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Shooting Sessions

BASICS

Session – Passing and Shooting



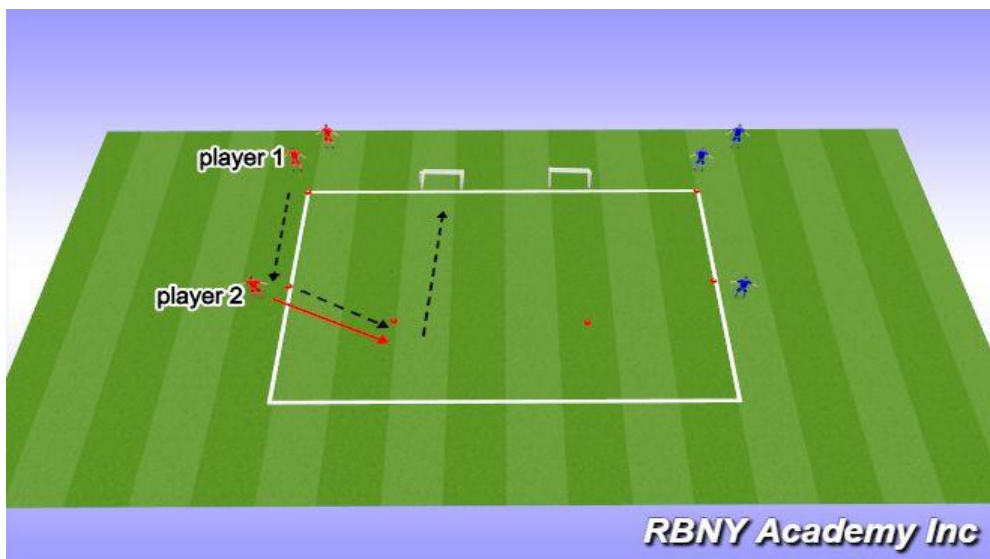
Warm Up (Picture Above)

Organization:

25x25 yd. 4 teams of 2 players (or 3, depending on assistance)
One square in the center with all the balls available.

Instructions:

Once the coach says go! one player goes in, grab a ball and pass the ball to the teammate inside the square. The player must stop the ball inside the square. After that they make a high five and switch. The team with more balls inside their square wins the round. Play 3 rounds



Session – Passing and Shooting (Continued)

Activity 1 (Picture Above)

Organization:

25x25 yd area

Two teams.

One ball per player queuing.

Instructions:

Player 1 passes the ball to player 2.

Player 2 stops the ball and runs to the third cone facing the ball all the time.

Player 1 goes for the ball and pass it again to Player 2.

Player 2 has two touches to score. First touch: control. Second touch: Shoot.

If the player scores in the farthest goal: 2 points.

If the player scores in the closest goal: 1 point.

Coaching Points/Questions:

- Shooting with precision: what part of the do we use?
- Head up after receiving to identify the goal.
- Be aware of the importance of the first touch.
- Importance of facing the ball all the time.



Activity 2 (Picture Above)

Organization:

25x20 yd area.

2 lines of players with ball.

One support player.

6 cones.

Instructions:

1. Pass the ball to the support player, they will pass the ball back.
 2. Dribble the cones.
 3. Once we finish the last cone, head up and shoot.
- 1 point per goal.

Session – Passing and Shooting (Continued)

Coaching Points/Questions:

- What part of the foot do we use for power?
- Head up when facing the goal to identify goalie's position.
- Communication with support player.
- Importance of first touch after receiving the pass.



Conditioned Game (Picture Above)

Organization:

35x30 yd area.
4v4 or 5v5
Cones to make lines.

Instructions:

4v4 game.
Goal from behind the red line: 2 points. (Powerful goal)
Goal on the small side close to the post: 3 points (skillful goal)

Coaching Points/Questions:

Same as before:

- Head up.
- Communication.
- Part of the foot to use for Placement. And for power?

