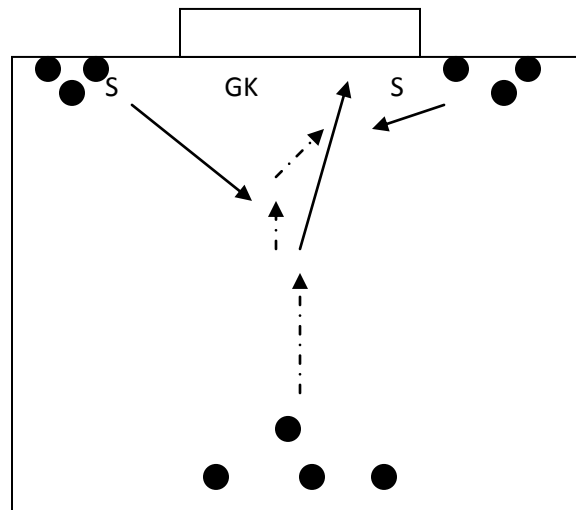
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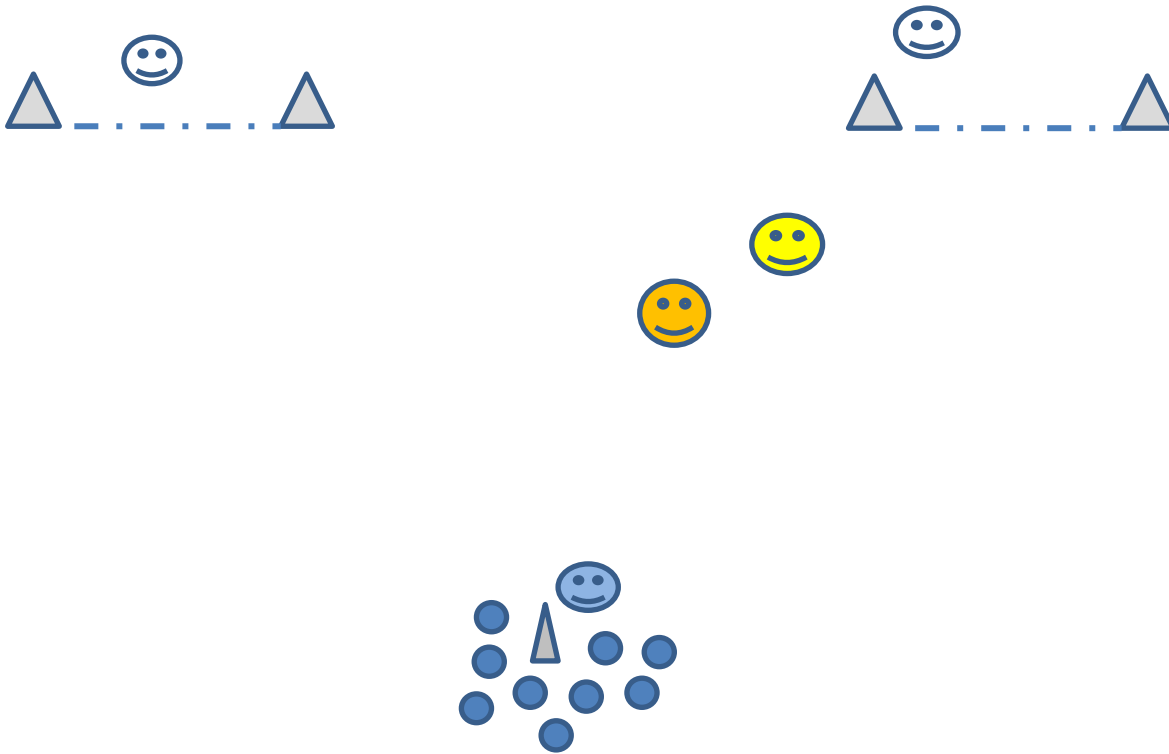


1, 2, 3 FINISHING DRILL

- **Area: half field.**
 - **Each player has a ball.**
 - **Two servers with a supply of balls.**
 - **Keeper in the goal.**
- **Organization:** Player 1 dribbles the ball and takes a shot from @ 25yards out. Continues his run and hits a onetime Shot from @10 yards out, continues and finishes with a header. Each player has three opportunities to score. If you score 1, 2 or all 3 goals, you continue. Retrieve a ball and run back to the shooting line. If you miss all 3, you're out!



1 v 1 to TWO Goals



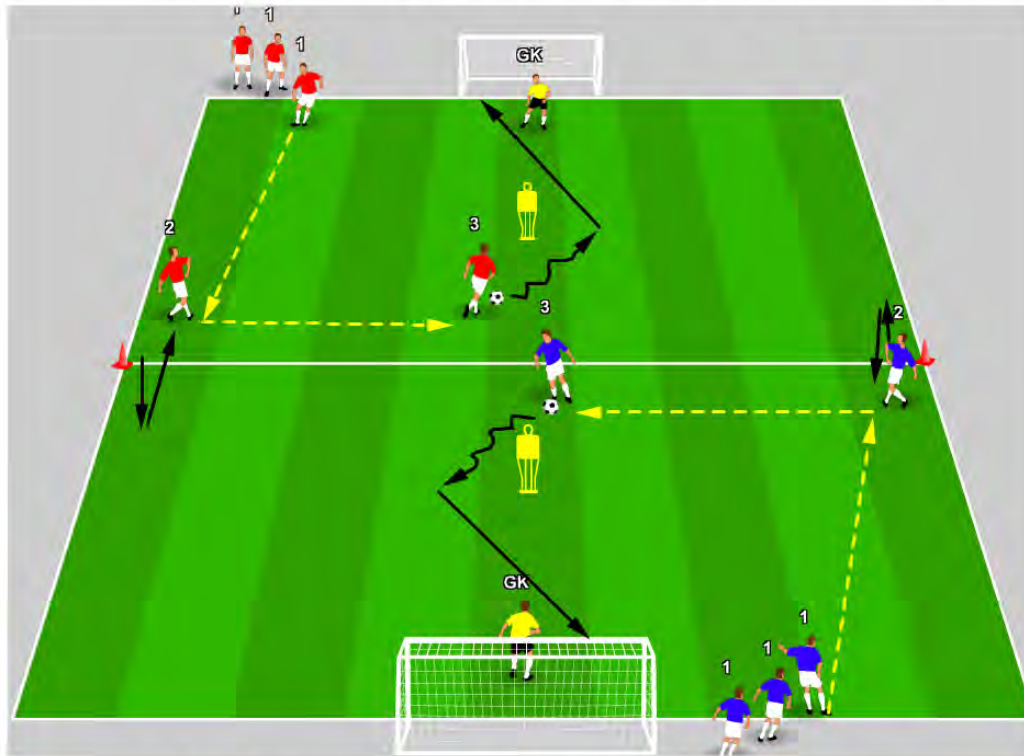
Setup:

1. Make 2 goals, about 2 yards wide each.
2. Place goals about 8 yards apart
3. Attacking player (orange) plays 1v1 against defender (yellow) for 60-90 seconds.
4. Server (blue) continuously feeds attacking player as ball goes out of play.
5. Chasers (white) chase balls and return them to server.
6. After 60-90 seconds, attacker and defender change rolls.
7. Attacker must dribble the ball to beat the defender before playing the ball to goal on the ground.

Notes:

1. Keep score to make the game competitive.
2. Attacker needs to check into space to quickly receive ball.
3. Encourage attacker to change direction and use both goals.
4. At younger ages, server can be a coach (ensures good service).

Modern Attacking and Goalscoring Book - Finishing



Date: 9 Feb 2011

Measurement: 30 x 40 yds

Time: -

Players: 12+

Duration: -

Level/Age Group: U10+

Description: Player 1 plays to player 2 who receives and passes to player 3. Player 3 receives and beats the mannequin finishing with a shot. Player 3 then joins the back of the line. Player 1 moves one position and so does player 2.

Objective: To develop passing, receiving and finishing

Coaching Points:

1. Player 2 movement must create space by checking away before receiving
2. Quality of movement from player 2 and 3.
3. Technique of dribble and finish

Progression: 1. Player 2 sets back to player 1 who then plays to player 3. Player 2 then becomes a defender pressing player 3.

Shooting Drill

Equipment:

One ball for every 2, players

Organization:

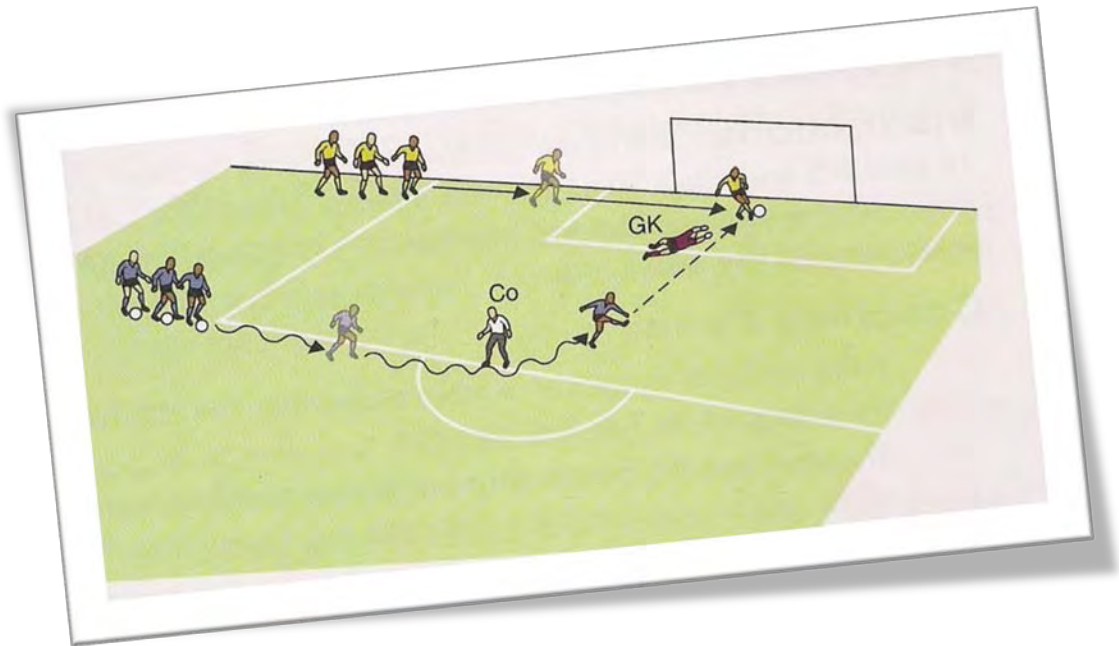
Players are separated into 2 equal groups (one group attacks and one defender) and stand two lines on standard soccer field. One goalkeeper is positioned in a standard-size soccer goal. You stand on the penalty line opposite the center of the goal.

Instructions:

On command, the first attacker dribbles forward along the front of the box, goes around you, and shoots for the goal. The first defender sprints along the goal line and tries to stop any shot that gets past the goalkeeper. Defenders cannot use their hands. The goalkeeper stays on the goal line till the attacker has passed you. After the shot, the next player in line takes a turn.

Coaching Points:

- Attackers must dribble fast and under control but avoid panic.
- When attackers had passed you, they should look up and pick a target.
- Attackers should concentrate on the correct instep drive technique, keep their eyes down, and follow the shot for possible rebound from the goalkeeper.



SHOOTING (Competition 2nd Entry)

INTRODUCTION:

Any coach who for whatever reason, is unable to carry out his planned training session will always have the luxury to fall back on the one topic that every kid loves - SHOOTING.

WHY ? Shooting scores goals and goals win games and we all know that kids love to win.

If I have a concern about shooting practices and it is a MAJOR one is having to observe lines of kids waiting to take a shot on the goal.

WHY ? For example there are sixteen youngsters in the group and it takes an average of thirty seconds between each shot then even where a one hour session is devoted to the exercise, basically each youngster will have just SEVEN shots. In addition, this equates to just ONE shot every EIGHT minutes. The coach then wonders why a) the kids do not appear to be improving and b) that they soon become bored and restless.

I have a long time tried and tested philosophy:

"LEARNING + ENJOYMENT = WINNING"

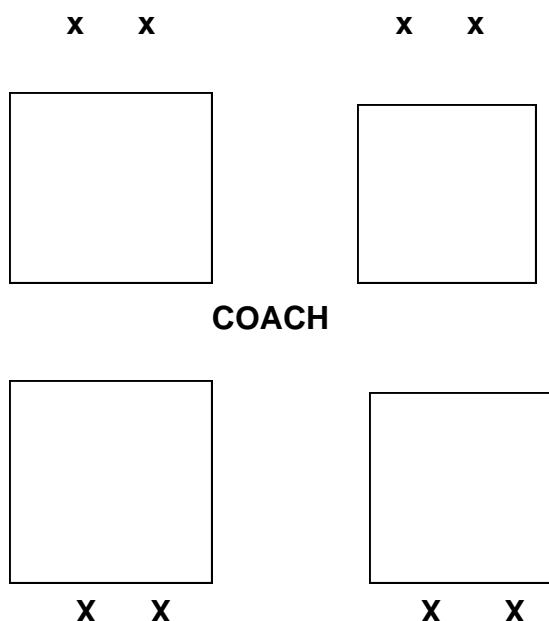
Queues of children will NEVER "LEARN or ENJOY" and to be brutally honest, it will never develop the ability of the coach.

Hopefully the enclosed article will provide coaches with the opportunity to not only improve the shooting abilities of his players but equally important, add to their own coaching repertoire.

Dennis Hillyard.
UK / USA Coach. (New York)

THE EXERCISE

AREA: Four grids 20 yds x 20 yds as per diagram, coach is located in the middle. One goal (X) to each grid, uses cones if necessary.



PLAYERS: Two outfield players + one keeper per grid with two spare outfield players per grid so that they rotate after each shot.

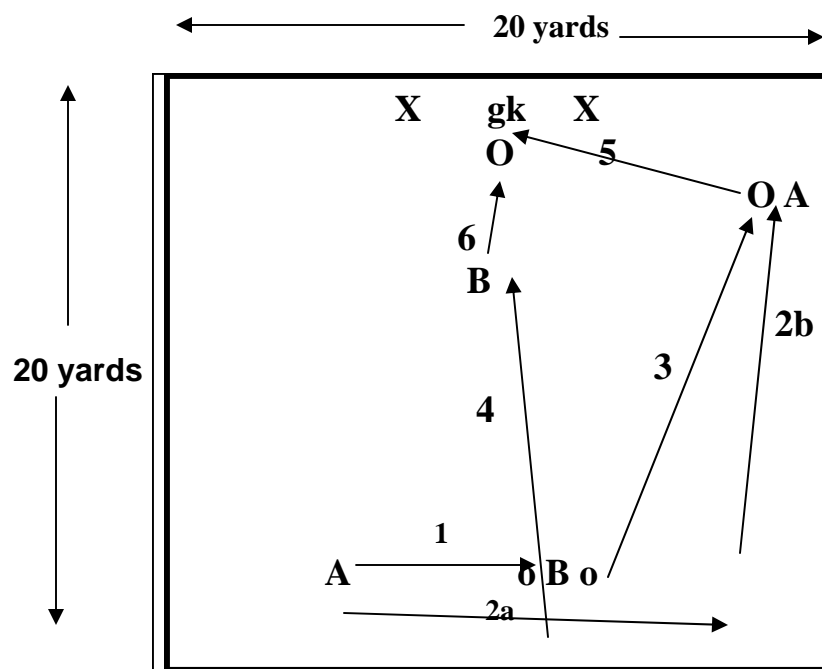
THE OBJECTIVE:

A common problem associated especially with very young players is that they have a natural tendency when they take a shot is to **STOP** in order to see the result of the shot as so do their team mates

Statistics show that in excess of 30% of all goals come as a result of either the striker or, a team mate or both, following up on the original shot.

The drill is designed to illustrate to young players the importance of **FOLLOW-ING UP** every attempt on goal.

By utilizing **FOUR** grids then **IMMEDIATELY** you are able to keep up to **TWENTY FOUR** players all involved at the same time **THUS** eliminating the long line of players.



