

Shooting



Drill 1 – Pass, Turn & Shoot

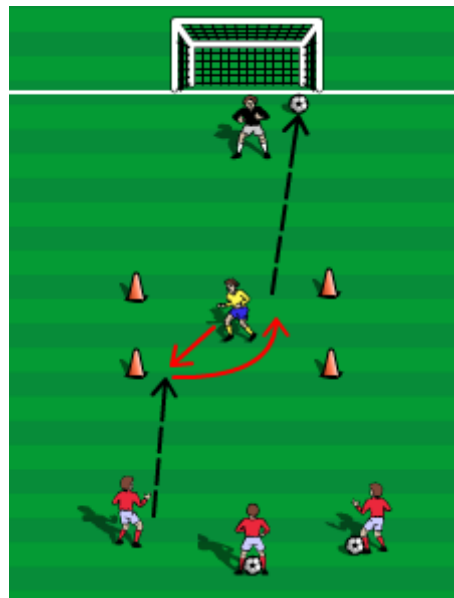
Aim: To improve shooting technique

Suitable for: U9's and upwards

Equipment: 1 goal, 4 cones, 3 balls

Min players: 1 goalkeeper, 1 forward, 3 or other players

Organisation: Yellow forward has to stay in the box. The forward must call for a pass, control the ball, turn and shoot. As soon as the forward shoots he turns away and calls for a pass from another player.



Progressions:

- Add a defender in the box
- Limit the forwards touches

Coaching Points

- Accuracy of shot
- First touch
- Speed of turn

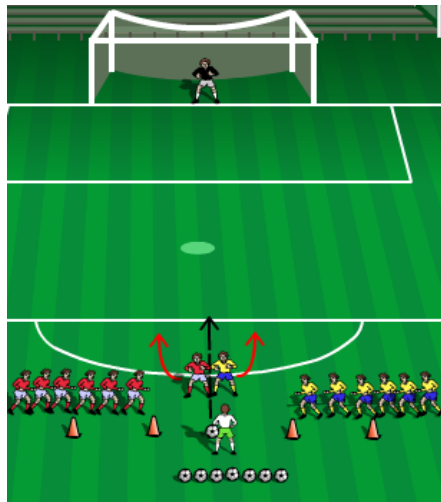
Drill 2 – Shooting

Aim: To improve shooting technique

Suitable for: U9's and upwards

Equipment: 1 goal, cones, balls

Organisation: Split the team in to two groups. Players line up shoulder to shoulder looking at the coach, as soon as the coach throws the ball the players must turn, win possession and shoot.



Progressions:

- Add a defender in the box
- Limit the forwards touches
- Players face the goal
- Players in press up position

Coaching Points

- Accuracy of shot
- Shot selection (driven, side foot placed, lob, curl, etc)
- First touch away from opposition
- Speed of turn

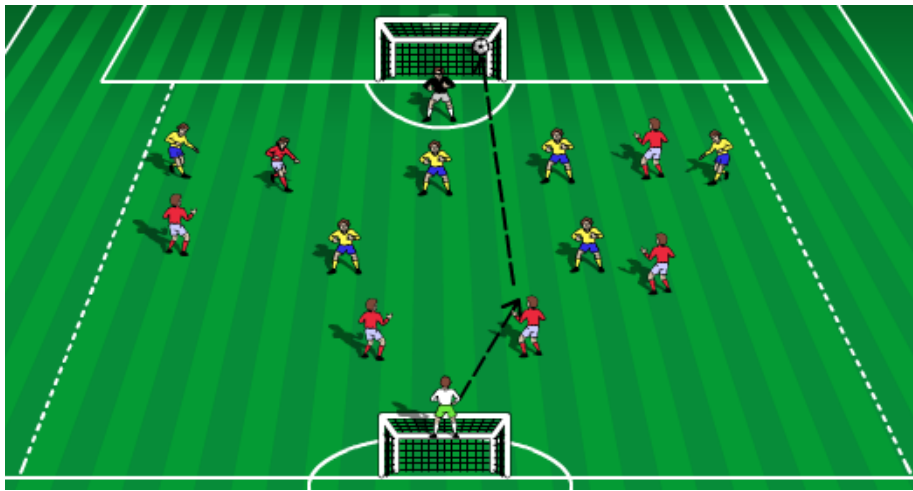
Drill 3 – Shooting

Aim: To improve shooting technique

Suitable for: U11's and upwards

Equipment: 2 goals, lots of balls by both goals.