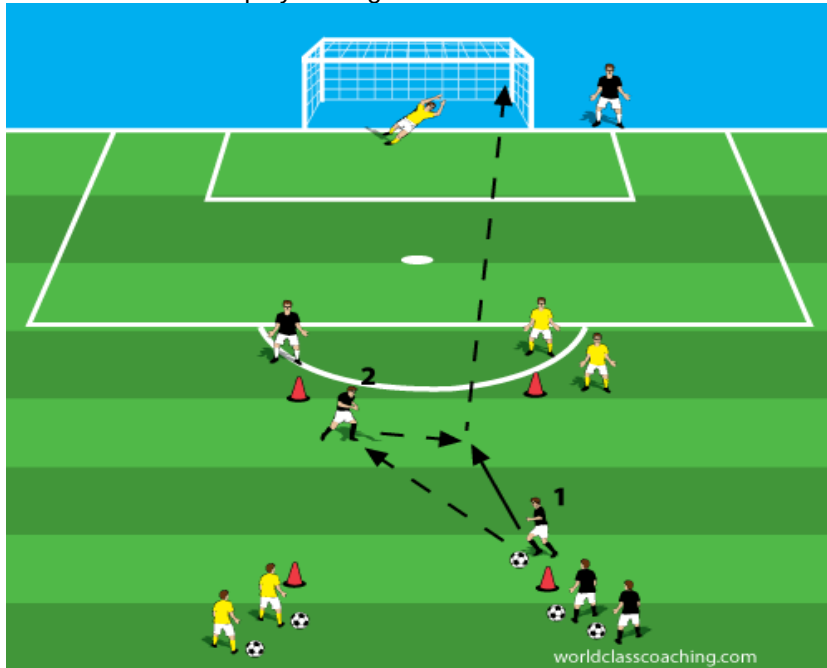
Session – AJAX Shooting Drill

Shooting Game

Split the group into 2 even teams. The two goalkeepers switch off so that they attempt to save the shots of the other team. An assistant coach keeps score.

Player 1 passes to Player 2 who turns with one touch and shoots with the next. The players change positions so that everyone has an opportunity to shoot. The other team repeats the same movements.

The teams change sides so that they shoot with both feet. The assistant coach gives the score after all of the players on each team have taken a shot. Keeping score motivates the players to give their best effort.

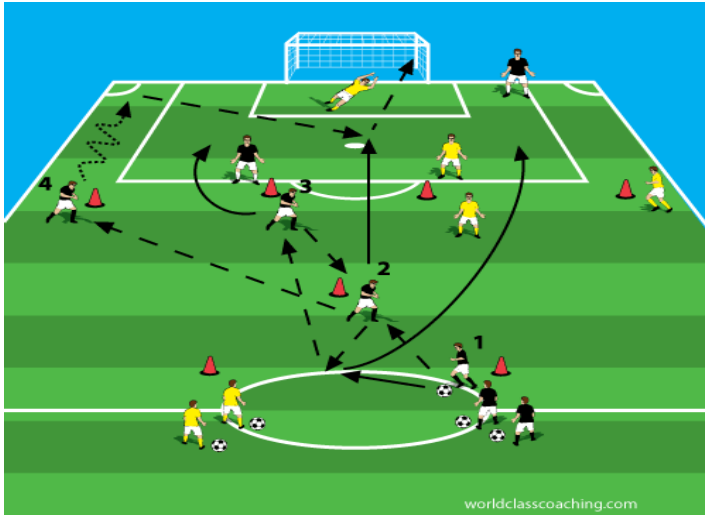


Progression #1 (Picture Above)

Now Player 1 passes to Player 2 who sets it back for Player 1 to shoot. Player 1 is allowed one touch to control and one touch to shoot.

Again, the assistant coach gives the score after each team is finished.

Session – AJAX Shooting Drill (Continued)



Progression #2 (Picture Above)

Player 1 completes a give-and-go with Player 2 and then passes to Player 3. Player 3 passes back for Player 2 who passes wide to Player 4. Player 4 crosses for 1, 2 and 3 to finish past the other team's goalkeeper. Each player moves forward one position.

Players from the inactive team wait behind the active players for their turn. The other team starts the movement as soon as the first team is finished.

Session – Cross and Finish Session

Cross and Finish (Picture Below)

Players inside two boxes located on the edges of the penalty box receive and finish crosses from the players on the wings. Players inside the boxes must control their first touch and then finish the ball on goal.

Purpose:

Develops a player's ability to take a pass out-of-the-air and set themselves up for a shot on goal. Players increase their first touch ability and shooting and crossing skills.

Setup:

Use the cones to mark two boxes around the edge of the penalty area. The boxes should be about 3-4 yards wide.

Designate two players as the crossers and position them outside the penalty area along the end line.

Divide all the balls up evenly between the two crossers.

The rest of the players divide evenly and form two lines above the marked boxes.

