

SHOOTING 08

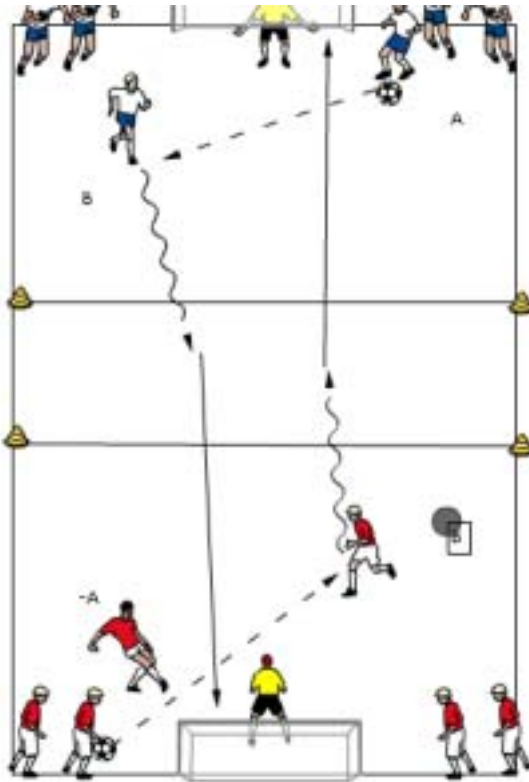
Scoring Goals is a Must

It is a self-evident fact that to win games a team must score goals. Without scoring goals the best a team can do is draw. The difference between 3 points for a win and 1 point for a draw can be huge throughout the season. Scoring opportunities are often rare and scoring from these few opportunities is paramount to winning games. Scoring is also an “Attitude”. A positive approach in believing that you can score comes from confidence built through practice, success and the courage to fail because “fear of failure” prevents many players from taking risks and being prepared to fail in order to get a scoring opportunity. To assist players achieve this positive scoring attitude a coach should:

- Never criticize the failure to score;
- Criticize instead the failure to take a scoring opportunity;
- Avoid saying “unlucky” to excuse poor shooting technique;
- Present players with multiple different goal scoring situations;
- Provide “POSITIVE” feedback that will encourage the player and correct technique; and
- Promote shooting by all team members and not just strikers and midfielders.

The following shooting activities will help create this positive shooting attitude.

Pass and Shoot



Set-Up

Set up 2 goals about 35 yards apart.

Divide into 2 groups.

Each team forms up left and right of their goal.

Each player on the left has a ball.

Mark out a 5 yard zone in the center of the field

Sequence

1. Both teams play simultaneously.
2. Two players are involved in each shot.
3. Player A passes to Player B who dribbles to the 5 yard box and shoots at goal.
4. After the shot the 2 players line up in the other line at the opposite goal (Players A go to line B at the opposite goal).
5. Follow all shots for a rebound

Progression/Variation

- Limit number of touches.
- Players must do a “trick or fake” in the 5 yd area before shooting.
- Players must shoot with left and right feet alternately.

Coaching Focus

1. Accuracy before power.
2. Head over the ball.
3. Toe down.
4. Head steady.
5. Part of the foot (laces or side).
6. Eye on the ball.
7. Follow through.

Shooting From Square Passes



Set-Up

Set up an area 36 yards in length (double penalty box) with cones marking a center line.

Shooters A & B face the center line at right.

Sequence

1. Shooters A & B receives a pass with their right foot, take two touches and shoot.
2. They then receive the pass with their left foot, take two touches and shoot.
3. Rotate shooters and passers.