- 1) A passes to B
- 2a and 2b) 2A sprints behind B and then towards but wide of the goal. (2B)
- 3) B passes the ball to A.
- 4) B now sprints towards the outer edge of the 6yard area.
- 5) A SHOOTS directly at the GK low and hard.
- 6) B moves forward to take advantage of any mishandling or rebound from the keeper.

COACHING HINTS.

The single and most repeated error will be that Player 'B' having passed the ball for PLAYER 'A' to run onto, will stop rather than. Sprinting towards the goal and by the time he / she realizes the error then Player 'A' will have already taken a shot on goal.

By simply asking Player "B" could he score from where he is standing in a light hearted manner then the point is made but at the same time the player is not embarrassed etc.

Emphasize that Player 'A' should NOT pass to Player 'B' but shoot low and hard at the keeper.

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4 v 4 SHOOTING DIAMOND:

- 1) Field 20 yards long, 30 yards wide
- 2) 2 goals
- 3) Two teams of 8 players (but only 4 on the field at a time) each with two different colored pinnies plus 2 keepers
- 4) Balls should be placed outside of each goal ready to be fed to keepers by the subs

RULES OF THE GAME

- 1) Keeper always starts the play (there are no corner kicks or throw ins)
- 2) Team scored upon goes off the field, 4 subs come on with ball (target player sub should be waiting to come on closer to opponent's goal while other 3 field players come on from their own endline).
- 3) Defenders must mark tight 100% of the time!! You are wasting this exercise if you fail to enforce this rule.

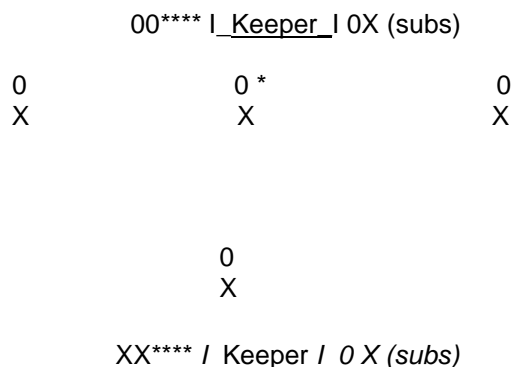
COACHING POINTS:

- 1) Target player (top of the diamond) should physically pin defender deep into the field close to opponent's keeper working to receive through ball (no offside rule)
- 2) Outside supporting players should IMMEDIATELY RUN wide and back when their keeper has the ball
- 3) Center back or center midfield player should position behind keeper who has the ball to see the field better as well as allow keeper the option to put the ball on center backs foot for a shot on goal
- 4) Follow your pass
- 5) This is a SHOOTING GAME not a passing game - look to strike quickly
- 6) Maintain diamond shape

WHAT TO WATCH FOR:

- 1) Players must recognize moment to shoot. If you cannot shoot first, you should look to feed the deep target player who can lay ball off to runners coming out of the back
- 2) Target player who receives ball must decide when to turn and when to lay off ball
- 3) Target player who decides to lay ball off should look to pass to player coming from weakside
- 4) When target player receives pass, players coming from the back make the mistake of running ahead of square. Time your run (hold for a second) so defender less likely to intercept pass
- 5) Outside attacking player often make the mistake of squeezing the field by making inside runs towards their own target player. This takes away the space to shoot and to feed through balls to target as well as close down the space for target to lay balls off.
- 6) This is a high intensity game. Transition the moment a goal is scored to new team coming on must be quick. We are finishing in the box where there is little time and space.
- 7) Keepers love this game and learn to avoid giving up rebounds as much as possible

DIAGRAM



Attacking Movement Off the Ball

U-12 and older, particularly good with high school players from different clubs to get them used to each other's pace in our short 10 week high school season.

First Progression:

Center Mid and Forward with Keeper in goal. Mid with ball @ 40m out from goal. Forward runs forward and checks for ball. Mid passes to either left or right foot of Forward. Forward turns ball out (not in) on foot where ball is received. Mid reads which foot ball is going to and loops toward post on that side of Forward for a pass across behind the imaginary (and later actual) defender marking forward. Forward continues run toward opposite post to receive horizontal through ball for shot.

Concept is to get Mid to immediately move in opposite attacking direction as forward by knowing which foot pass is being received with. Ball can be received with outside or inside of foot but outside is preferred.

Second Progression:

Add a wide Mid or Wing to run side. His/her key is to run as soon as they see ball to Forwards feet. Now ball is played to Forward who turns out, Center Mid swings to opposite side. When Center Mid receives ball back from Forward ball is continued as a lead pass to flag for the Wing. Wing centers the ball for either Forward or Center Mid.

Option if there is enough space in front of penalty area, Forward can send the lead pass to flag directly without link to Center Mid.

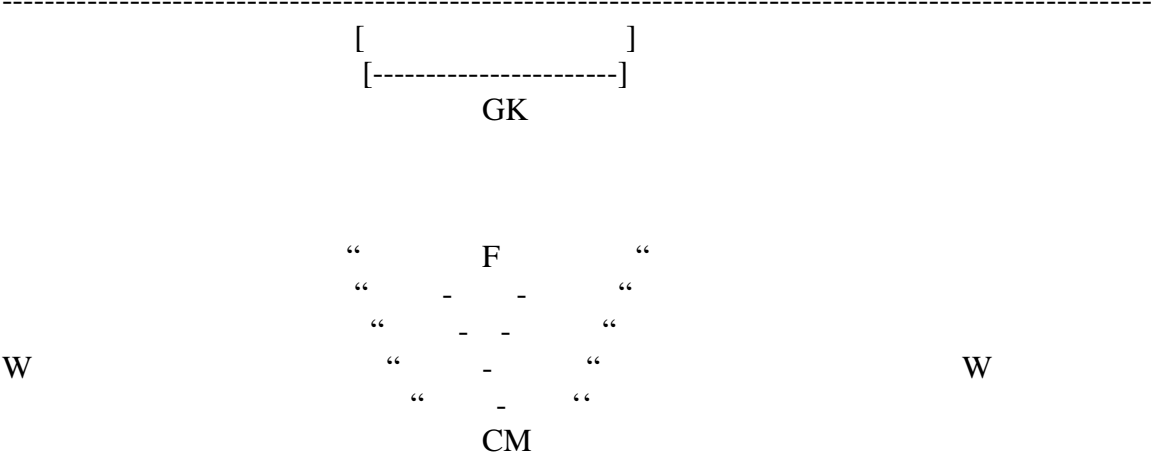
Third Progression is to add a defender on the Forward. I prefer to leave the Center Mid and Wing unopposed to make sure they are running to the space where the ball will be before the ball is released.

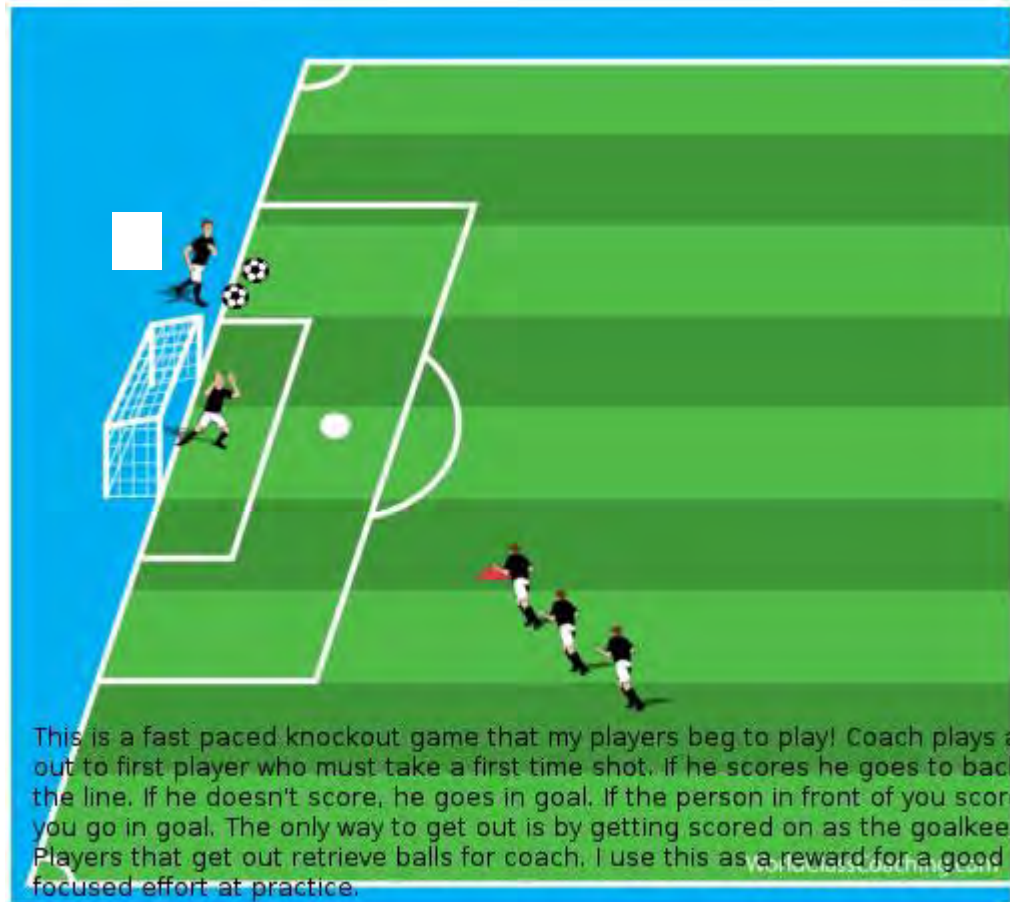
Three Keys to Watch:

Forward should try to control and redirect ball with outside of foot.

Center Mid should start ball to one side or the other before making pass to Forward.

Wing should attempt to make a direction toward the near post before receiving ball to improve their angle for passing to the center.





- 1.30x30 area & two full size goals at each end
- 2.3v1 in both halves (gk optional) 1atk 3 defs
- 3.the 3 defs shoot & finish from own half with oppo lone atk closing down shot
- 4.emphasise on lone atk setting ball back for shot & also getting a rebound
5. Optional gk can be coached also def xan be coached. Main topic is to find space and get a shot off

Drill to shoot in 1-4-2-3-1 (tactic)

Below is an exercise that can be used by the second part of the warm-up (special warm up) and continued in the first part of the main part of training, especially if it has regular content. Essentially concerns the exploitation of extreme midfielder to 1-4-2-3-1, a collaboration with the central midfielder and central attacker.

Organization: The area is 30 m and m.Ch20 defined by a triangle of cones, which take place players involved in aggressive and creative piece of play of our team. In practice we can use 3ades players, with an ideal number in my 9 players in total (3 3ades), who alternate in the performance round, so as to pass all of the position of the central attacker, central midfielder and outside attacker (wing). Course, is to evaluate the coach if he wants to use each player in position only, but I think it is good in such Combinational exercises involved to switch roles, and thus better understand the requirements, demands and what the request those of his teammate. The years of experience in this form is 10 and is ideal to be done and on the opposite side, the leftist attack us, sharing his time.



Figure 1

In Figure 1 we see the original shape can exercise and space to be set up right or left of the main shaft to operate at just players who will try to implement this regular movement in the game. The exercise starts from the main midfielder No. 2, which feeds the extreme central midfielder No. 3 and this in turn once the No. 4. The central attacker "breaks" the ball, acting as player-wall, in No. 2, which produces a vertical pass, between 2 plates, the No. 3 has moved diagonally across the room, toward the hearth. The No. 3 receives the ball, drive a little and then delivers it to No. 4. The No. 3 left in place was the No. 4, No. 4 with the ball heads to the starting position was the No. 2 and No. 2 takes the place of No. 3. The exercise continues with the next 3ada (No. 5, No. 6 and No. 7) or the next third 3ada.



Figure 2

In the above Figure 2, we see an evolution of the exercise, we add even one step, namely the 1-2 between the extreme central midfielder No. 3 to No. 4 once after receiving the ball from the vertical pass, as a variant and an additional movement of players our cooperation. The evolution and the flow is exactly the same.



Figure 3

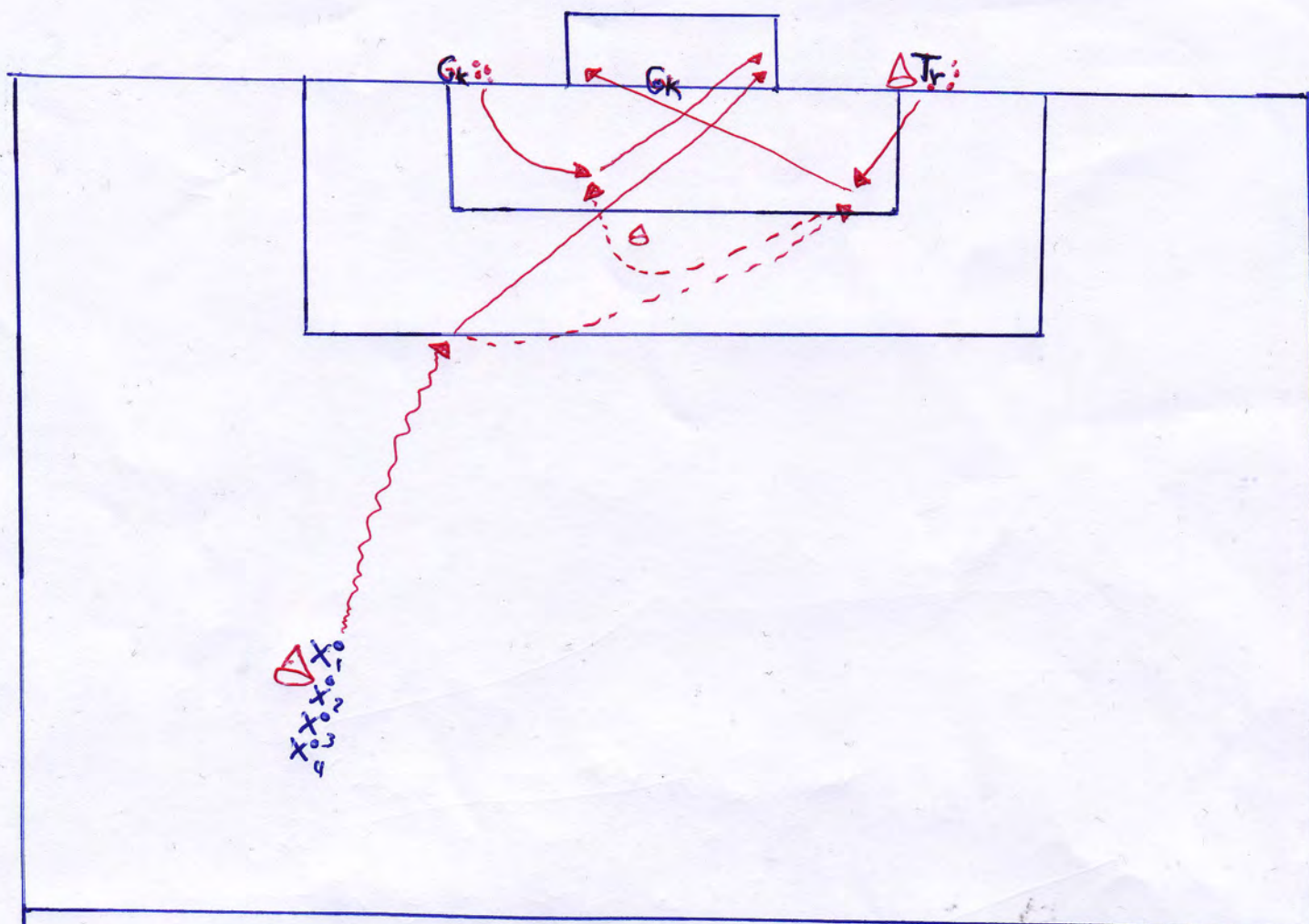
In Figure 3 we see the final form of exercise with a shot in the outbreak. At this stage we can not allow our players to opt for the direct shot in the outbreak, 1-2 or dribbling to the goalpost (dyeisdysi) and finish the stage in face-to-face with the goalkeeper. The selection of the final effort by the player, leaving room for initiative and puts the game and surprise the goalkeeper. Of course, the coach can determine whether it wants to finish the stage and according to place at the exercise closer or farther into the home.