One player from each line steps into the box and prepares to receive the cross.

If a goalkeeper is available, place them in front of the full-size goal. Any extra goalkeepers can stand to the side of the goal and rotate in every 3-5 repetitions.

Instructions:



To start the drill, one designated crosser serves the ball, in the air, diagonally across the penalty area, to the player in the box furthest away from them.

The player inside the box receives the ball out of the air and then attempts to score on goal in the least number of touches.

As soon as the player shoots, the second crosser can serve the next ball to the other player standing in the opposite box and repeat the process.

Players receiving the crosses must start inside the box, but depending on the accuracy of the cross, they are free to move outside of the box to meet the ball and complete their turn.

Receiving players are free to use their feet, thighs, chest, or head to control the ball out-of-the-air and finish as quickly as possible.

Session – Cross and Finish Session (Continued)

After players shoot, they retrieve their ball and pass it in the direction of the closest crosser and then go to the back of the opposite line they just shot from.

After 2-4 minutes, rotate the crossers and collect any extra soccer balls that are not near the two crossers.

Continue for as long as needed.

Variations:

First touch towards the middle – Players attempt to take their first touch towards the center of the area before shooting on their second touch.

Pass to the teammate – Two players enter each box at a time. One player receives the pass out-of-the-air and attempts to lay it for the other player to finish on goal.

Keep the ball up – For higher skilled players. Players must keep the ball in the air when receiving the cross and strike the ball out-of-the-air when shooting.

First-time finish – For higher skilled players. Players must shoot the ball off the cross using one-touch.

Coaching Points:

Encourage the crossers to focus on their accuracy and be consistent with their services. Crosses should aim to drop the ball on the player in the opposite box every time.

Challenge the players to try various shooting techniques (driven, side foot, lob, placed, curl, etc.) and try to finish as quickly as possible. Players should aim to finish in two-touch, but are free to take more touches to get control of the ball before finishing.

Teach the players to focus when receiving the ball out-of-the-air and to have a soft first touch. Players should not tense up before receiving the ball, but rather a relaxed and control body that will provide a quality soft first touch.

Session – Finishing Session

Description

Key learning outcomes

Observation of the Goalkeeper

Choice of technique based upon distance, position of the GK

Angle of approach – off center

Head down at the point of contact

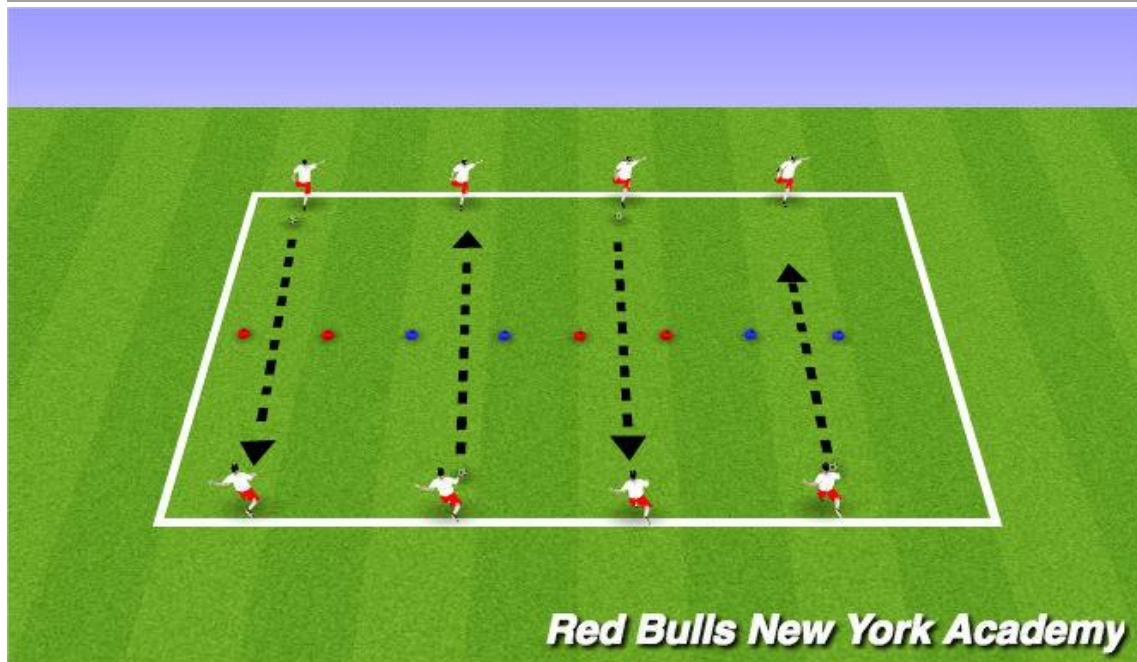
Non-kicking foot placed to side, slightly behind the ball