Organisation: Pitch set up as shown in diagram. Split the group in to two teams. Players line up in any formation. The idea is to shoot on site I the opportunity is there. The players are given one instruction, SHOOT.



Progressions:

- Must be high tempo
- Limit touches
- Alter width of area

Coaching Points

- Accuracy of shot
- Shot selection (driven, side foot placed, lob, curl, etc)
- First touch away from opposition
- Taking players away to make space

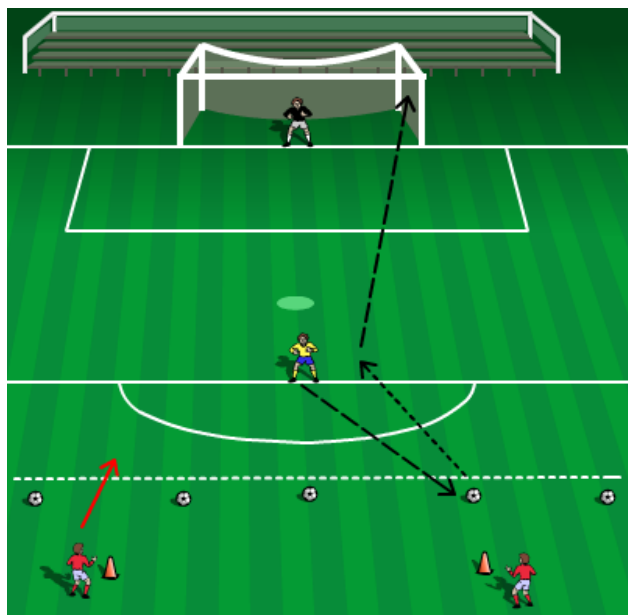
Drill 4 – Shooting

Aim: To improve shooting technique

Suitable for: U9's and upwards

Equipment: 1 goal, 5 balls.

Organisation: 1 striker works and has five attempts to score. Starting points as shown in diagram. The players come and collect a ball, turn and shoots. As soon as the player shoots they must sprint to pick up another ball.



Progressions:

- Must be high tempo
- Limit touches
- One shot must be with weaker foot
- Player to take keeper 1 on 1
- Add defenders to pressure player as he picks up the ball

Coaching Points

- Accuracy of shot
- Shot selection (driven, side foot placed, lob, curl, etc)
- Vision, awareness of goalkeepers position
- Take the ball away from defender

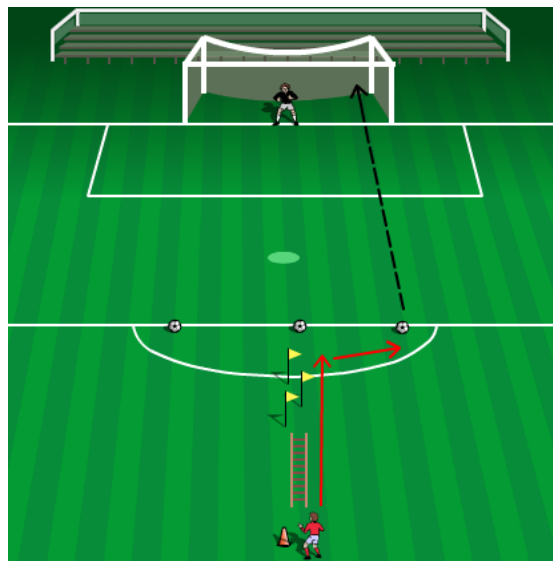
Drill 5 – Shooting

Aim: To improve shooting technique

Suitable for: U9's and upwards

Equipment: 1 goal, 3 balls, 1 set of ladders, 3 slalom poles and 1 cone.

