



## SHOOTING & FINISHING IN SSGs

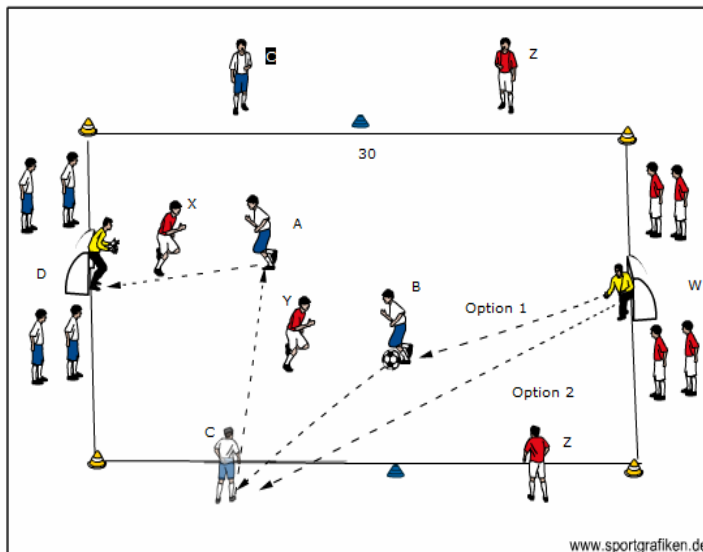
### The Importance of Shooting & Finishing

Every coach knows that the end result of not is to draw or lose a match regardless of how well his/her team plays or the time of ball possession. Shooting and finishing is a combination of attitude by players and technique when the scoring opportunity arrives. Every coach must therefore provide a variety of drill and games for their players that will provide them with different scenarios. Only in this way will players recognize goal scoring opportunities when they arise and be adequately prepared to deal with them. This session will provide shooting and finishing activities that will help players score.

Successful shooting and finishing requires:

1. Opportunity
2. Technique
3. A positive attitude (players believing they can score when the opportunity presents itself)
4. Courage (the willingness to score without fear of injury)

2 v 2 + 2



### **Set Up**

- Teams play 2v2 attackers inside 30 by 25 yard area.
- 4 players (C & Z's), 2 from each team, stay in their designated half of the field and outside of the field of play. Outside players are limited to one touch (adjust to skill level) and cannot shoot at goal.
- Players D & W wait their turn on the end lines.

### **Sequence**

1. Play starts with a throw by the keeper to one of his/her attackers (A, B or X, Y) or sideline players (C or Z).
2. Sideline players can pass to their attackers, to their sideline players on the opposite side or back to their keeper but only as a last resort.
3. Sideline players must remain outside the sideline and may only mover between the center cone and the end line.

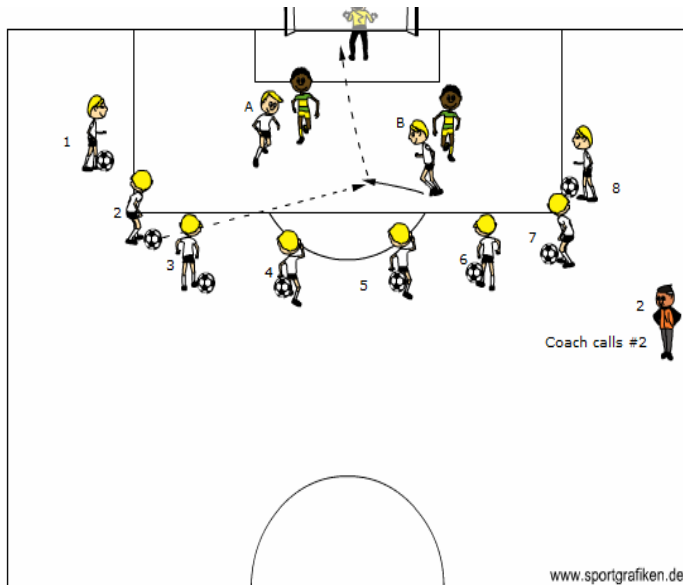
### **Rotation**

- a) The team scoring a goal stays on.
- b) The losing team rotates which rewards success.
- c) The losing team rotates by players C or Z going in as attackers. Players A, B or X, Y going to the goal end line and goal line players D or W going to the sideline.
- d) Play can start immediately and need not wait for all rotating players to be in place.