It is essential that players do move to be free (make free space)- deception before receiving the ball, especially the No. 3 and No. 4.

With a similar format and organization of exercises, we can move tactically and automation, but not limited to drills substantially, as any movement seeking to play, can be captured and transported for all formations easily in drills. Especially in amateur groups, such exercises can move issues as fitness and tactics. Of course, then be implemented in racing games.

The exercise can be used naturally and as a form of organization for shots in a workout speedpower (tachydynamh) by adjusting the distance and tension.

Vasilis Papadakis - Uefa B' Coach



~~~~~> player with ball x -----> player without ball -----> pass or shot

duration : 20 min. , area : half a pitch

Description : 1. player x , dribble to top of 18 yard box and shot to the far post.

2. Player x , move without ball to receive a short pass from the coach at the top of 6 yard box and shot to the far post.

3. Then the player run round a cone Positioned on the Penalty Point to receive a volley pass from the goal keeper who standing a 6 yard from the goal to Head the ball to the far post

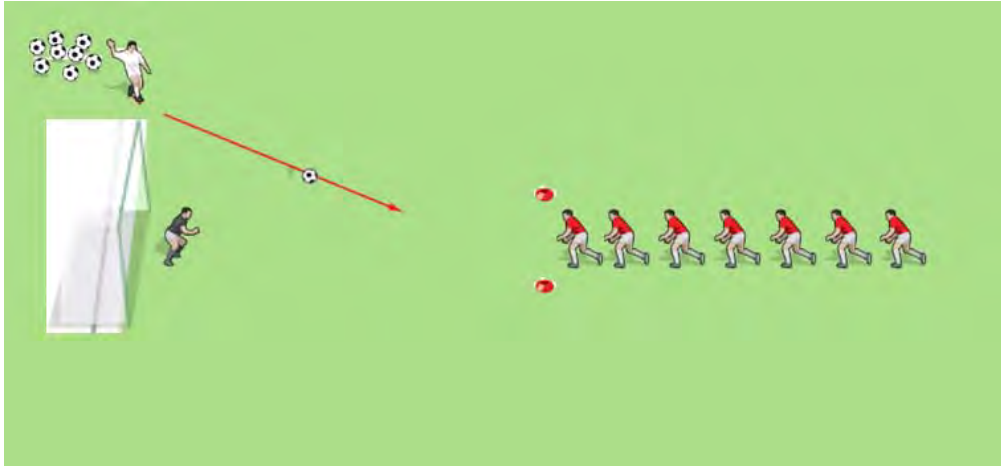
Run the exercise in both directions.

# Lightning!

- **Objective:** Lots of one touch shooting/fun

## Setup

- Large goal, lots of balls with a server (coach) to one side of the goal



## Procedure

- This is played at a very fast rate...
- One player starts in goal, the rest line up about 25 yards out.
- The server or coach passes a ball out to the first player in line; who runs onto the ball and takes a one touch shot on goal.
- If the player scores:
  - Scorer goes back to the line to shoot again.
  - Keeper goes to stand behind the goal.
  - Next player in line has to run to the goal to become the new goalkeeper, another ball is played...
- If the player misses the goal or the goal keeper saves:
  - Keeper goes to the back of the shooting line.
  - The shooter becomes the new goalkeeper, another balls is played...
- If the shooter hits the crossbar then all the players behind the goal are now back to the shooters line. This is a miss, shooter becomes goal keeper.
- If the ball goes over the goal and a player behind the goal catches it, then that player goes back to the shooters line. This is a miss, shooter become goal keeper.

## Variations and Multipliers

- If the ball goes over the goal and a player behind the goal catches it, then that player goes back to the shooters line and the shooter is now out. Next player in line is the goal keeper and a another balls is played...

## Coaching Points

- Just let them play!
- Predict where the Server serves the ball.
- Hit through the ball with the laces.
- Aim where the keeper is not standing.
- Keep eye on the ball through the shot.



# 3-Way Scoring

## SETUP

- doubled penalty box
- byline cuts space into 2 equal halves (att & def)
- 2 full-size goals centered on each
- 4 flagged (or Pug) goals, one in each corner
- balls gathered in each goal
- 2 teams of 8 + 1 GK (and one neutral)

## GAME

- 2v2+1 + 2 flank servers + 2 end line servers in each half
- GK starts ball into own def half
- players must stay in designated half (except neutral)
- touch line & end line servers have 1 touch
- goals in full-size worth 3pt
- goals in flag goals worth 1pt
- when a team scores, they must return to their own goal to retrieve a ball
- while team retrieves ball, other team rotates as quick as possible
- attack half --> end line server --> defend half --> touch line server
- play for set amount of time and accumulate total points

## COACHING POINTS

- high intensity
- quick transitions
- decision making

## RESTRICTIONS

- limit inside player touches
- headers/volleys/one touch goals on full-size goal count 5pt
- allow defenders to enter attacking half
- if working with a larger group, have 3 teams, one shags balls while other 2 play

shags next



Michael Bailey  
 Wilkhorn South High School  
 English Department  
 Boys Soccer Head Coach  
 Varsity Football Assistant Coach

**Shooting two balls**  
**Dr. Mouwafak al Mola**  
**Aspire academy – Qatar**



Distribution the players in pairs with a ball and set a 1st goal down the touchline 15 yards with the coach standing on the goal line with a set of balls and determine the 1<sup>st</sup> goal area (15) yards by two small coins. Two goal keepers defend the goals.



1. Player1 and 2 start the exercise by passing the ball to each other toward 1st goal.
2. Player2 pass the ball in front the goal area and sprint around the 1<sup>st</sup> goal toward the coach who stand on the goal line.
3. Player 1 shoot the 1<sup>st</sup> ball to score in the 1<sup>st</sup> goal and turn as quick as he can to attack the 2nd goal.
4. At the same time player2 attack the ball which played by the coach and cross toward player1 in the box. Player1 attack the 2nd ball to score with one touch in the 2<sup>nd</sup> goal.
5. Both players return behind the group and change their role in the 2<sup>nd</sup> trail.
6. The 2<sup>nd</sup> pairs start the exercise at the moment the 1<sup>st</sup> pairs attack the cross ball and so on....

Developing the drill and start with three players who start the same manner from the touch line.

1. the three players pass the ball for each other toward the 1st goal
2. Player number 3 pass the ball in front the goal area and sprint around the 1<sup>st</sup> goal toward the coach in the flank.
3. Player1 or 2 shoot the ball to score in the 1st goal and turn quickly toward the 2<sup>nd</sup> goal to attack the 2<sup>nd</sup> ball which cross from the flank by player3.

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**More development by changing the coach with defender who play the 2<sup>nd</sup> ball to player number 3 and sprint to defend the 2<sup>nd</sup> goal with his goal keeper.**