Organisation: 1 striker works and has 3 attempts to score. Starting points as shown in diagram. The player hops through the ladder then through the slalom poles runs towards a ball and shoots 1st time. As soon as the player shoots they must sprint to the starting cone and repeat activity.



Progressions:

- Must be high tempo
- One shot must be with weaker foot
- Player to take keeper 1 on 1
- Add defenders to pressure player as he picks up the ball

Coaching Points

- Accuracy of shot
- Shot selection (driven, side foot placed, lob, curl, etc)
- Vision, awareness of goalkeepers position
- Player given different activity to do when going through the ladders

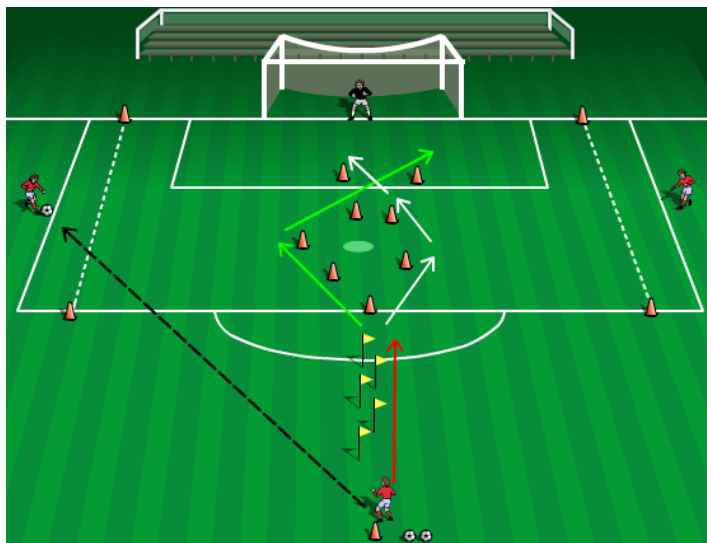
Drill 6 – Shooting

Aim: To improve shooting technique

Suitable for: U9's and upwards

Equipment: 1 goal, 3 balls, 5 slalom poles, cones.

Organisation: 1 striker works with 2 wide players, the player has 3 attempts to score. Starting point as shown in diagram. The player hits a ball to a wide player and then runs through the slalom poles runs towards the goal following one of the marked routes to the near or far post (no straight runs) and shoots 1st time. As soon as the player shoots they must sprint to the starting cone and repeat activity.



Progressions:

- Must be high tempo
- One shot must be with weaker foot and one with the head
- Add defenders to pressure player as he picks up the ball

Coaching Points

- Accuracy of shot
- Shot selection (driven, side foot placed, lob, curl, etc)
- Vision, awareness of goalkeepers position
- Players encouraged to make up their own runs

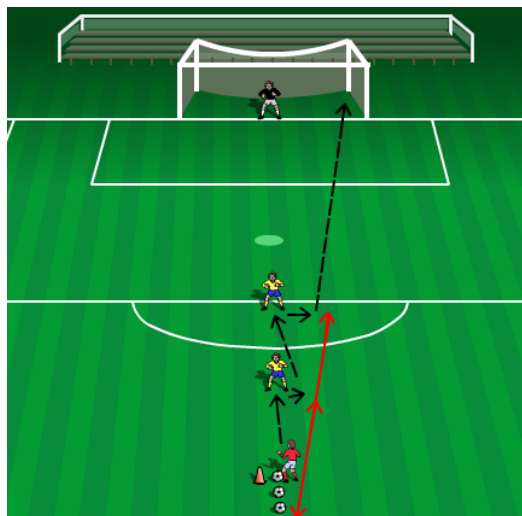
Drill 7 – Shooting

Aim: To improve passing and shooting technique

Suitable for: U9's and upwards

Equipment: 1 goal, 3 balls, 1 cone.

