



SHOOTING

(Courtesy of Harrison Soccer International (HIS))

AIMS and OBJECTIVES

1. Provide the coaches with sound teaching methodology to enhance their lesson / practice presentations on shooting.
2. Provide suitable content relating to the subject of shooting which will give the coaches ample material to teach their teams both tactically and technically the crucial elements of shooting which will then result in improved performances on the field of play both individually and team wise.

Teaching Methodology:

3. First the players Set the Scene and secondly, the coach should Define the Problems associated with shooting.
4. The Players:
 - ❖ Do not seem to fully understand the IMPLICATIONS of shooting and creating shooting opportunities.
 - They generally understand they must shoot when near the goal.
 - They generally understand why they should shoot. (To Score Goals).
 - They know instinctively how to shoot BUT are not aware of their reasons for missing. I.e., Lack of Technique or Poor Decision Making.
 - They are less likely to know where they must shoot the ball in order to give someone else a BETTER CHANCE at scoring than they themselves have in certain positions.
5. The Coach:
 - ❖ MUST CLARIFY THE PICTURE(S) in the players' minds. To do this he/she, on the one hand, gives them FREEDOM & on the other hand, DICTATORSHIP.
 - ❖ Identify Shooting Areas
 - Central Positions Close to Goal: Further From Goal.
 - Flank Positions " " " " "
 - From Set Plays " " " " "
 - From 1 vs 1 " "
 - ❖ Rehearsal is Crucial: This must always be a part of a practice.
 - ❖ Crosses should go into 18 yd box early. (Space Created, Ball Delivered, Player Arrives.) When attacking the NEAR POST, SHOOT ACROSS the Keeper. Hit the ball /shoot across the 2nd six yard box or Shoot / deliver to the FAR POST.
 - ❖ If a player reaches the GOAL LINE, they should PULL THE BALL BACK TOWARD THE PENALTY SPOT

Statistics

6. Statistics may help with MOTIVATION. (See Analysis Notes). The coach should explain to the players that they will be working on their Decision Making Technique & Team Play (Tactically 1st) . Then there will be technique practice to iron out & hone individual needs.

Date	Source	Games	All Shots		Inside		Outside		Penalties	
			Total	Goals	Shots	Goals	Shots	Goals	Shots	Goals
69-70	Misc Int'ls	12	323	36	166	28	153	6	4	3
1970	Brazil Nat Lg	10	261	19	93	12	165	4	3	3
80-81	English FA	17	417	52	262	41	149	5	6	6
82-85	Figi Nat Lg	22	414	41	245	34	166	5	3	2
1986	World Cup	22	489	47	253	40	231	3	5	4
88-89	UA Col Div 1	17	362	39	196	34	164	3	2	2
89-90	Misc Intl's	22	383	35	201	25	177	6	5	4
89-90	Italian Serie A	10	193	26	104	20	86	3	3	3
1990	World Cup	37	796	67	385	53	398	5	13	9
1991	Copa America	15	293	32	134	27	154	1	5	4
	TOTAL	184	3931	394	2039	314	1843	40	49	40
	Number of Shots Per Goal		10.0		6.5		46.1		1.2	

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Drills/Exercises

7. The following drills and training sessions will improving shooting throughout the season.

WARM UP: (1) Activities without the ball.
 (2) Players passing & moving to support each other knocking LONG & SHORT passes, playing 2 touch play.

STRETCHES: Player Led.

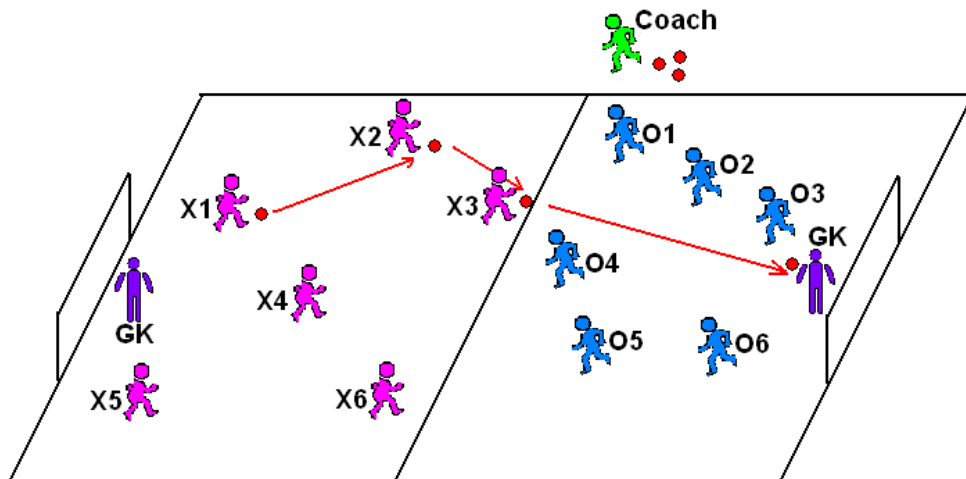
Drill:

King Louis/Big Foot: Small Sided Game (GK + 6 vs GK + 6) Area (36 yds x 44 yds) Why ?

Game Progressions : 1st the Whole

- (a) No O's can go in X half, no X's can go in O half.
 Players are timed for one or two minutes to see how many shots they have.
- (b) How many are on target(s)?
- (c) How many are off target?
- (d) How many goals are scored?
- (e) Who won? Now Let's See If We Can Improve.