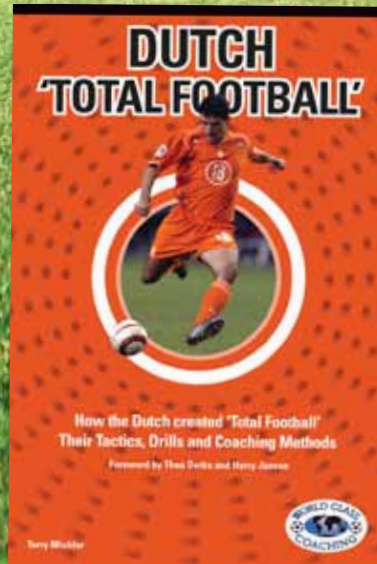


#### Coaching points

1. Quality of passing and crossing
2. Timing the player running with the ball movement
3. Sprinting behind the goal as quick as possible
4. Don't attack the cross ball early or late
5. Change the location of the 1<sup>st</sup> goal to the other side and repeat the drill counter clockwise.
6. Wish you Good luck.



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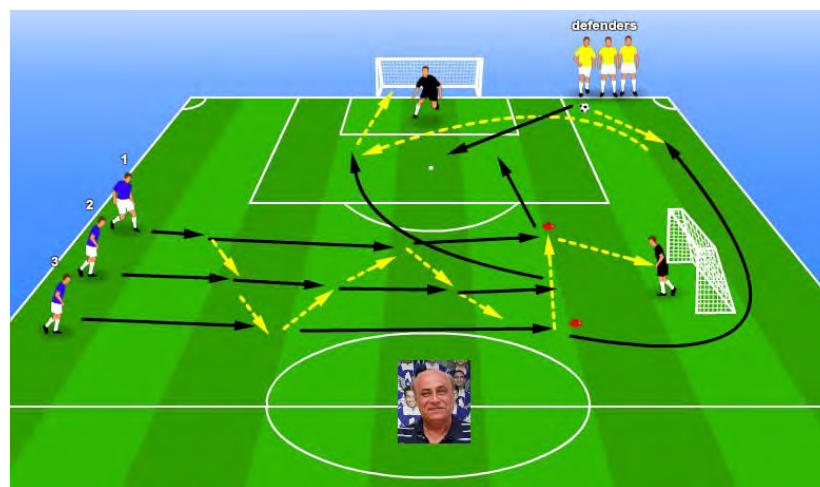
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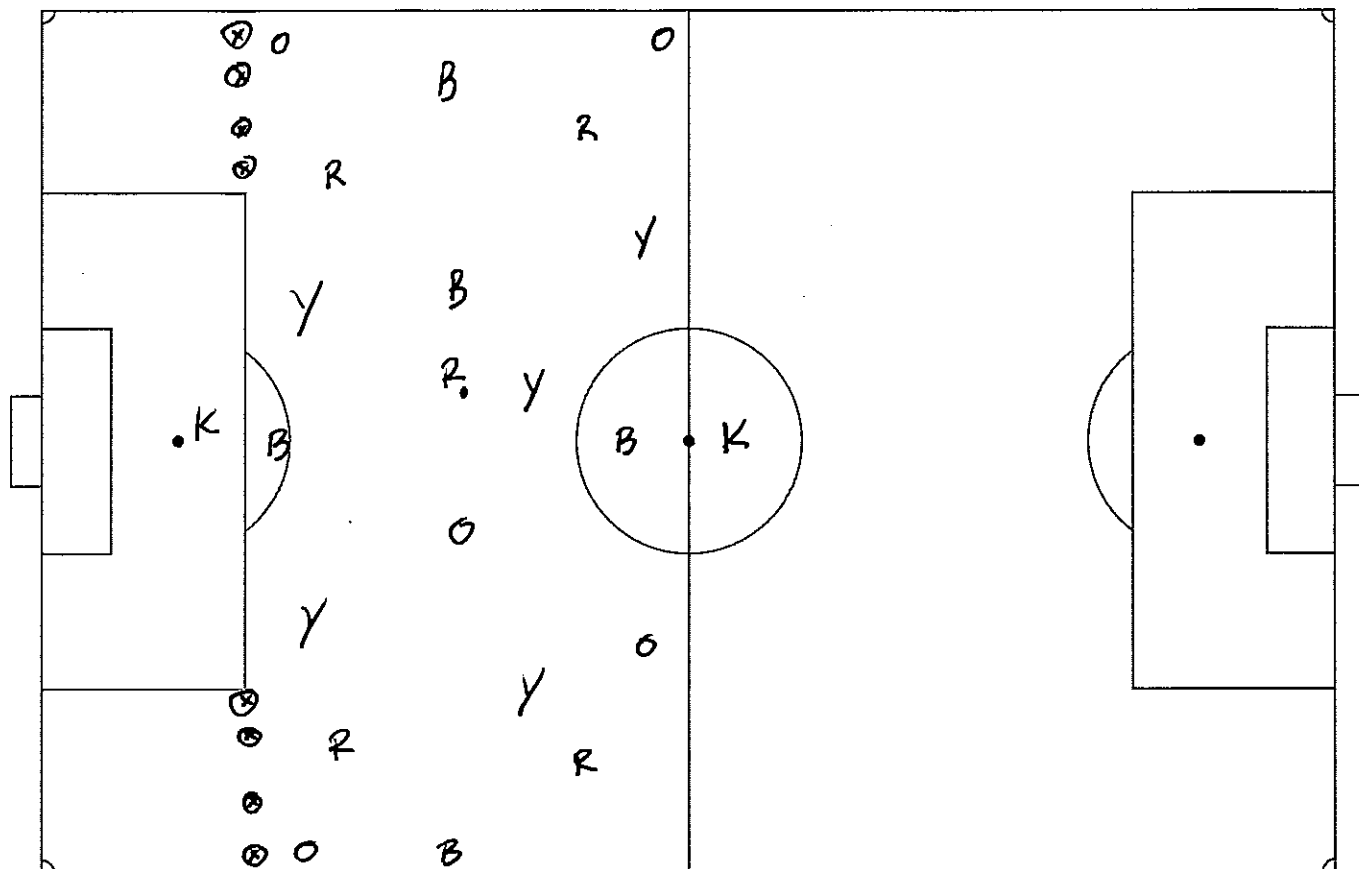
**More development by changing the coach with defender who play the 2<sup>nd</sup> ball to player number 3 and sprint to defend the 2<sup>nd</sup> goal with his goal keeper.**



#### Coaching points

1. Quality of passing and crossing
2. Timing the player running with the ball movement
3. Sprinting behind the goal as quick as possible
4. Don't attack the cross ball early or late
5. Change the location of the 1<sup>st</sup> goal to the other side and repeat the drill counter clockwise.
6. Wish you Good luck.

ROB PARKER ASST COACH UNION COLLEGE, NY



## POSSESSION WITH A TWIST

FIELD SPACE 18 TO MIDFIELD X SIDELINE TO SIDELINE

- 4-TEAMS/EACH W/DIFFERENT COLOR - GK'S OUTSIDE BOX @ 18 YD OR MIDFIELD
- RED/YELLOW/BLUE/ORANGE
- PICK 2 COLORS TO START W/BALL - OTHER 2 DEFEND
- COACH RANDOMLY CALLS OUT COLOR CHANGES
- GK PLAY W/FEET OPTION FOR PLAYER WHO CAN'T FIND OTHER OPTIONS

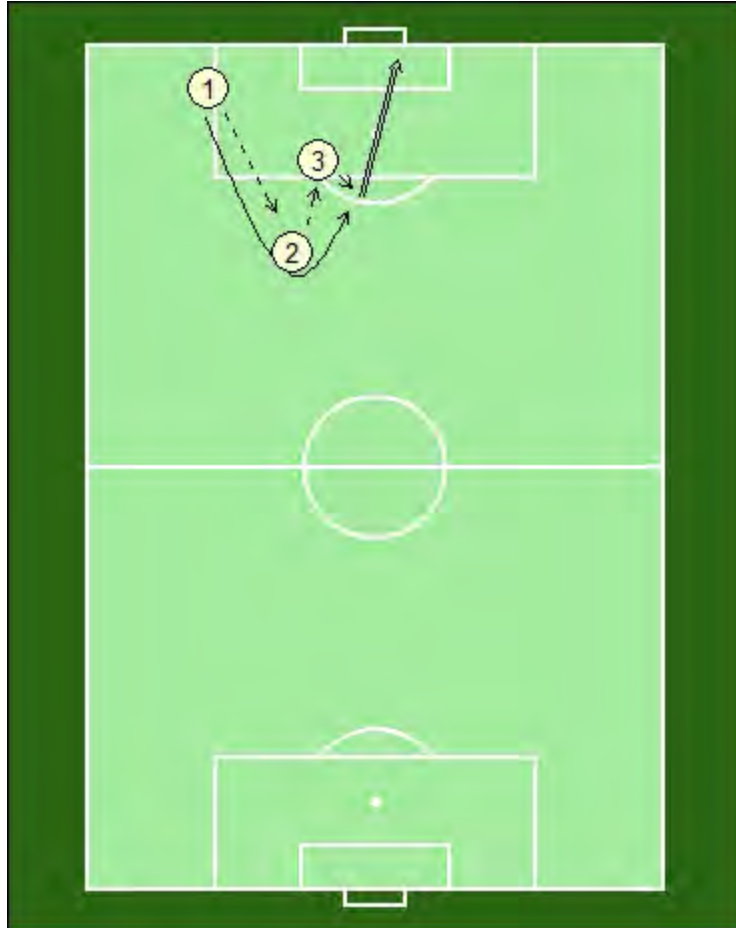
## COACHING POINTS

- COMMUNICATION IS KEY
- MUST CHANGE FAST - ~~1~~
- THINK QUICKLY
- AVOID PLAYING AGAINST OWN TEAMMATE
- PAY ATTENTION TO DETAIL
- FOCUS
- LOOK TO IMMEDIATELY LEAVE PRESSURE AREA



## POWS

Pass, Overlap, Wallpass, and Shoot



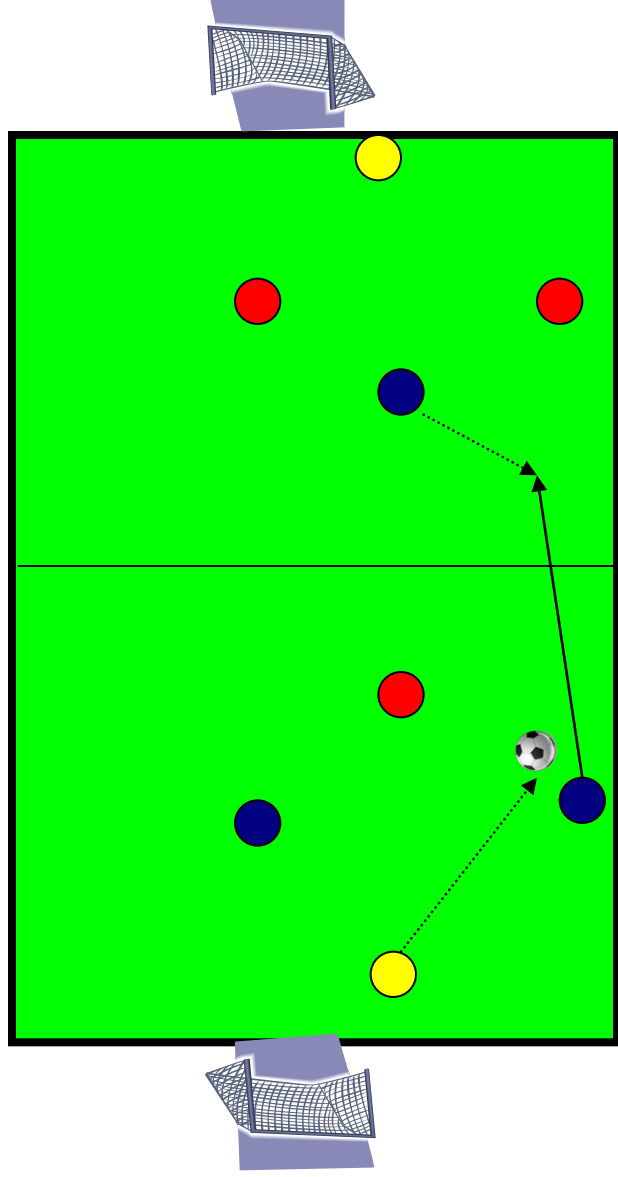
- Player One Passes to Player 2
- Player 1 makes a overlapping run around player 2
- Once Player 2 properly takes the ball across the body she/he passes to player 3 to set up for a wall pass. In this setup player 2 should use the right foot
- Player 3 lays the ball using the left foot to Player 1 who then strikes the ball with the right

Have one grid as shown above and another grid using the opposite foot. Team should be split in half to keep everyone in play

### Coaching Points

- Receive pass across body.
- On toes and ready to receive pass

## Playing into a lone striker



3 vs. 3 and (GK's) Split into 2 and 1 in each half

### Challenges:

- Defending players stay in defending area to start 1v2 then Onto 2v2, 3v2 then 3v3. First touch, spatial awareness, end product

- Look at –
  - a. Play into striker who plays 1v2

- b. If defenders win they play into centre

forward

- c. 1 Defender can join to create 2v2, then 3v2

- d. Counter attacking, decision making

- e. Play 3v3 in area to finish off

## **SHOOTING COMPETITION (Entry 3)**

### **FIRST TIME SHOOTING.**

One of the most difficult techniques to acquire is that of the ability to shoot first time and none more so than for the younger players.

In their eagerness to score then very often they will either 'snatch' their shot and / or, forget the correct techniques.

Statistics show that a greater percentage of LOW shots result in goals than that of shots aimed HIGH.

Unfortunately, when players 'SNATCH' their shots then usually they will  
A) kick through the middle / bottom half of the ball and B) lean back at the point of impact. In both instances this will cause the ball to rise.

#### **CORRECT TECHNIQUE:**

Approach the ball from the SIDE and not directly HEAD ON.

Approaching the ball, look up to see the position of the goal keeper.

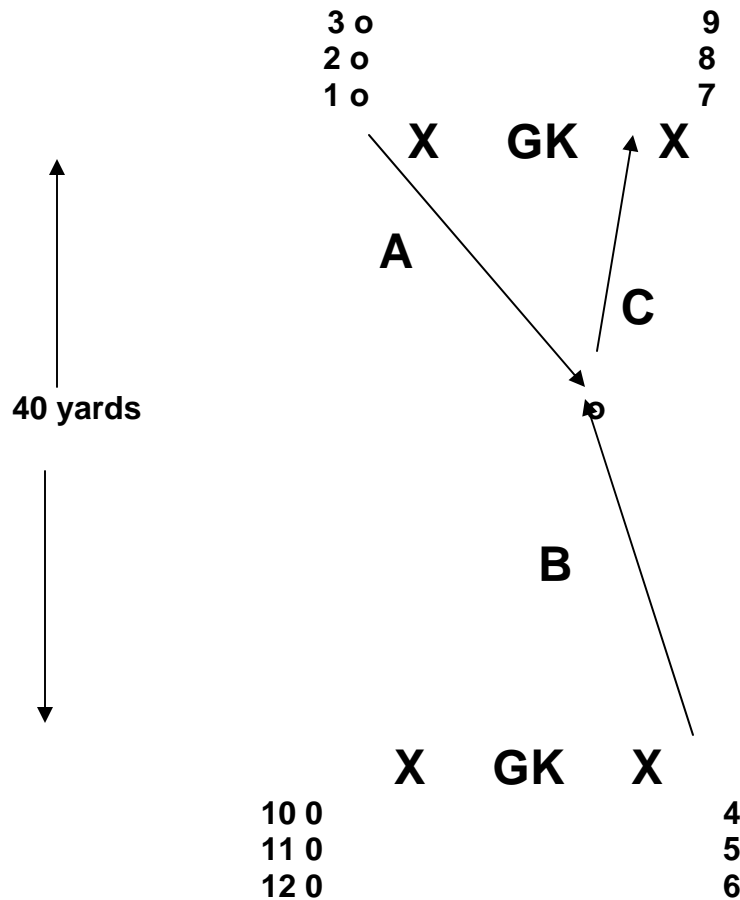
Just as you are about to shoot, look down at the ball and on the point of impact keep the head still and over the ball, lock the ankle, toes pointing down and heel raised.

Kick with the laced part of the cleat through the middle / top half of the ball and follow through so that the kicking foot is pointing in the direction of the flight of the ball.

**ALWAYS FOLLOW UP YOUR SHOT.**

Dennis Hillyard  
UK / USA Coach (New York)

## SHOOTING (Competition 3)



**X** = GOAL POST or CONES.

**O** = SOCCER BALLS.

- The length of the pitch can be increased or decreased relevant to age.

## **THE DRILL**

Players line up as per diagram.

### **FIRST SHOT**

Player 1 passes the ball forward to centre of area. (A)

Player 4 approaches the ball from the side NOT straight on (B)  
to shoot FIRST TIME. (C))

Players 1 and 4 now move to the back of their respective lines,

### **SECOND SHOT**

Player 10 passes the ball forward to centre of the area.

Player 7 approaches the ball from the side, NOT straight on to shoot first time.  
Players 10 and 7 now move to the back of the line.

### **CONTINUATION:**

Proceed the same rotation until Players 4 5 6 and 7 8 9 have EACH taken SIX shots.

Now switch the format so that Players 1 2 3 and 10 11 12 are now the strikers  
and Players 4 5 6 and 7 8 9 are the passers.

### **COMMUNICATION:**

It is ESSENTIAL that there is COMMUNICATION between the passers and strikers at all times.

### **OBJECTIVES**

Obviously, to develop the correct techniques for first time shooting but equally important, the drill eliminates the long lines of players waiting to take a shot.

The constant rotation means that a) 12 players PLUS two goal keepers are participating and that the time between passing / shooting and resting is relatively a short one.

## **PROGRESSION.**

In the previous drills basically they were to coach and instruct the players as to the correct technique to use but WITHOUT being any under pressure.

In a real game situation and more often than not, the striker will be challenged by an opposing player in an attempt to either BLOCK the shot or, to reduce the ANGLE for the striker to shoot at.