Ankle locked, toe down

Contact foot – laces (instep)

Body weight forward, chest and knee over the ball at contact

Follow through landing on striking foot



Shooting Partners (Picture Above)

Organization:

- Players in pairs
- 1 ball per pair
- 2-yard gates, 10 yards in between each player

Instructions:

- Players strike the ball through the gate using the driven technique.
- No scores to ensure shooting technique is used rather than passes.

Learning Outcomes

Observation of the Goalkeeper

Choice of technique based upon distance, position of the GK

Angle of approach – off center

Head down at the point of contact

Non-kicking foot placed to side, slightly behind the ball

Ankle locked, toe down

Contact ball – will vary depending on target area

Contact foot – laces (instep)

Body weight forward, chest and knee over the ball at contact

Follow through landing on striking foot

Session – Finishing Session (Continued)

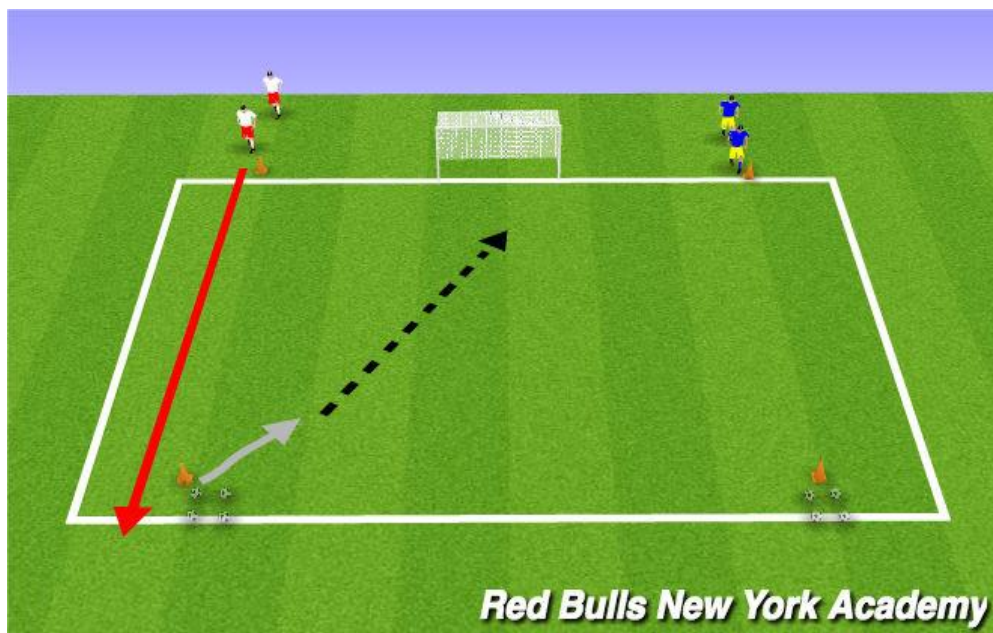
Positive attitude towards shooting

Coaching Points:

- Observe target
- Angle of approach
- Non-Kicking foot placement
- Body weight leaning forward (head, shoulders, hips then knee over ball)
- Contact on ball, contact on foot
- Follow through
- Land on striking foot

Progressions:

Move gates 15-20 yards apart and make it a competition to see who can be the first to score 10 goals against their partner using correct shooting technique



Shootout (Picture Above)

Organization:

- Players placed on end line, cones 20 yards away.
- Large goal (1 point), two mini goals (3 points)

Instructions:

- Players pick up ball at cone, have a maximum of 3 touches to score. first player to put the ball in the net receives the points.