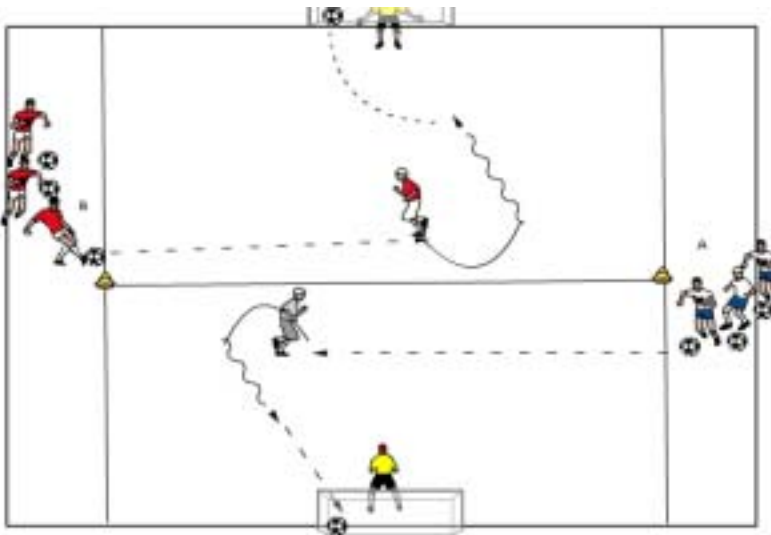
Progression/Variation

1. Limit to one touch.
2. Have a passive defender 2 yards back of the center line

Coaching Focus

- First touch is critical to get a shot at the top of the 18 yard box.
- Attempt quick accurate shots.

Shooting From Square Passes 2



Set-Up

Set up an area 36 yards in length (double penalty box) with cones marking a center line.

Shooters A & B face the passer at right angles to the goal.

Sequence

The shooters let the pass cross their bodies and turn with the pass to take the ball with their right foot and shoot with the left on their own goal.

Switch sides to take the ball with the left foot and shoot with the right. Rotate lines to alternate left and

Progression

- Limit the touches.
- Insert a passive defender.

Coaching Focus

Swerve shots to far post.
Low hard shots to near post.

Shot From Passing Combo



Set-Up

Use half field with two lines of players about 5 – 7 yards apart.

Sequence

1. Player A passes to B who lays back to C.
2. Player C passes to the space ahead of D who turns and receives the pass from C.
3. Player D controls the pass and shoots on goal.
4. One touch passing is desired.

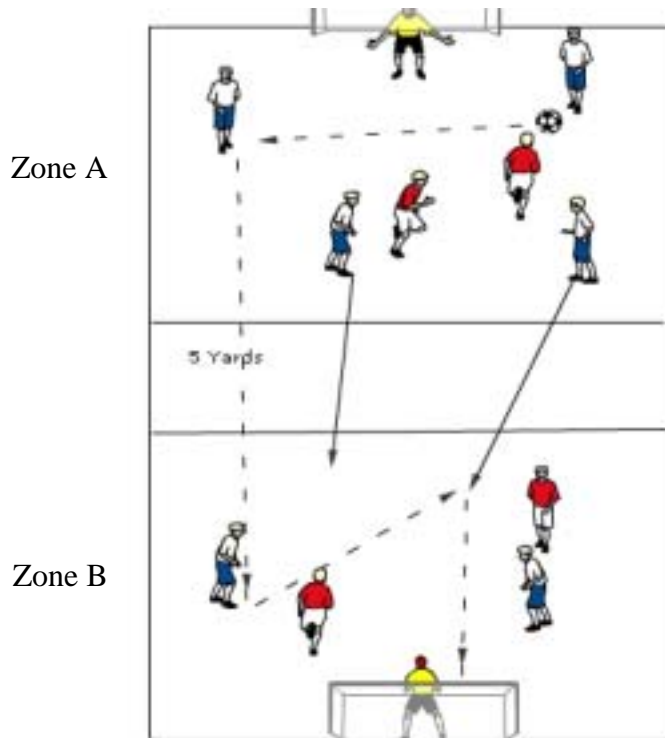
Progression/Variation

- Insert a passive defender.
- Players check out and back to the pass.

Coaching Focus

- Accurate one touch passing.
- Accurate shots.
- Swerve shots to far post.
- Low accurate shots to near post.
- Vary shooting with beating the goalkeeper with tricks, feints and pace.

2 v 4 Zones



Set-Up

Set up a 45 yard area with a 5 yard no-mans one in the center.

Zone A has 4 attackers and 2 defenders

Zone B has 2 attackers and 2 defenders

Sequence

1. Play starts with the 4 attackers having the ball in Zone A.
2. The attackers attempt to pass to their attacking team mates in Zone B.
3. If successful in the pass, 2 attackers from Zone A join their team mates in Zone B to form a 4 V 2 in Zone B.

Progression/Variation

1. Limit the number of touches by the attackers.

Coaching Focus

- Quick accurate passes within Zone A and to Zone B.
- Possession by the attackers in Zone B while their team mates from Zone A join the attack.
- Set up good scoring opportunities in Zone B.