### **THE DRILL.**

The layout and movement are identical as to the previous one EXCEPT that now the PASSER follows his pass in an attempt to either BLOCK the shot OR, NARROW the angle in which the striker has to shoot at.

At first, instruct the passer NOT to SPRINT forward but to jog in order to provide a PASSIVE resistance to the striker. As the confidence of the striker increases then increase the pace of the passer.

### **COMPETITION**

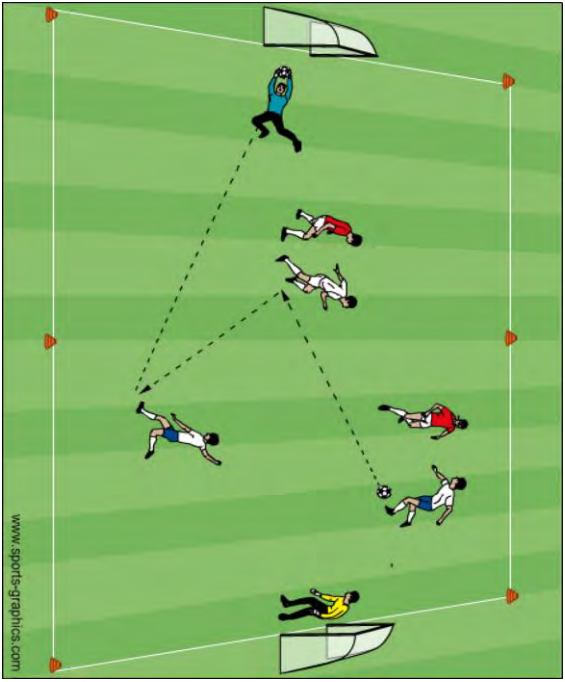
Once ALL the players are competent then introduce a competition between the passers and the strikers using the same format as previously but now, the coach keeps a tally of how many successful shots as well as, blocked tackles and or, where the passer forces the striker to shoot wide.

Whilst it is a competition it can be a great FUN exercise that the kids will enjoy as well as, providing the coach with opportunities to correct any errors.

From: Loy Urbina

# Topic: Shooting and Finishing

Objective: To improve the players' ability to score more goals

| Small Sided Game                                                                   | Organization                                                                                                                                                                                                                                    | Coaching Pts.                                                                                                                                                                                                                                                                                                    |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p><b><u>2v2+1/3v3+1 (includes GK's):</u></b><br/>           Two teams with two players each plus a neutral player will try to create as many shooting opportunities and score goals. The neutral player plays with the team in possession.</p> | <ul style="list-style-type: none"> <li>• Proper technique and body control</li> <li>• Placement vs. power</li> <li>• Quality preparation touch</li> <li>• Proper selection of contact surface</li> <li>• Timing and shape of attacking runs</li> <li>• Creativity and deception</li> <li>• Rebounding</li> </ul> |



favorite finish/shooting exercise.

## ACTIVITY 2

0:30 – (44x60): Individual Finishing

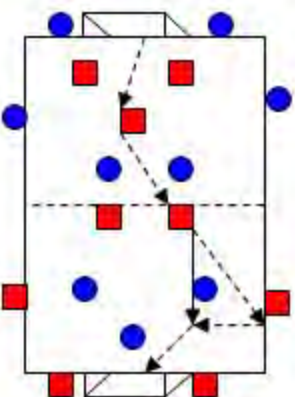
### COACHING POINTS:

1. Pace of passes and final pass, setting up one another for good shots on target.
2. Follow through on the strike.
3. Attitude to create & execute finishing opportunities

## ORGANIZATION

(44x60) – 5v5 +5; 2 GK

- 1) 5v5 inside grid with unlimited touches
- 2) Perimeter players limited to 2 touches
- 3) Players behind goals have 1 touch only
- 4) Team scored on switches with their outside players



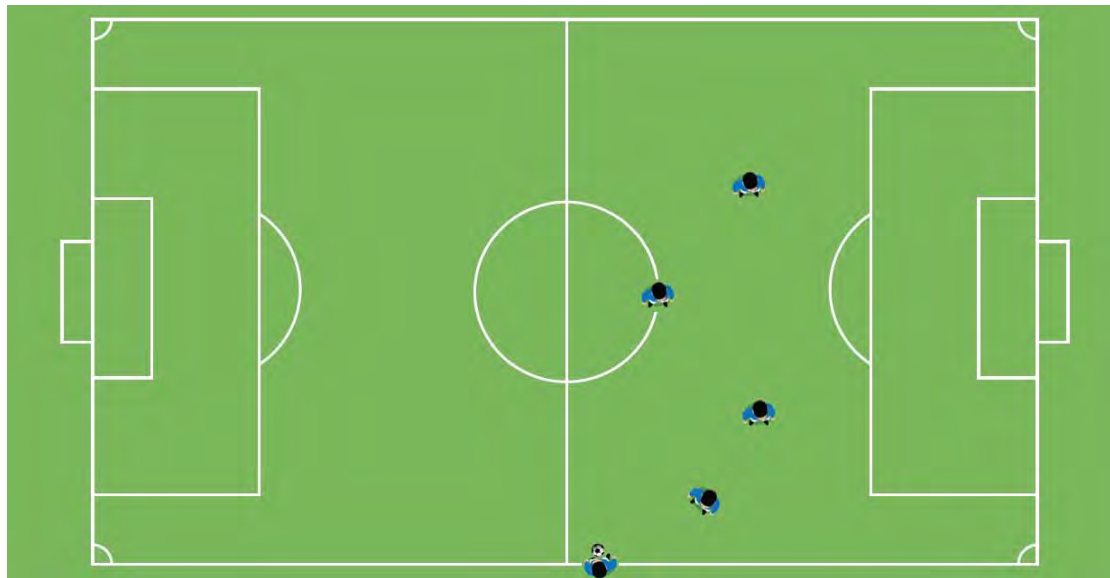
HIGHLIGHT: Individual Finishing

Steve Murray – Belmont Football Club

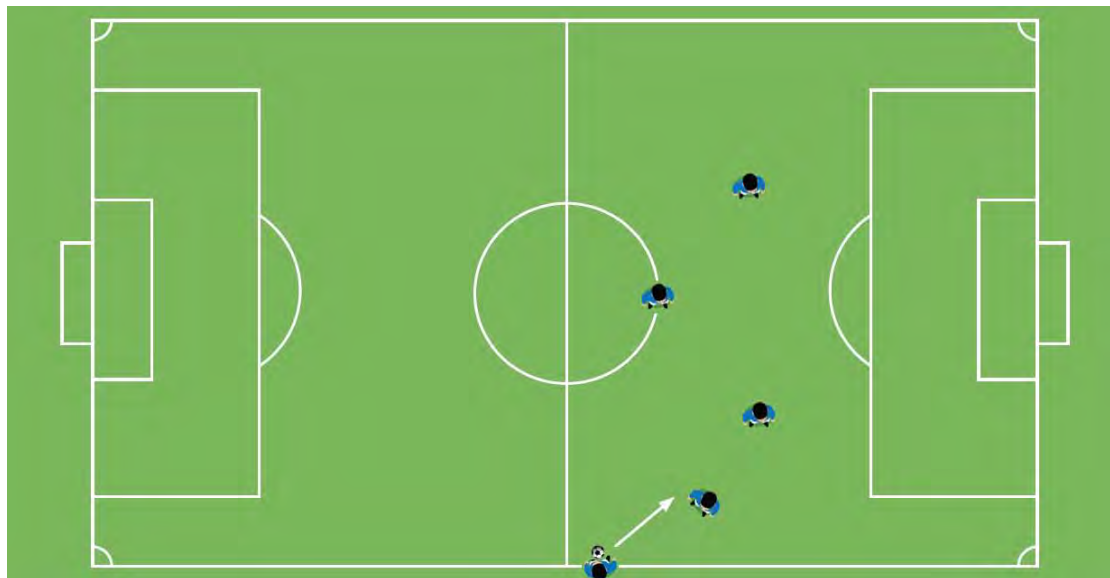
(currently not coaching but the season is only just about to start here – who knows)

My drill was inspired by a Messi move from some Champions League game (not sure when – Barcelona v Munich) but its brilliant.

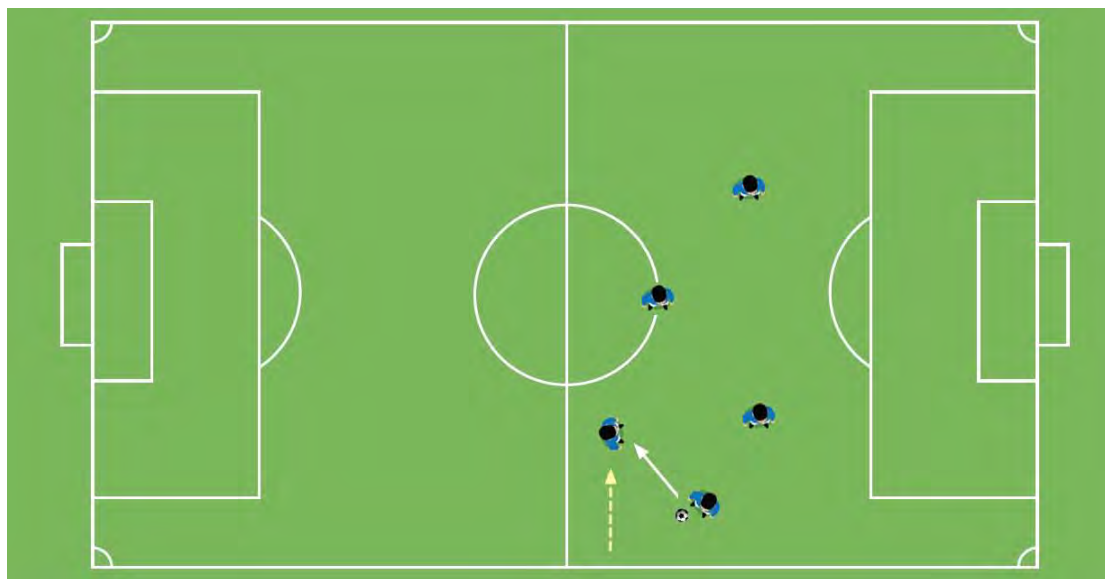
Instead of starting in open play, we start our drill with a throw-in around half way (a fairly common occurrence in a game);



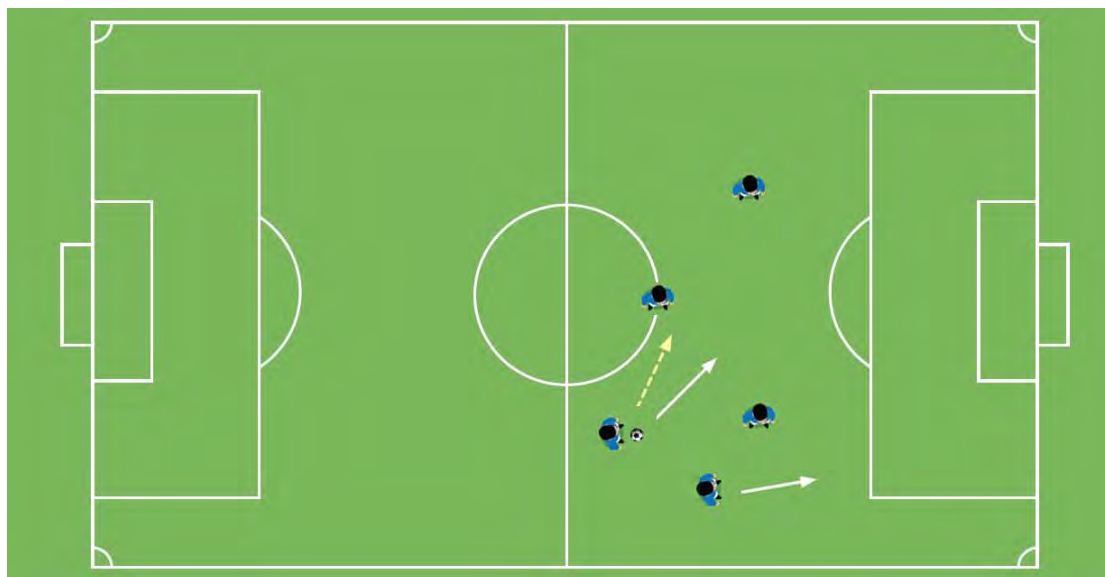
Two strikers up-front, two mid-fielders at the throw-in and another around the centre circle (possibly your centre-back). Now throw-in to feet;



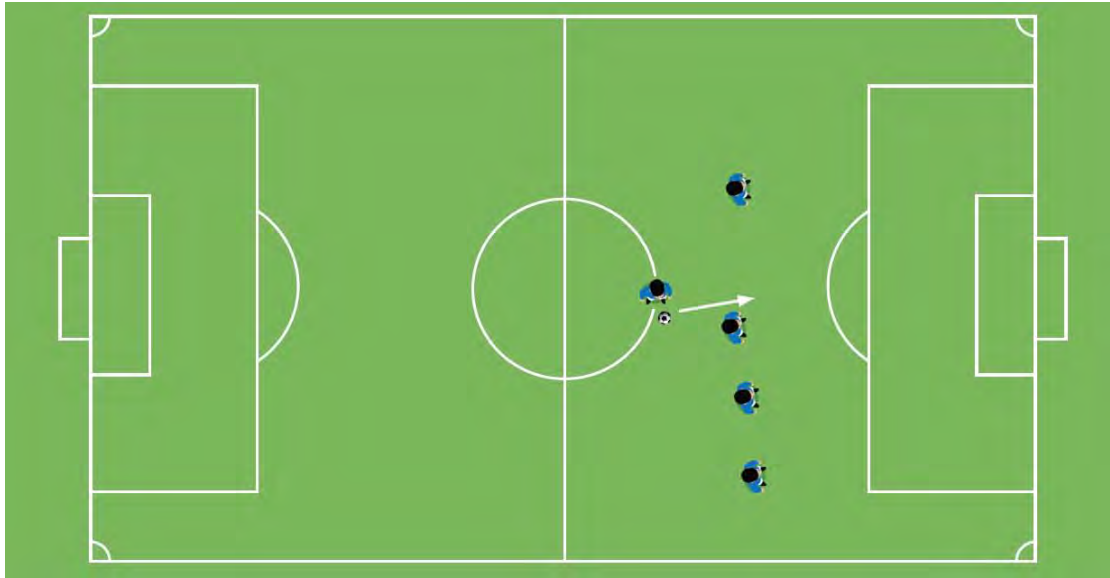
Then the thrower moves in for the return wall-pass;



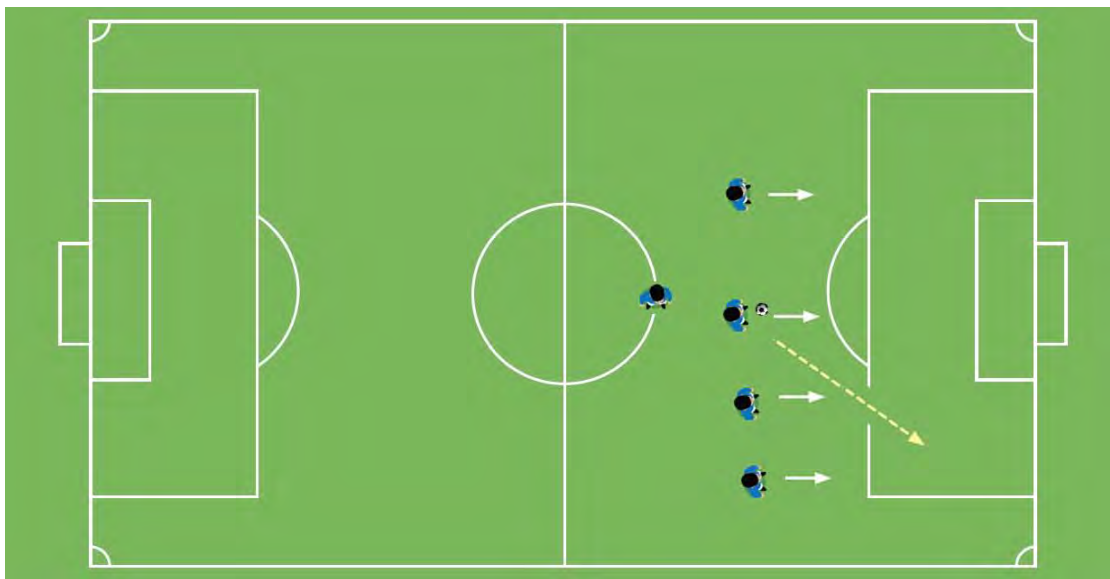
Now another wall-pass off the centre player while the others turn to move forward;



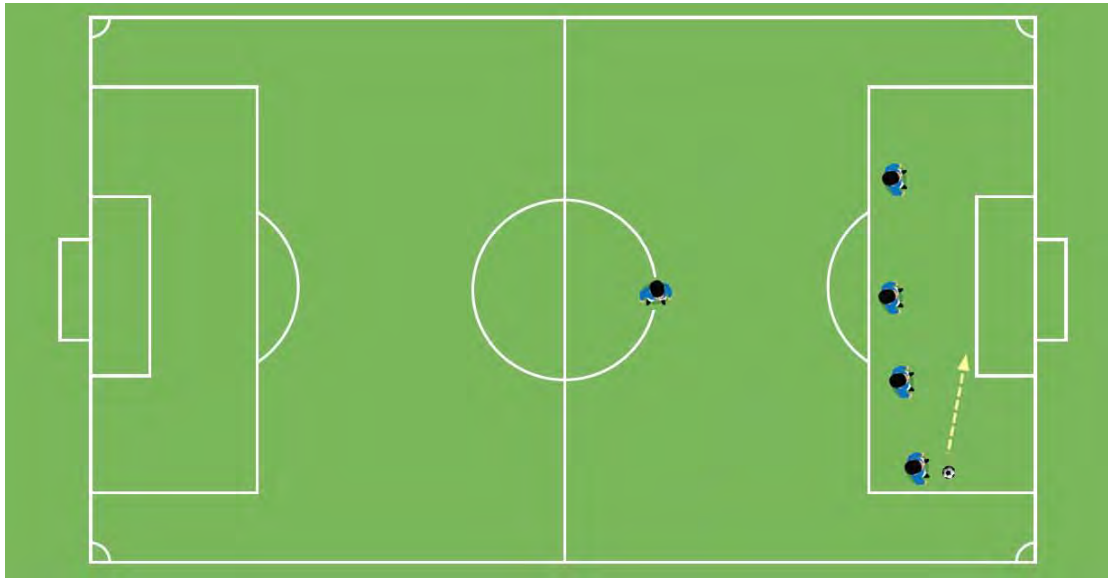
A through ball to the centre (let the centre-back know they can decide who, mix it up);



Now there are more options, Messi opts for another wall-pass to the left. That's one option, another is to get the ball wide (leave it to the imagination of your No.10);



Then finish off with a cross (high or low) and a shot by who-ever gets there first;



Those 4 go get the ball and run round for another go. I like to have another 4 or 5 ready (leave your centre-back there if numbers allow) and roll with another attack wave, repeat, repeat, repeat. Lots of fun, good luck.

2 keepers take turns. If the players have great ability add a defender or two as well to provide pressure and to cause the keeper to adjust position to see the shooter.

# Shooting Drill

18 yds for a starter  
And then 2<sup>nd</sup> round distance decreases as fatigue sets in

30 balls with shaggers keep balls supplied to servers

1  
0

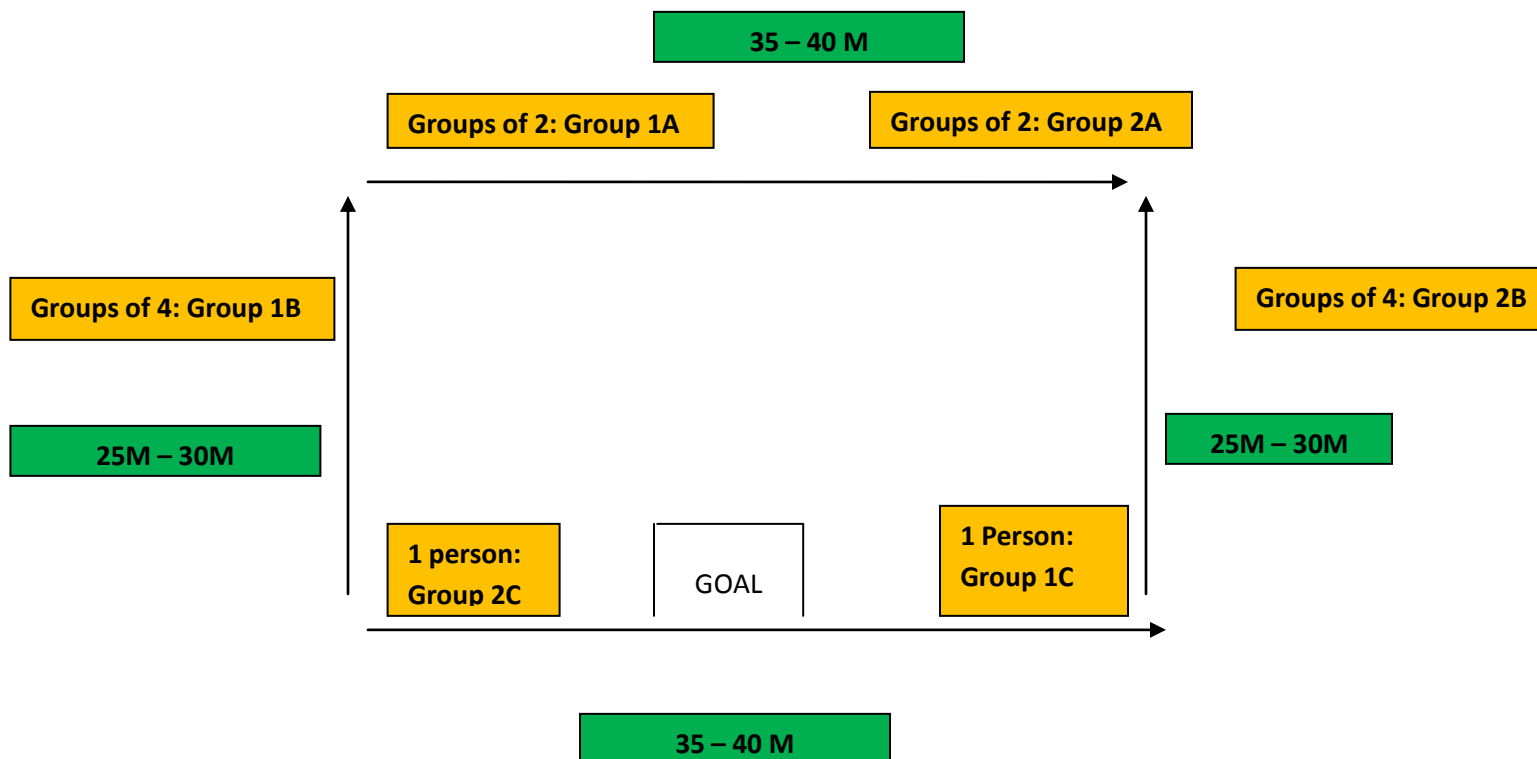
Yellows server the ball to the shooter in order 1 – 10.  
Number of shots based upon player ability and level of fitness. Shooter – first time shot ground, half volly, control and volley. Then allowed 2-3 touches for serves with their back to the goal (4B, 5B, 6B)

Start with the shooter line of 3 and there is a rotation built into this drill, coaches call by clock system or assigned numbers.  
Two rounds or more

Start with 3 balls each server

1

# My favorite shooting drill



Above represents how the drill should be laid out. The box that's filled with the colour **GREEN** represents the size (in length and width) and **YELLOW** (number of players in each side). The groups 1A and 2A should be left on top of this pitch (further away from the goal), Group 1B and 2B should be on the flanks (at least 5-10 steps away) whilst group 1C and 2C should be in line with the goal (atleast 5-10 away from the posts).

The drill follows these steps:

- Group 1A (**One player only**) play a short pass to Group 1B(**One player only**).