Learning Outcomes

Observation of the Goalkeeper

Choice of technique based upon distance, position of the GK

Angle of approach – off center

Head down at the point of contact

Non-kicking foot placed to side, slightly behind the ball

Ankle locked, toe down

Contact ball – will vary depending on target area

Contact foot – laces (instep)

Body weight forward, chest and knee over the ball at contact

Session – Finishing Session (Continued)

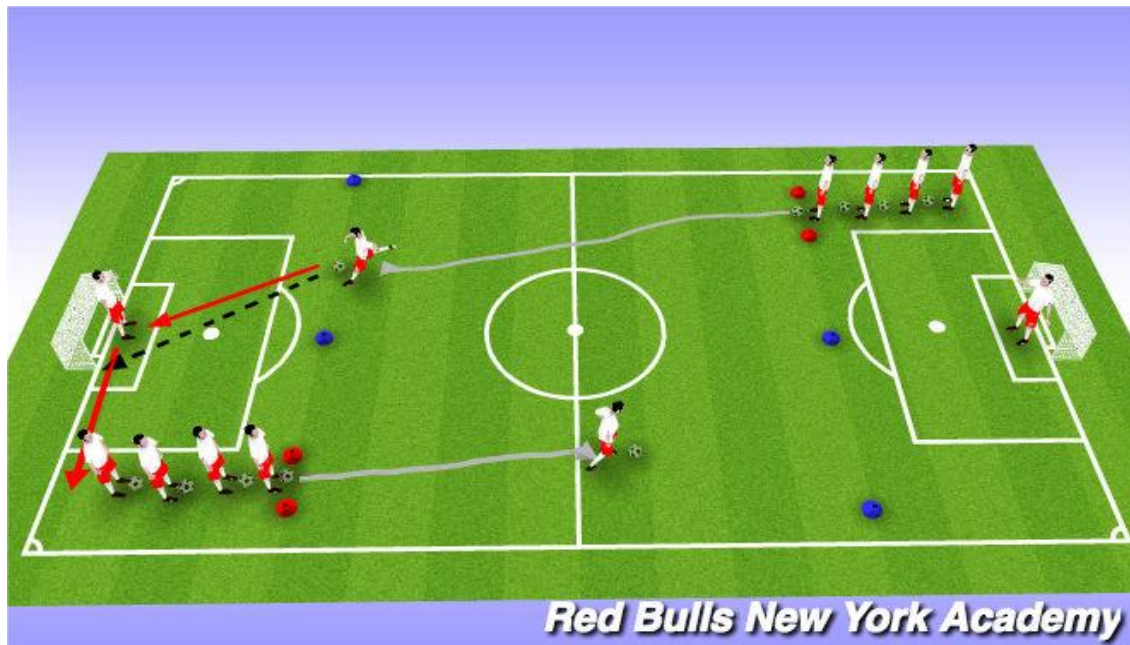
Follow through landing on striking foot
Positive attitude towards shooting

Coaching Points:

1. Prep Touch and approach
2. Observe the GK's position
3. Shot selection, proper surface, proper striking technique
4. Technique after ball is struck

Progressions:

- 1 ball is played in for two players



Technical Semi/Fully Opposed (Picture Above)

Organization:

- As many balls as possible for quick rotations
- 2 age specific goals
- 2x2 yard starting gates
- 2x10 yard shooting gate (15-20 yards away from goal)

Instructions:

- First player dribbles out and shoots as close to shooting gate/line as possible, after shooting they become the GK, the GK goes to the back of the opposite line of the shooter, next in line repeats for continual rotation.

Learning Outcomes

Observation of the Goalkeeper

Choice of technique based upon distance, position of the GK

Angle of approach – off center

Head down at the point of contact

Non-kicking foot placed to side, slightly behind the ball

Ankle locked, toe down

Contact ball – will vary depending on target area

Contact foot – laces (instep)

Session – Finishing Session (Continued)

Body weight forward, chest and knee over the ball at contact
Follow through landing on striking foot
Positive attitude towards shooting

Coaching Points:

- Head up on approach to observe GK, smaller touches as get closer to shooting line, use last touch to give yourself correct angle of approach.
- Use same technical coaching points as learned in previous activity
- Be confident
- Placement vs power?