The Coach encourages the players to LOOK & SHOOT to play 2 touch (1 to control, 1 to shoot) or (1 touch i.e. Shoot). Decisions are examined & analysed. Test & measure is employed



The Parts

Progression: : An X striker is placed in the O's half.

An O striker is placed in the X's half.

Players are encouraged to shoot quickly because the striker will track them, interrupt, pick up rebounds or cause deflections.

The striker has unlimited touches.

Progression: A 2nd striker is placed in each half and the 2 strikers work together.

The strikers have unlimited touches & can pass to each other OR back to their team mates.

Progression:. Once a ball is played to a striker another player can join the 2 strikers.

If possession is lost this player returns to his original place.

At all times all players are within 18 yds of goal **SO DON'T THINK. SHOOT!**

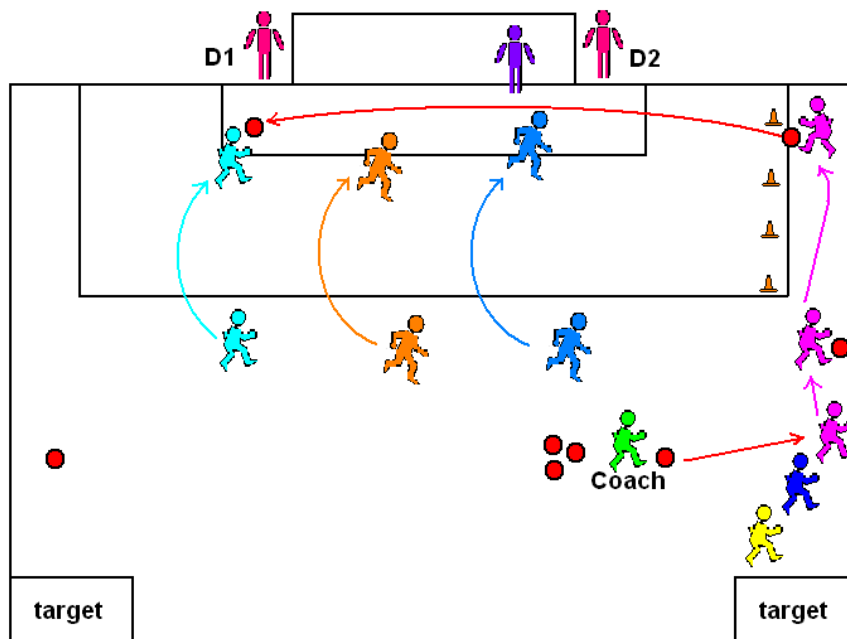
* The coach *can* work on the links between the strikers & the links to the players who are shooting or passing to them. Playing in to a MARKED player is especially useful.(Arsenal)

Progression: Coaches throw balls into the arena in quick succession to pressure the players and their DECISION MAKING& TECHNIQUE. Quickness, Agility, Courage, Inventiveness, Technique all need to be studied by the coach in order to prioritize the progress of the players & the practice. Coach calls appropriate STOPS at 1, 2 or 3 minutes and goes through good & bad points demonstrating or resetting the players into the positions they were in when something occurred & showing them the options, the reasons getting their input building the required response.

Progression: **FLANK PLAY** (Could be Striker Play Receiving etc)

(1) The coach has the players receive a pass on the FLANKS & CUT in between the pylons on the 18 yd box to deliver their *nominated* cross. (Near Post, Far etc.)

(2) Players altogether watch a demonstration of the approach to goal through each space and how the GK would deal with such. The Coach then DEMONSTRATES approaches to goal & the GK's reaction & SHOWS the players WHAT TO DO & WHERE, WHY, WHEN & HOW TO SHOOT (etc.) See Page 1. *Shooting Techniques*.



Progression: Strikers S1, S2, S3 are gradually introduced to be on the end of the “SHOTS”. They are coached on their runs linked to the flanks. Then Defenders D1 & D2 are added to bring more realism to the drill. Target areas for Defenders to clear to are provided

Progression: A similar scene is set up on the opposite flank.

Progression: **A FUNCTIONAL PRACTICE on ATTACKING PLAY.**
2 or 3 Forwards with 4 or 5 Midfield Players vs Back 4 & GK & 2 or 3 Defensive Midfielders. The attacks will take place from 20 yds inside the opposing half of the field.

* The coach **MUST EMPHASISE** Quick Play, Quick Shooting Decisions into the Correct Areas Employing the Correct Technique. The correct **SUPPORT** of course is Crucial.

Final Progression: 11 vs 11 Practice Game. It may be “ **Conditioned.**”
The 2 coaches may have an agreement on how each of their teams will play. This may ensure that the set targets are achieved **and players will believe !**
IF THEY BELIEVE THEN THEY WILL ATTEMPT TO FULFILL!

In the case of the amateur players we coach, depending on the players age, ability, time available and analysis of future game performances then **SHOOTING TECHNIQUE PRACTICES** for the **INDIVIDUAL** players will surely follow.

Coaches MUST remember:

- 1) **TIME is the Control Factor & You Can Only Practise Within This Limit.**
- 2) **That is why the THEMATIC METHOD OF COACHING IS SO USEFUL.**
- 3) **PLANNING, PRIORITISATION, COOPERATION, UNDERSTANDING, and ORGANISATION are the vital ingredients to successful practices and successful practices can only be deemed as being successful if they are followed by successful performance in a game. How many practices does it take for something to be fully assimilated & reproduced when circumstances demand it.**

THIS THEME MAY LAST A SEASON or a year. From September to September !