Organisation: 1 striker works with 2 wall players, the player has 3 attempts to score. Starting point as shown in diagram. The first player must exchange passes with the wall players and then shoot 1st time. As soon as the player shoots they must sprint to the starting cone and repeat activity.



Progressions:

- Must be high tempo
- At least one shot must be with weaker foot
- Add defenders to pressure player as he picks up the ball

Coaching Points

- Accuracy of shot
- Accuracy and weight of pass
- Shot selection (driven, side foot placed, lob, curl, etc)
- Vision, awareness of goalkeepers position

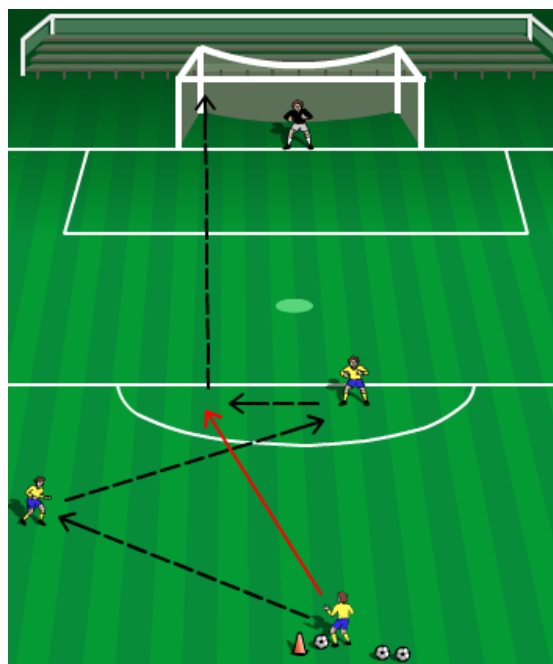
Drill 8 – Shooting

Aim: To improve passing and shooting technique

Suitable for: U11's and upwards

Equipment: 1 goal, 3 balls, 1 cone.

Organisation: 1 striker works with 2 wall players, the player has 3 attempts to score. Starting point as shown in diagram. The first player must exchange passes with the wall players and then shoot 1st time. As soon as the player shoots they must sprint to the starting cone and repeat activity.



Progressions:

- Must be high tempo
- At least one shot must be with weaker foot
- Add defenders to pressure player as he picks up the ball

Coaching Points

- Accuracy of shot
- Accuracy and weight of pass
- Shot selection (driven, side foot placed, lob, curl, etc)
- Vision, awareness of goalkeepers position

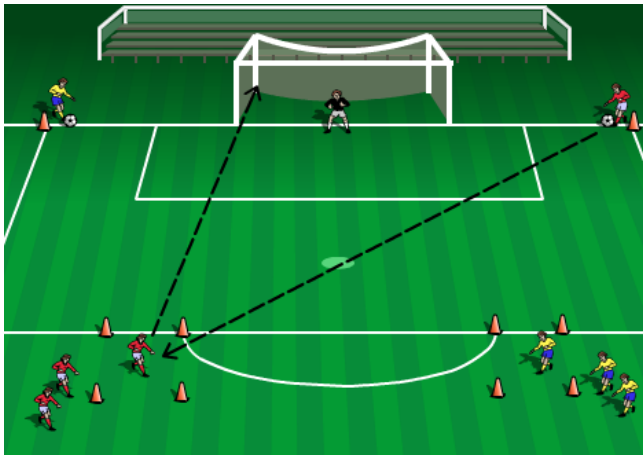
Drill 9 – Shooting

Aim: To improve passing and shooting technique

Suitable for: U11's and upwards

Equipment: 1 goal, balls, 10 cones.