Progressions:

- Make individual competition (first player to 10 goals)
- Split players into two teams with specific GKs and make a team competition
- Ball is lofted into target player in between shooting line who lays off ball for 1 time strike
- Add defender by shooting line to make it a 1v1 before trying to score



Free Play (Picture Above)

Instructions:

- Free play to goals

Coaching Points:

- less instruction here, just reminding players about space and spreading out
- Making connections with the previous drills to enforce previous coaching points
- Switching out of pressure

INTERMEDIATE-ADVANCED

Session –Advanced Finishing Session



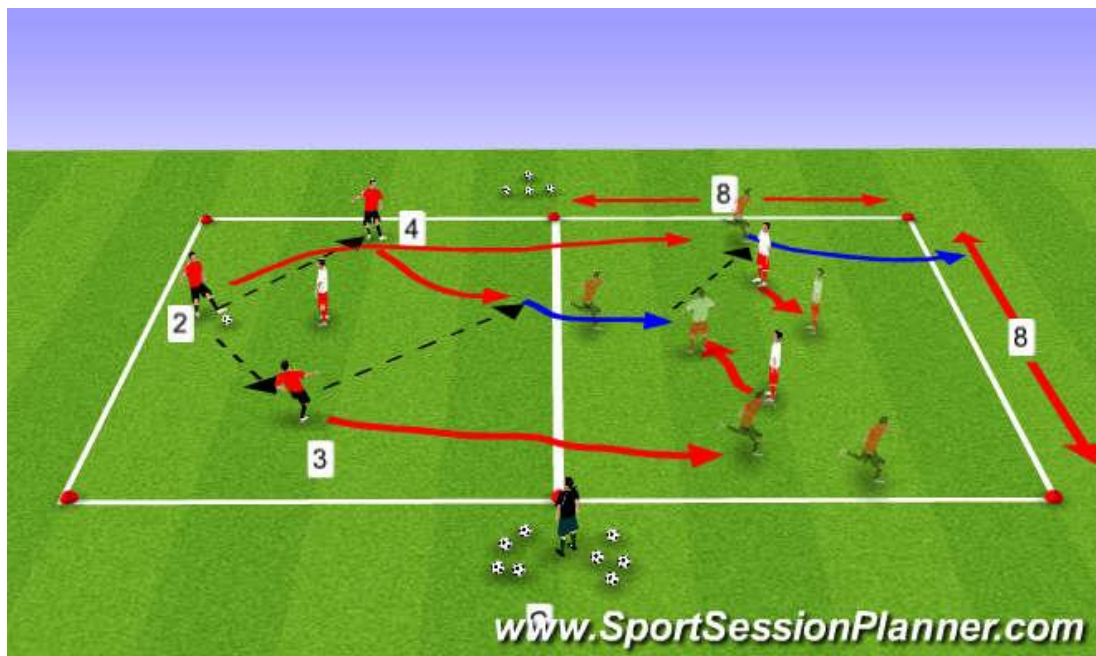
Organization: Area 12 x 20 - 3v1 (Picture Above)

Objective: Red team must look to maintain possession in a 3 v 1 as long as possible while the defender attempts to "Win the ball back" and pass to either teammate on the outside. If the defender kicks the ball out of play, red stay in possession. Attacker who causes loss of possession remains in the middle as the defender. Based on level select amount of passes to = 1 point.

Coaching Points: Dispersal- spread out and create space

Support- provide the right angle, right distance and correct timing.

Movement- Into a position off the shoulder of the defender so he/she can't see the ball and the attacker at the same time.



(3vs1) Keeping possession to build attack (Picture Above)

Organization: 12 x 20 Area divided in half so 12x10

Session –Advanced Finishing Session (Continued)

Objective: Red team must look to maintain possession in a 3v1 as long as possible while the defender attempts to "Win the ball back" and pass to teammate in opposite half. If the defender kicks the ball out of play the red stay keep possession by a restart from the coach. Attacker who causes loss of possession remains in the middle as defender. Once the team in possession have completed 5 successful passes they are now allowed to transition as a group into the opposite box to play 3 v 2, once in this area the objective is to look to get in behind the 2 defenders and score by crossing the end line with a dribble or penetrating pass.

Coaching Notes:

1. Touch it, Move it... (the ball)
2. Move the ball, Move your feet
3. Open your body to see up and down the field... (sideways on)
4. Get it at your feet... (personal space)
5. Force the defender to make a decision...no decision, advantage defender



3 player combination to finish (Picture Above)

Organization: Set Up 1 or 2 nets depending on availability. 3 player combination play. All balls at the top of each working area.