- Group 1B plays a short pass back to Group 1A. (Player involved in the drill of Group 1B goes behind the line of Group 1A).
- Group 1A (**Same player involved in the above step**) then plays a pass down long to Group 1C (**One player only**). (Player involved in the drill of Group 1A goes behind the line of Group 1B).
- Group 1C controls the pass and lays-off the ball to Group 2B (**One player only**).



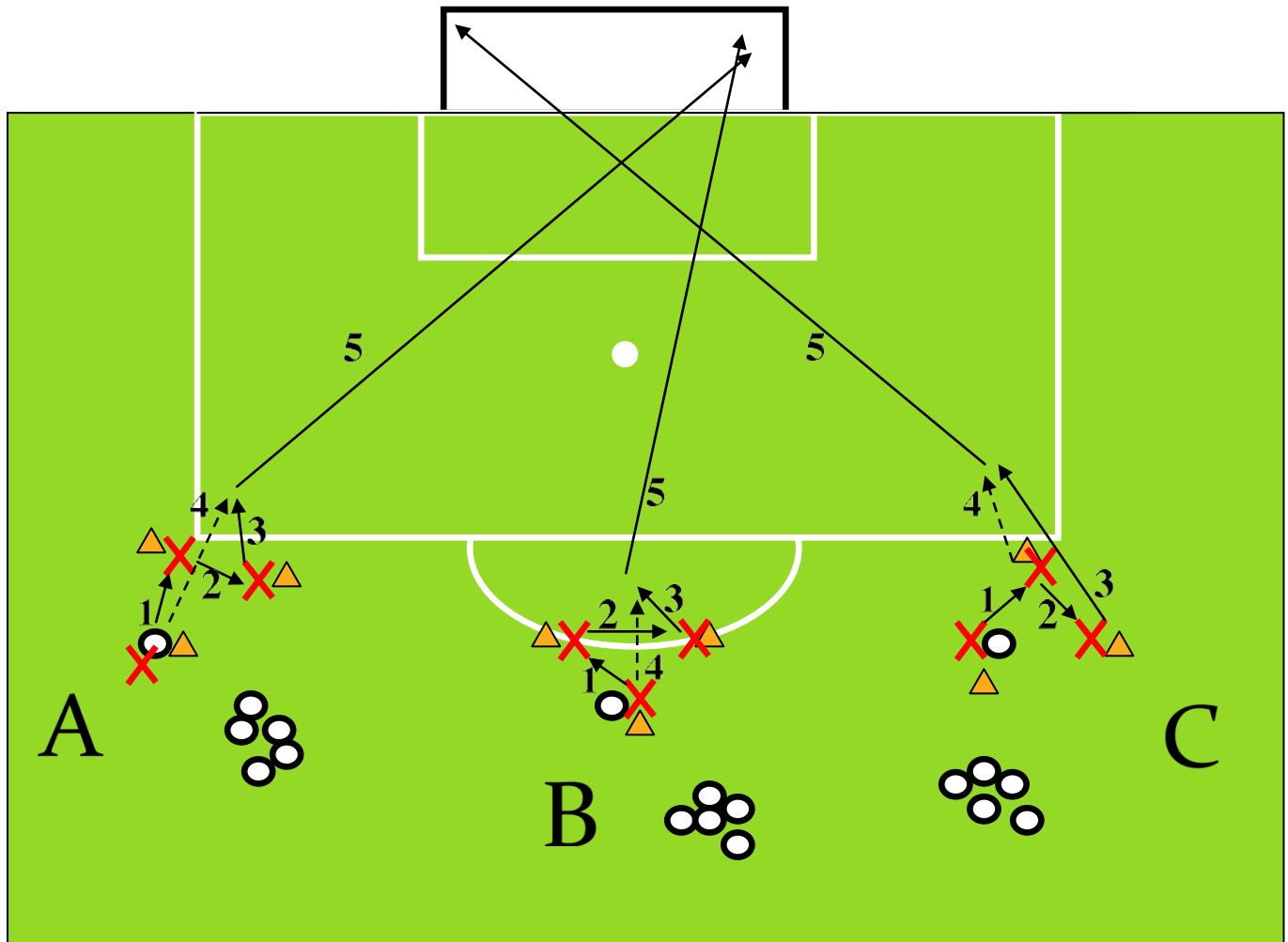
- Group 2B (**Same player**) controls the pass and takes a shot. (Players from Group 1C and 2B switch positions: Player from Group 1C goes behind the line whilst player from Line 2B will be the group 1C hence the one individual alone this time).
- Repeat this process with the Group 2A, 2C and 1B. (**Group 2A replace 1A, Group 2C replace 1C and Group 1B replaces 2B**).

#### **Progression:**

- Encourage Group 1A and Group 2A to play a long ball that allow the player at Group 1C and 2C to control with their chest. In addition to this, we can encourage the passes to land onto the player's thigh and foot to improve their ball control via air passes. It also works on long distance passing.
- Deploy a one touch game (One- Two's encouraged between Group 1A and 1B, Group 1A uses the movement of the ball from the return pass of Group 1B to play a long ball to Group 1C, group 1C controls the pass and lays-off well enough for Group 2B to take a first time shot).

#### **Purpose of this drill:**

This drill involves not only shooting but the build-up to it. It is to an extent more realistic to game situations compared to the usual line drill with the coach just setting up for one person at a time to shoot at goal before going back to the line. Whilst the cons of this drill may be: Group 1C and 2C are not involved in much movement as they are being in line with the posts hence the rule of offside rule is not taught. The strengths in my opinion is that ; it involves the short and long passing, realistic movement of the ball in collecting passes for a shot at goal, ball control and also involves 4 players at a time. I feel the strengths outweigh the cons as it allows not only the shooting technique in match situations to be tested but the build-up to creating chances for shots at goal is also taught to the team.



A.

1. The first player passes to one of the players on the cones.
2. This player passes across to the third player.
3. The third player lays the ball into the middle.
4. The first player runs onto the ball.
5. And shoots.






B.

1. The first player passes to one of the players on the cones.
2. This player passes across to the third player.
3. The third player lays the ball into the middle.
4. The first player runs onto the ball.
5. And shoots.

C.

1. The first player passes to the striker.
2. The striker plays it back to the midfielder.
3. The midfielder plays the ball through for the striker.
4. The striker runs onto the ball.
5. And shoots.

#### KEY:

-  = cone
-  = ball
-  = movement of ball
-  = movement of player
-  = player

#### Objective:

The players are trying to improve passing, shooting from different angles, and movement to create goal-scoring opportunities.

#### Progression:

1. Make the passes between players 1-touch.
2. Add a goalkeeper for more difficulty.
3. Make three teams and have them keep score of how many goals they score at each station.

## Shooting with movement.

Set up a 6 x 16 area as shown: At the end of the area place 3

Small bollards one in centre Two spaced 2mts right and left

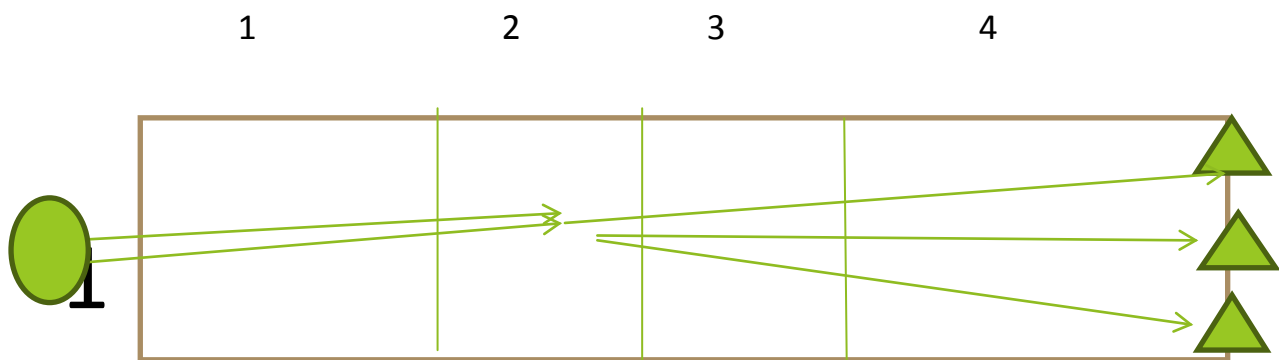
From centre [ b ]

The area is set up with 4 zones 1,2,3,4 1<sup>st</sup> zone is a neutral zone with the ball

Been passed through it only Play starts when player passes into Zone 2 and sprints to ball and Shoots at bollards collects ball get

Back on outside Next player starts Have each player do it twice Next get player to pass through

Zones 1 & 2 and into 3 sprint to Ball and shoot at bollards



to give more time to players and not standing around I would break them up into small groups/teams and set up more areas for them. I would introduce a bit of a competition between the teams. Each bollard they hit scores as a point for centre two points for the corner bollards

.....

Main points that you would want is 1; weight of the pass to the shooting zone

2; when running to ball to get their feet and balance right with the shooting

Technique in mind and 3; keeping the ball low when you strike at target



# TACTICS & DRILLS FOR FLANK PLAY

Teach your players to attack the goal from wide areas and take advantage of opportunities to score from crosses.

John Walker's Husker's teams are renowned for their attacking style of play. In Tactics and Drills for Flank Play Walker demonstrates exercises to train your wide players to provide quality crosses and train your attackers to finish them. The exercises progress from simple, unopposed patterns to realistic game situations that will help your players transfer what they have learned to the next match.



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## The Brazilian Box Midfield

Brazil has won five World Cups. They haven't won them by skill and passion alone. They certainly have an abundance of talented players from which to choose. But their success can also be attributed to their commitment to player development, highly specialized fitness systems, attention to details and, lastly, their tactical insights. One of which is the "Box Midfield".

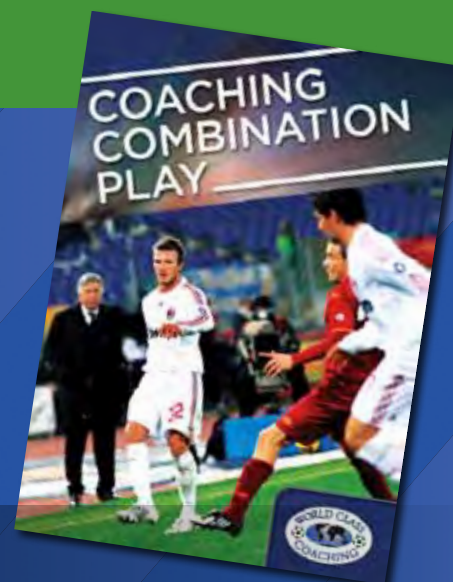


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## Coaching Combination Play

Coaching Combination Play will show you how to coach your team creative and effective passing combinations that will turn possession into goals. Exercises show how two players can effectively beat one defender with give-and-go's and overlaps. The double-pass, and working with target players is also included. The DVD then progresses to third man runs and small-sided games up to 6 v 6.