### **Coaching Points**

Stress taking the shot quickly.

## Shooting In Rotation



### Set Up

- Any number of players line up outside the 18 yard box with a ball for each player.
- Two attackers, A and B inside the 18 yard box playing against two defenders.

### Sequence

1. The coach calls a number and that player passes to one of the attackers inside the box.
2. The attackers use each other or go alone to get a shot at goal.

### Progression

- The passer can join in creating a 3v2.

### Coaching Points

- 1) The outside passers may at first want to play to the nearest attacker rather than the farthest (nearest goal) attacker.
- 2) Encourage attackers to use each other to get a shot at goal if they cannot shoot themselves.
- 3) Encourage creative activity by attackers.

## End To End Shooting



### Set Up

- Three teams or more of two players each.
- Two attackers in a 36 x 30 yard area with no GKs.
- Two players on each side line numbered 1-4.

### Sequence

1. The sideline players play "low" balls in rotation (1-4) or as called by the coach, into the attackers path as they make runs from one goal to the other.
2. The two attackers shoot on first touch.
3. Teams of two rotate positions after 4 attempts.
4. The teams of two compete to see which team can score more goals in each round.

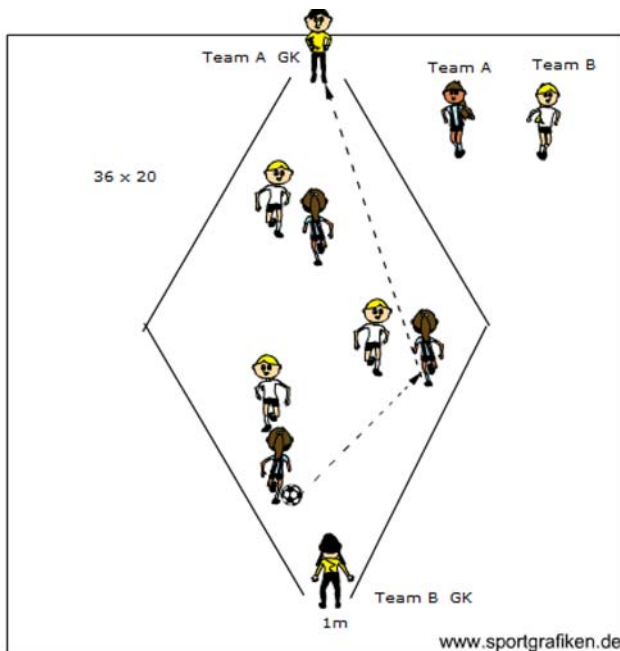
## Progression

- Vary the type of balls (lofted, driven, headers) played in by side players
- Use GKs.
- Add 3<sup>rd</sup> attacker and a defender.
- Increase number of attempts from 4 to 6 or 8.

## Coaching Points

- a) Encourage shots that are low and near the uprights
- b) Teach creative play such as dummy runs for the 2<sup>nd</sup> attacker

## Diamond Shooting



## Set Up

- Two teams of three players each with a GK in a diamond area 36 yards x 20 yards at the widest point and a 1 metre goal area.
- The teams play to their own GK in the opposite goal

## Sequence

1. Teams score by shooting the ball to their own GK who passes it back to them if successful. If a goal is not scored then the opposing GK gets to start the play.
2. The first team to score a designated number of goals wins.
3. Have several games going at the same time and rotate team or make it a tournament.

## Progression

- Replace the GK with a small net where only low shots can score.
- Limit the number of touches.
- Restrict the last player to staying in his/her own half.
- Make the area smaller.

## Coaching Points

- a) When to dribble and when to shoot.
- b) Shoot should always be the first option.
- c) Coach shooting factors (knee over the ball for low shots etc.)