Objective: 3 Player combination to finish

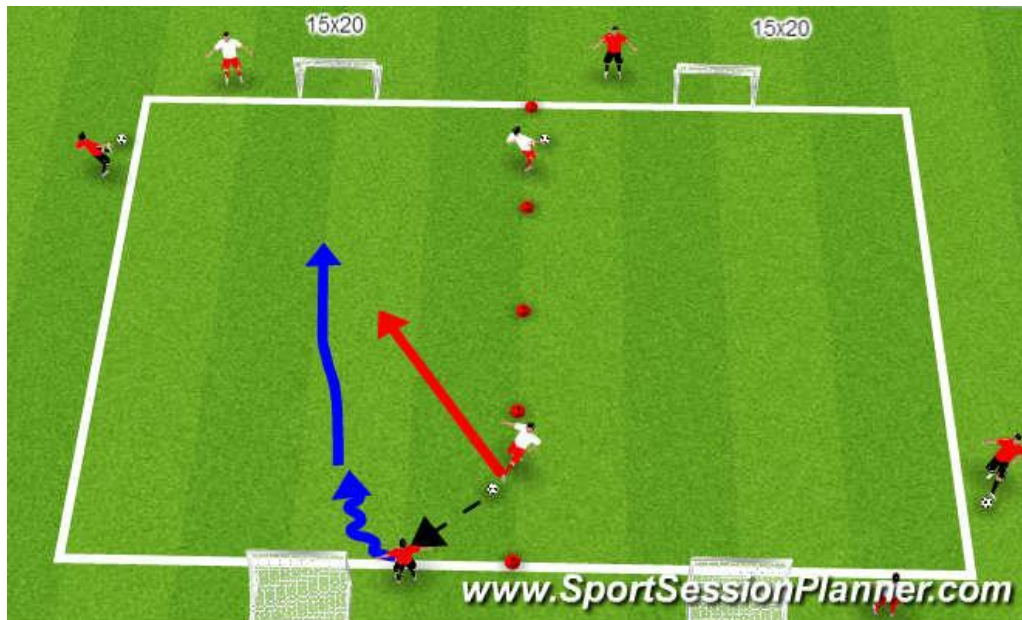
1. Pass into MF, MF plays back into server and then play into striker who turns to shoot on goal. Rotate to next position.
2. Pass to MF, play back to server, play pass into striker who lays off into MF's attacking run for a strike on goal. Rotate players to next position.
3. Pass into MF and pass back to server, server plays pass into target striker who lays a pass off for the MF who peeled off its defender to support second ball. Server must look to make an attacking run to break the line in behind the target striker to receive a penetrating ball from MF.

Coaching Points: Shooting - Accuracy before power, eye on the ball, head steady, part of foot/part of ball.

Passing - quality pass, correct weight and pace on the ball. Communication and eye contact with message in the pass. Front foot or back foot?

Support - angle of support, reception body position, timing and angle of support, timing and movement off the ball in supporting attacking runs. Quality and game execution of runs. Must be high intensity.

Session –Advanced Finishing Session (Continued)



1v1 Dribble in Space (Picture Above)

Red plays to Blue. Blue receives and tries to beat red to score. If red wins the ball, they attack the other goal. Once done blues and reds switch to other side. Can run two sides at once.

Coaching Points

Receive on the move and dribble quickly away and into space

If defender catches you, beat him off dribble

Vision

Touches away from body to dribble faster

Keep ball on foot furthest from defender



6v6+1 Passing/Support (Picture Above)

Session –Advanced Finishing Session (Continued)

Organization: Two teams of 6 including the GK's, plus 1 neutral player. Neutral player always plays for the team in possession. Playing field 60x40m. One goal at each end. all soccer balls in goals and off to the side with the coach.

Description:

1) The game begins when the GK rolls the ball out to one of his/her players. The team must then inter pass in an effort to create scoring opportunities. The opposing team must try and win the ball so that they can also attack and score. Normal rules of soccer with the exception that the ball must be "kicked-in" for re-starts when the ball leaves the field of play. Any balls that go out of play behind the goals are restarted by the GK rolling the ball to one of her/his players. **Emphasis** should be made of the importance of players using the additional player advantage to create good supporting triangles around the ball.

2) Switch the neutral player every 5-10 minutes.

Progression: For the last 5-10 minutes, the neutral player can only receive the ball in the defending half of the field in possession.

Coaching Points: Accurate passes with good pace. Open your body to the play when receiving a pass.

Principles of play Attacking: **Dispersal** wide/deep (spread out) **Support** Angel, distance, time. Make sure you can be seen between players. (Center points, between lines) **Penetrate** through, around, over, shoot. Break lines with run, passes and dribble.