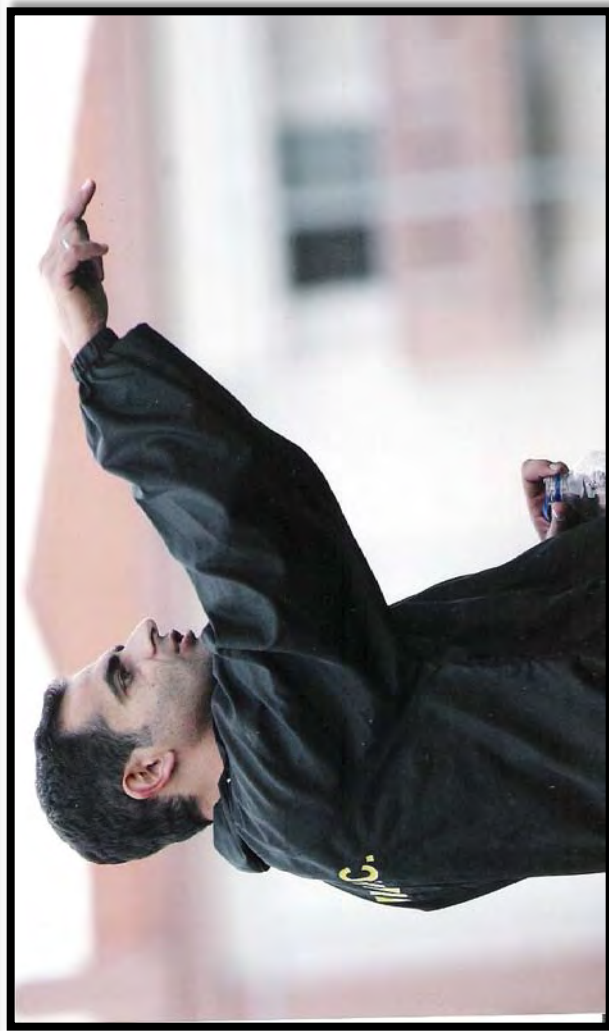


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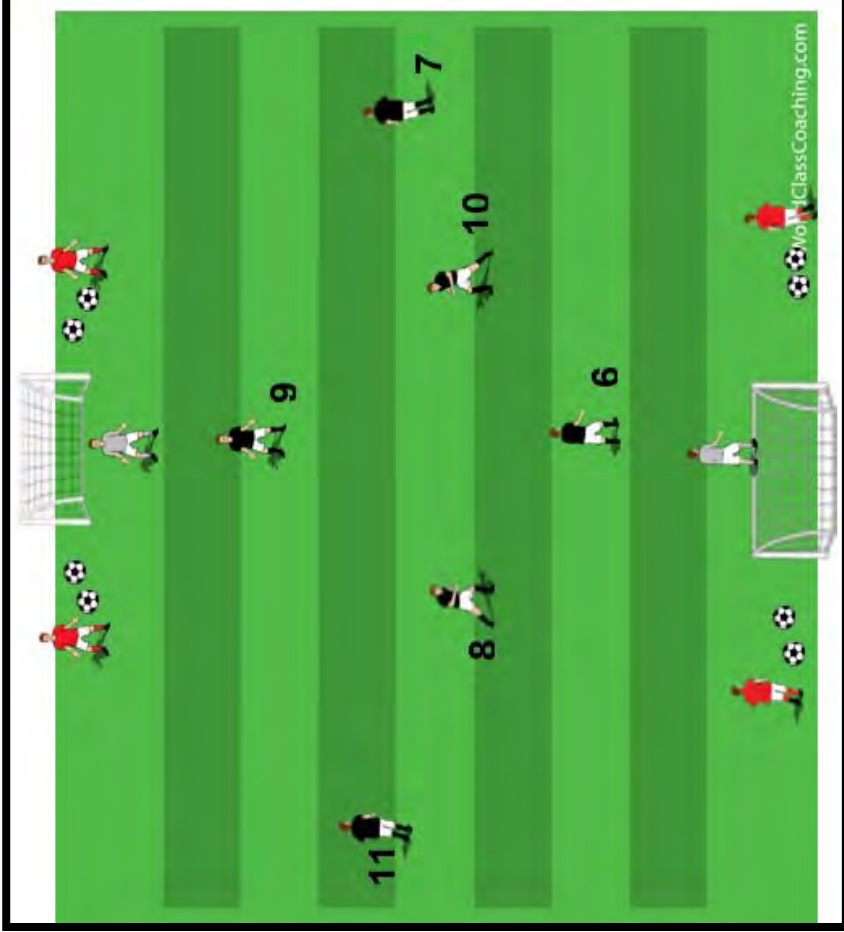
**Tsakaktsidis Mike**  
**UEFA A LICENCE**  
**Finishing Exercises**  
**For Worldclasscoaching.com**

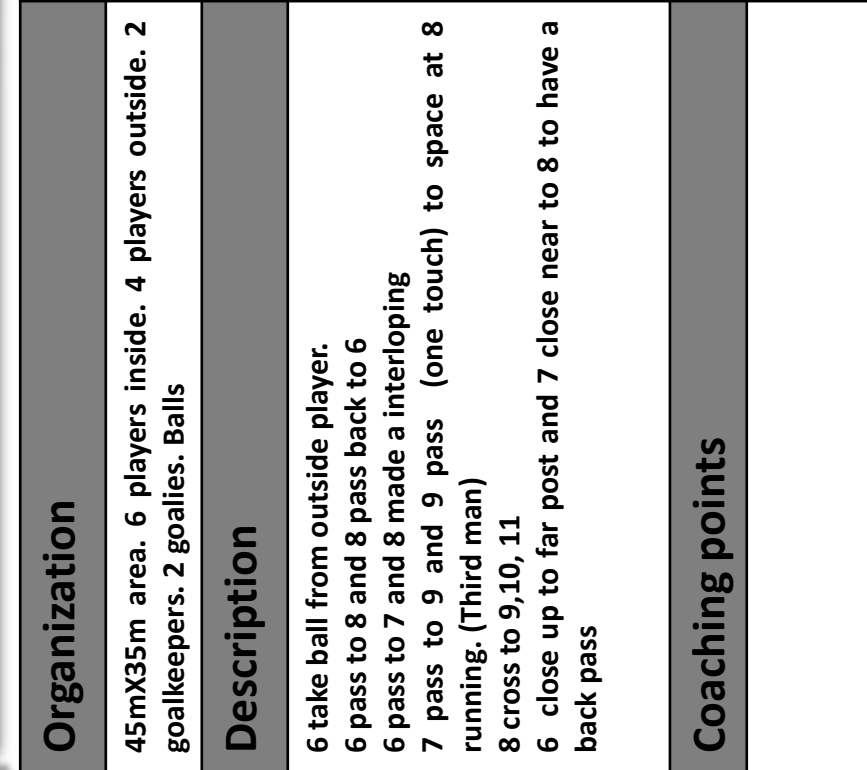




Tsokaktsidis Mike  
UEFA A LICENCE  
Finishing Exercises  
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|                                                                                                                                                                                                                                                                                                                            |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>Organization</b>                                                                                                                                                                                                                                                                                                        |  |
| 45mX35m area. 6 players inside. 4 players outside. 2 goalkeepers. 2 goalies. Balls                                                                                                                                                                                                                                         |  |
| <b>Description</b>                                                                                                                                                                                                                                                                                                         |  |
| 6 players (midfielders and offensive) with formation 3-3 from 1-4-3-3, execute finishing at the 2 goalies changing direction continuously, but keeping always starting formation position.<br>All finishing drills it is from our group offensive tactics<br>We want to come with all players both creation and executive. |  |
| <b>Coaching points</b>                                                                                                                                                                                                                                                                                                     |  |
|                                                                                                                                                                                                                                                                                                                            |  |

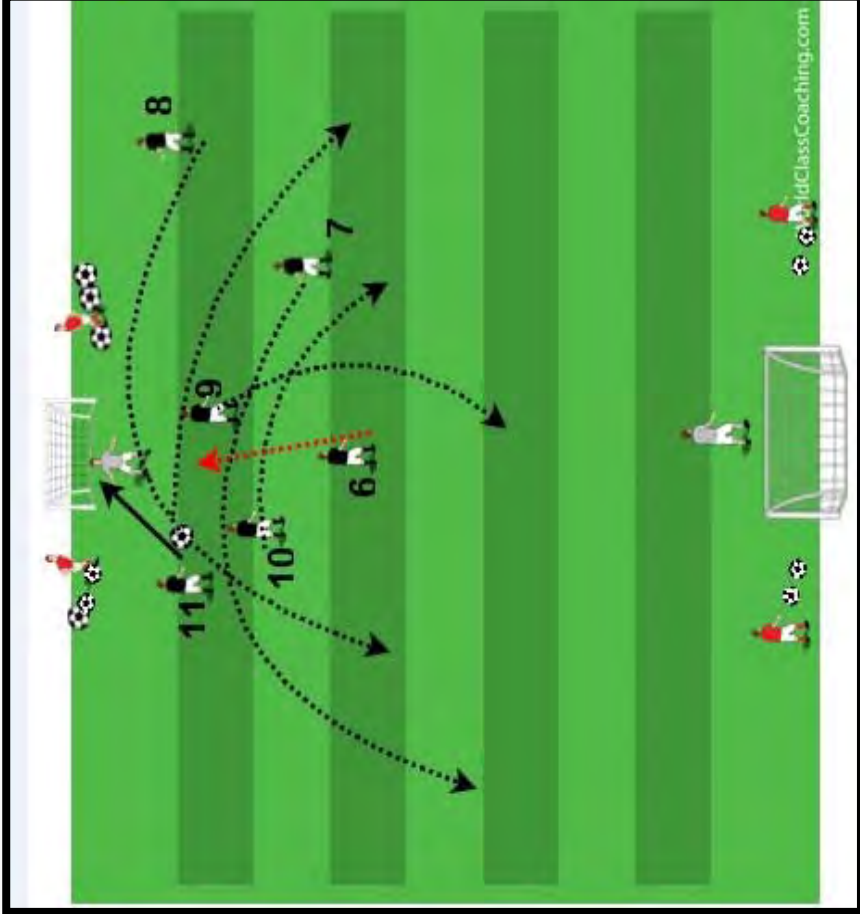






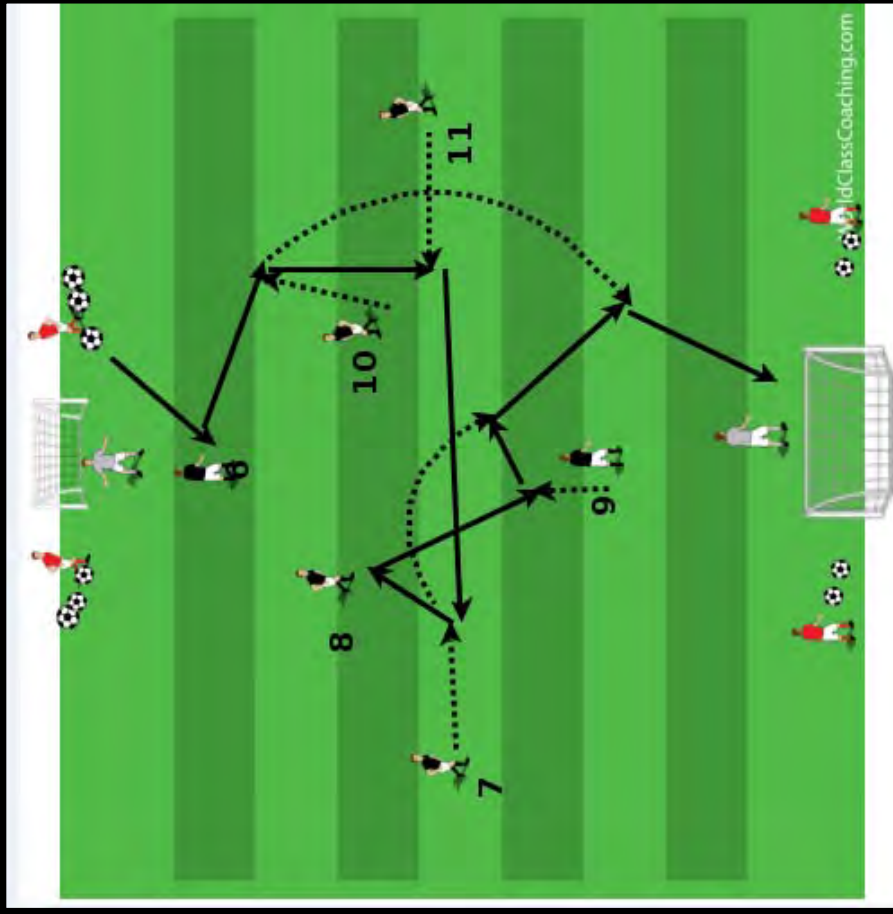
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|                 |                                                                                                                       |
|-----------------|-----------------------------------------------------------------------------------------------------------------------|
| Organization    | 45mX35m area. 6 players inside. 4 players outside. 2 goalkeepers. 2 goalies. Balls                                    |
| Description     | After finishing Immediately all players moving and change directions and take the new position for the other goalies. |
| Coaching points |                                                                                                                       |



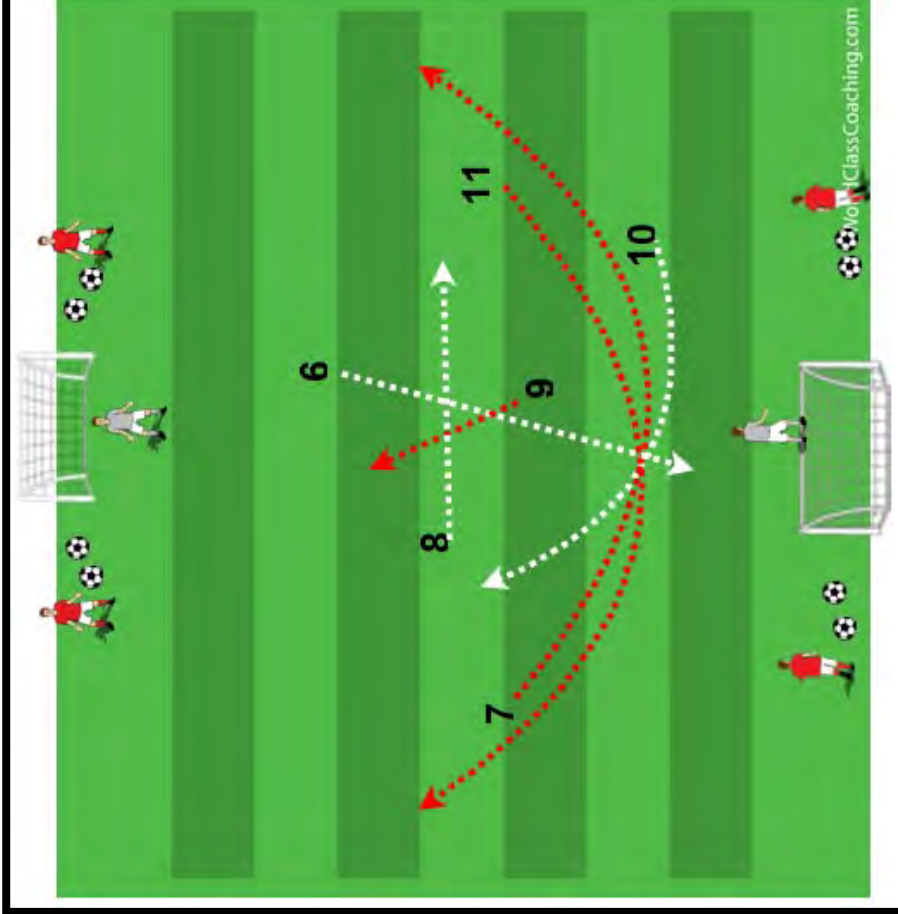


| Organization    | 45mX35m area. 6 players inside. 4 players outside. 2 goalkeepers. 2 goalies. Balls                                                                                                                                                                                                                      |
|-----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Description     | 6 take new ball from outside player<br>6 pass to 10 who coming down<br>10 pass to 11 who coming inside<br>11 pass to 7 who coming inside and play back pass to 8<br>8 pass to 9 and 7 take inside overlapping (pick and roll) with 9<br>9 pass to 7<br>7 pass to space to the 10 who coming from behind |
| Coaching points |                                                                                                                                                                                                                                                                                                         |

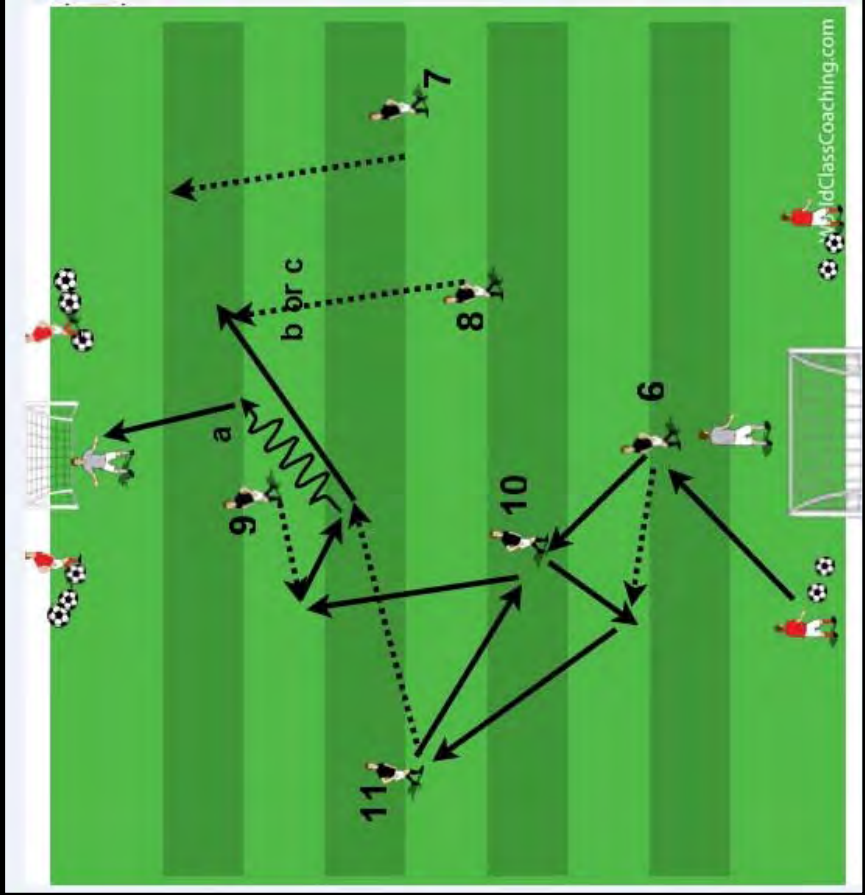




|                 |                                                                                                                       |
|-----------------|-----------------------------------------------------------------------------------------------------------------------|
| Organization    | 45mX35m area. 6 players inside. 4 players outside. 2 goalkeepers. 2 goalies. Balls                                    |
| Description     | After finishing Immediately all players moving and change directions and take the new position for the other goalies. |
| Coaching points |                                                                                                                       |



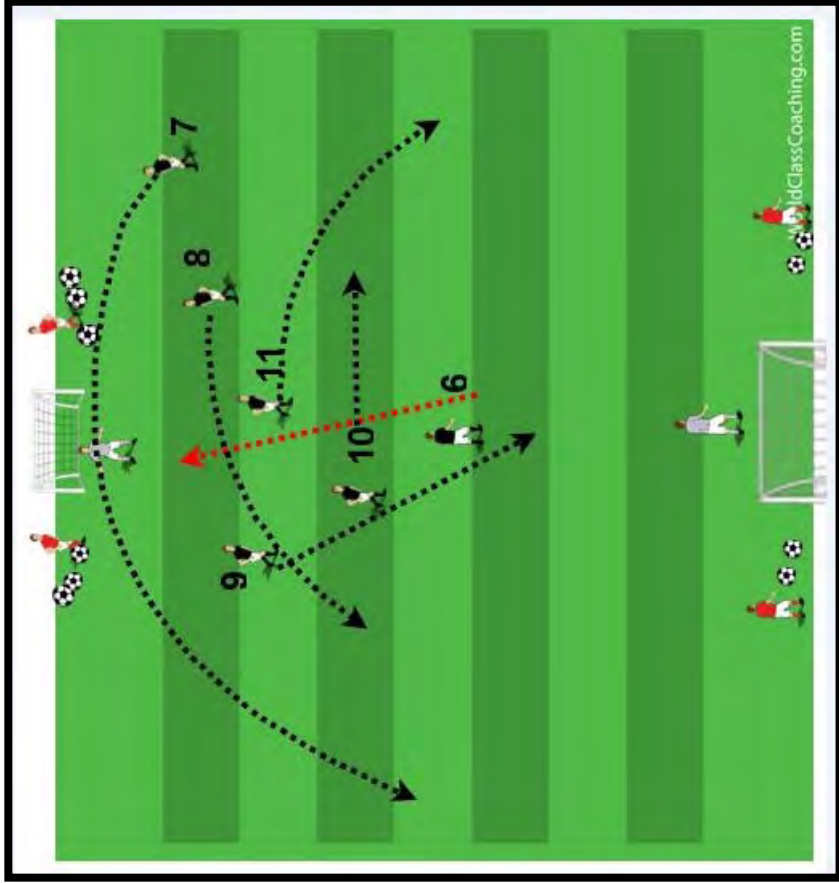




| Organization    | 45mX35m area. 6 players inside. 4 players outside. 2 goalkeepers. 2 goalies. Balls                                                                                                                                                                                                                                                                     |