Organisation: 1 striker works with a wide player, the player has 5 attempts to score. Starting point as shown in diagram. The first player must control the ball in the box then shoot at the goal. As the shooting player rotates a ball can be crossed to the opposite box.



Progressions:

- Must be high tempo
- After all players have had 5 shots rotate servers and strikers change boxes
- Strikers 1st touch towards centre of goal then shoots
- As the ball travels the 1st striker dummies and moves to a central position, the 2nd striker lays the ball off in to the 1st strikers path

Coaching Points

- Accuracy of shot
- Accuracy and weight of pass
- Shot selection (driven, side foot placed, lob, curl, etc)
- Vision, awareness of goalkeepers position

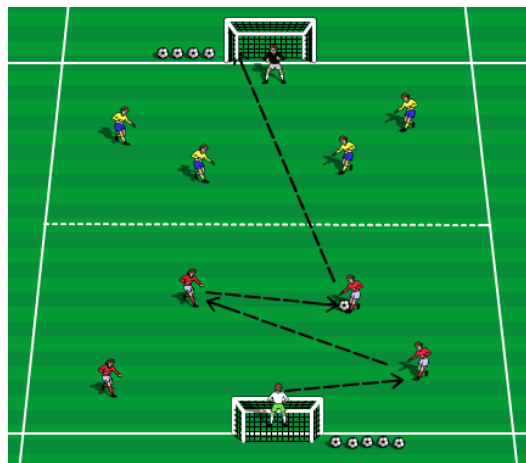
Drill 10 – Shooting

Aim: To improve shooting technique

Suitable for: U8's and upwards

Equipment: 2 goals, cones, balls by both goals.

Organisation: Pitch set up as shown in diagram. Split the group in to two teams. Players line up in any formation. The game is played 4 v 4 + 2 goalkeepers. Each team stays in their own half of the field. The keeper serves the ball to any player who can either shoot or set up a team mate to shoot. The opposite team can try and block shots. If a goal is scored or the ball goes out of play the opposite goalkeeper can serve the ball.



Progressions:

- Must be high tempo
- Limit touches
- Each team must pass 3 times before shooting
- Alter length / width of area
- 5 goals wins the game

Coaching Points

- Accuracy of shot
- Fast, crisp passing to utilise gaps
- Shot selection (driven, side foot placed, lob, curl, etc)
- First touch away from opposition to find gaps in the defence

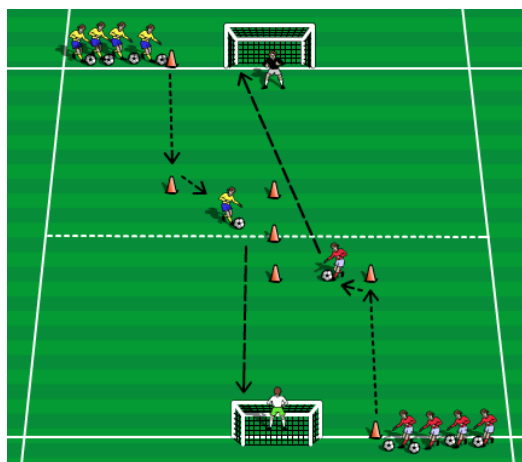
Drill 11 – Shooting

Aim: To improve shooting technique

Suitable for: U9's and upwards

Equipment: 2 goals, cones, balls by both goals.

Organisation: Pitch set up as shown in diagram. Split the group in to two teams. Players line up along the goal line. The players take it in turn to dribble to the 1st cone, cut inside and shoot on goal but they must shoot by the time they reach a centre of the area. The next player in line cannot go until the player in front of him has shot. Continuous practice. Both teams can play at the same time.



Progressions:

- Must be high tempo
- Alter length of area
- 10 goals wins the game
- Replace 1st cone with a defender

Coaching Points

- Accuracy of shot
- Shot selection (driven, side foot placed, lob, curl, etc)
- Keep the ball under control at all times