|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Description     | 6 take new ball from outside player<br>6 plays one-two with 10 and pass to 11<br>11 back pass to 10<br>10 pass to 9 and 11 coming inside to take pass from 9<br>11 has 3 options<br>-to finishing the ball<br>-to play at the space to 8 who finishing the ball<br>-to play at the space at 7 who make short cross at 9, 11, 8 and 10 with 6 coming up |
| Coaching points |                                                                                                                                                                                                                                                                                                                                                        |

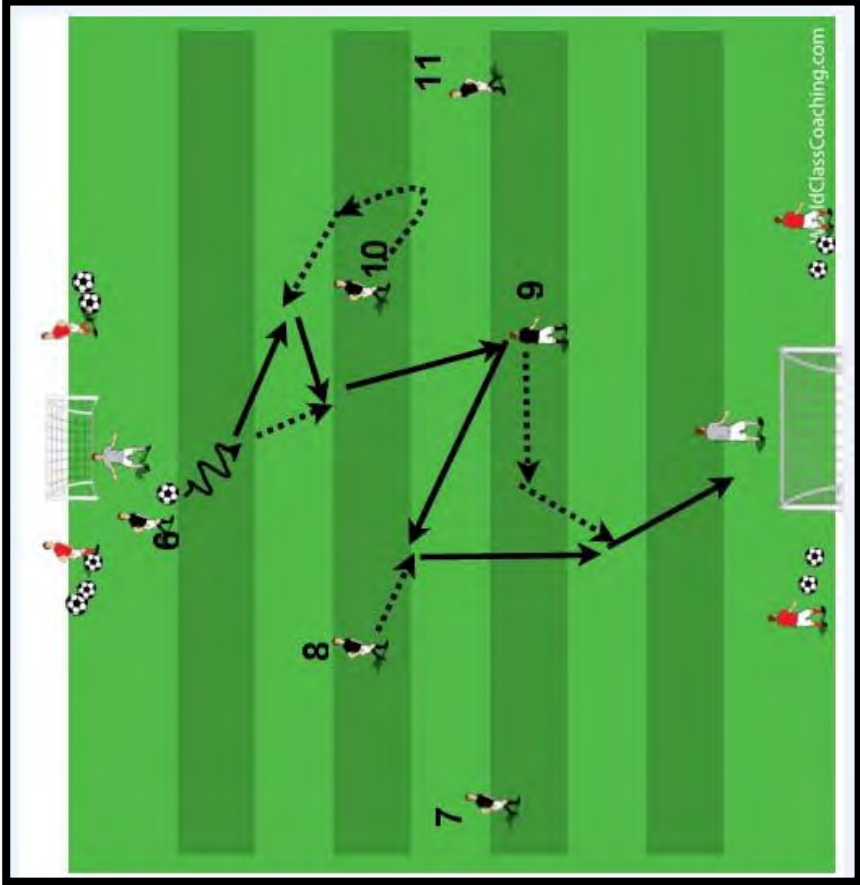


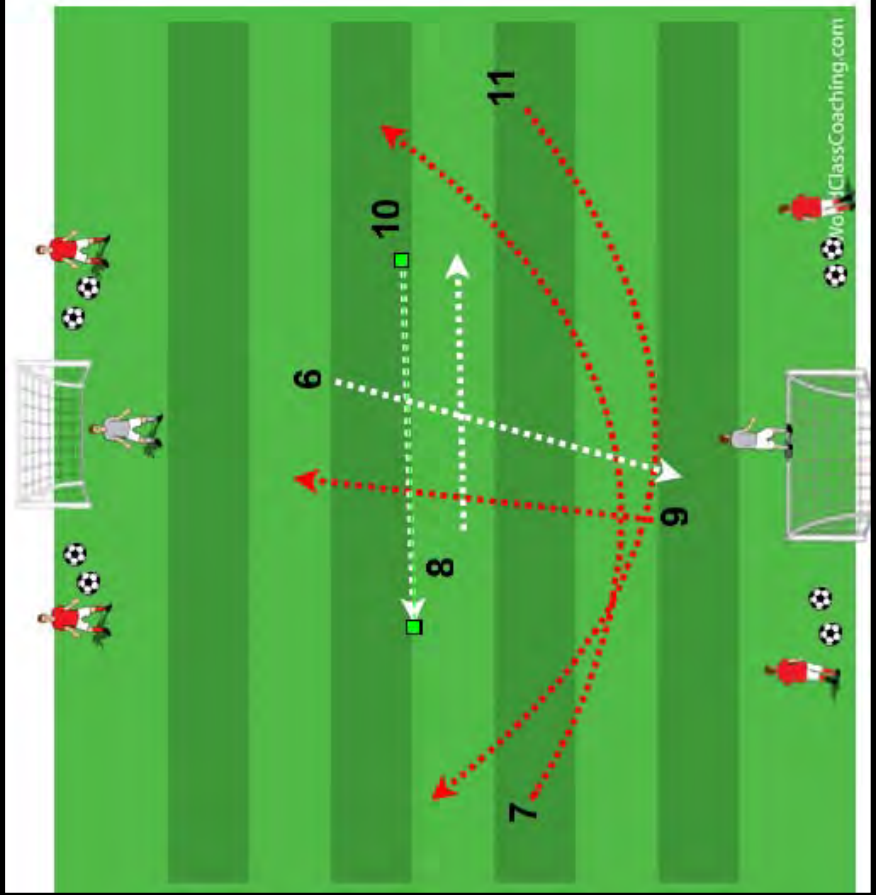
| Organization    | 45mX35m area. 6 players inside. 4 players outside. 2 goalkeepers. 2 goalies. Balls                                    |
|-----------------|-----------------------------------------------------------------------------------------------------------------------|
| Description     | After finishing Immediately all players moving and change directions and take the new position for the other goalies. |
| Coaching points |                                                                                                                       |





| Organization    | 45mX35m area. 6 players inside. 4 players outside. 2 goalkeepers. 2 goalies. Balls                                                                                                                                                                          |
|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Description     | 6 take new ball from outside player<br>6 drive the ball and 10 runaway from virtual opponent<br>6 plays give and go with 10 and pass to 9<br>9 back diagonal pass to 8 and running parallel and with the space pass from 8 running vertical.<br>9 finishing |
| Coaching points |                                                                                                                                                                                                                                                             |

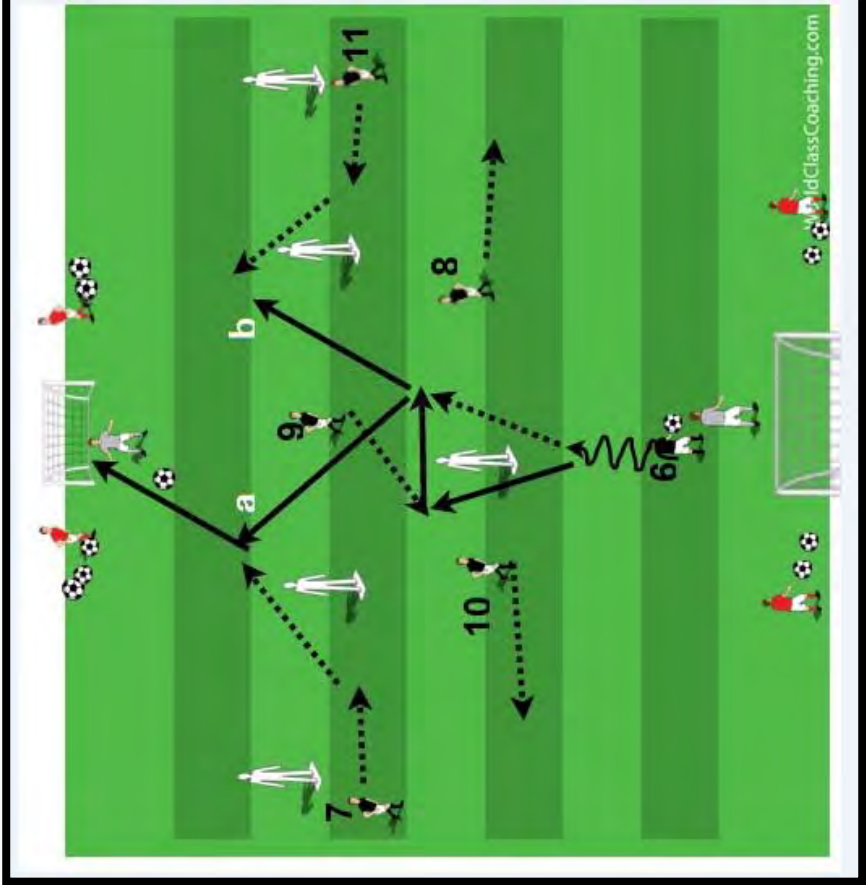




|                        |                                                                                                                       |
|------------------------|-----------------------------------------------------------------------------------------------------------------------|
| <b>Organization</b>    | 45mX35m area. 6 players inside. 4 players outside. 2 goalkeepers. 2 goalies. Balls                                    |
| <b>Description</b>     | After finishing Immediately all players moving and change directions and take the new position for the other goalies. |
| <b>Coaching points</b> |                                                                                                                       |

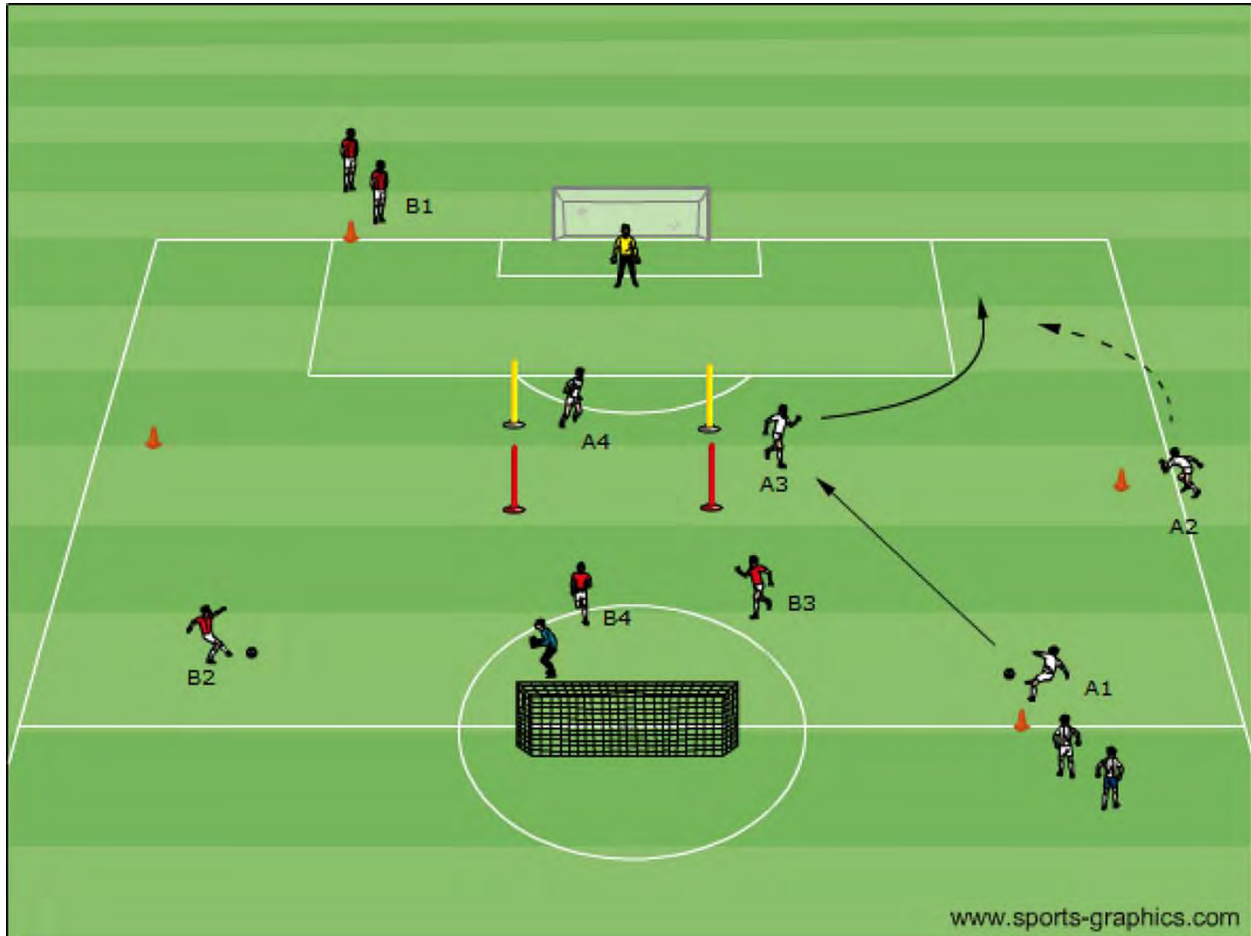


| Organization    | 45mX35m area. 6 players inside. 4 players outside. 2 goalkeepers. 2 goalies. Balls                                                                                                                                                                                      |
|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Description     | 6 take new ball from outside player 10 and 8 open space and they take the width 6 drive the ball and play give and go (one two) with 9 who coming down and make free space behind of them from 7 and 11 6 plays space pass to 11 or 7 and they finishing at the goalies |
| Coaching points |                                                                                                                                                                                                                                                                         |



## World Class Coaching - Shooting Drill Competition

Gary Eyles, Director of Coaching, Ames Soccer Club, IA



Set-up is using a half of a soccer field as diagramed above. The session can be used for practicing patterns of play in addition to functional training. If using the session as functional training simply place and keep the players in the positions they would normally play in a game (defender, wide midfielder, striker) vs. rotating through the exercise.

A1 (defender/midfielder) plays a long ball into the checking striker A3. At the same time A2 (wide midfielder) checks and spins. A3 plays a pass down the line for A2 to cross into the box. A3 and A4 make near and far post runs into the box and finish the cross. One and two-touch soccer should be encouraged at game speed as there will be plenty of breaks for the players to recover. The B players are performing the same pattern of play in the opposite direction at the same time.

If rotating players then A1 moves to A2, A2 > A3, A3 > A4 and A4 > B1.



As the players start understanding the play and become successful you can add a defender into the box so that the crosser has to think about the cross more and attackers have to make better runs.

Additional patterns of play include:

A1 passes to A2 who checks to the ball, receives and plays a give-and-go with A3. Then A2 crosses into the box for A3 and A4 to finish.

A1 passes to A2 who checks to the ball, receives and plays the ball to A3. A1 has continued their run to make an overlap run and receives the next pass from A3. They cross the ball into the box for A3 and A4 to finish. A2 can move to the top of the box for anything that is pulled back too far or a lay off from one of the strikers.