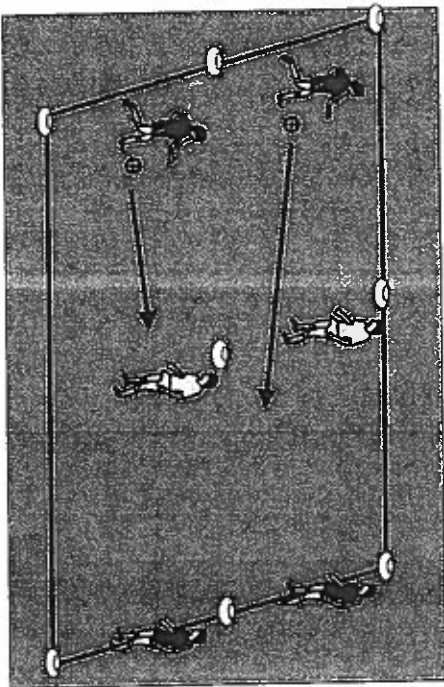


SHOOTING & HEADING

Two way shooting



Organization:
Split the players into four groups of three and have each group work in a 10 x 30 yard grid. Each group should have one player on each end line, and one keeper defending a goal in the middle of the grid. Players take it in turns to shoot at the goal in the middle of the grid. If the keeper saves the ball he turns and feeds the other shooter

Progression:
Push the ball diagonally forwards before shooting

Repeat the drill using the weak foot.

Try shooting from 1 yard further back.

Coaching Points:

Approach the ball on a curved run from the side.

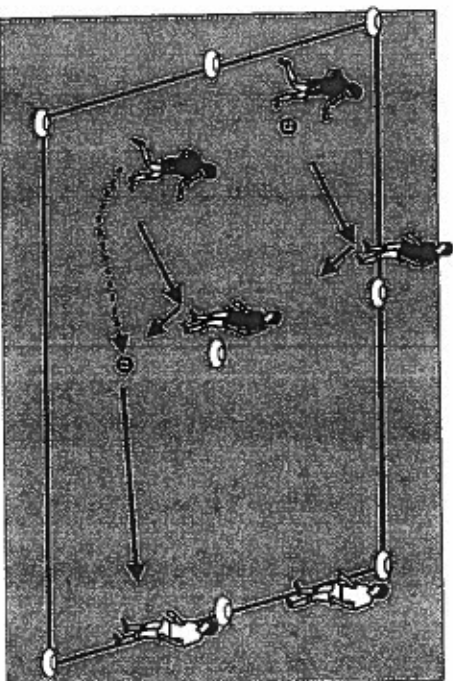
Make the last stride a big one before planting non kicking foot along side the ball - this will ensure a good backswing.

Strike the ball with the laces and keep the toes pointed and locked throughout.

Follow through towards the goal.



Give and Go Shooting



Organization:
Set the players up in two groups at either end of the 20 x 30 yd grid. Two players are in the middle and there is one goalkeeper at each end. The first player completes a give and go with the middle player, controls the ball and then shoots at the goal. This is repeated by the other line of players on the other side of the grid.

Progression:
Pass and shoot with the weaker foot. Players need to take the time to develop their less dominant foot.

Throw the ball to the middle man who drops it for the players to run on to and volley. Players need to get a shot off despite possible bad bounces.

Coaching Points:

Play a firm ball into the passer.

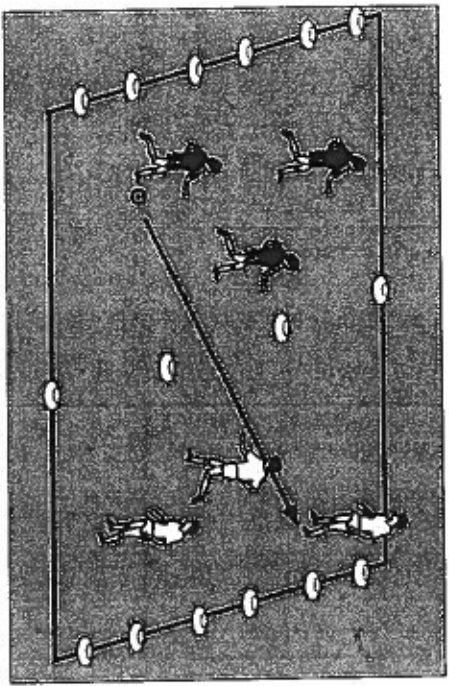
After passing, delay your run until you see the lay off before accelerating towards the ball.

Shoot the ball with your laces with your toes pointed firmly down.

Follow through towards the goal.



Goals, Goals, Goals



Organization:

Divide the team into four smaller teams of 3 or 4 per side. Set up 20 x 30 yard grid with three goals on each end. Two teams play while the other two wait behind opposite goals. Clearly mark off the halfway line. Each team of 3 players is only allowed in their own half. Players can either pass to set up a teammate or shoot from anywhere in their own half. The opponents may not use their hands, but are allowed to block shots with other parts of their bodies. If a team lets a goal in they are replaced by the team behind their goal.

Progression:

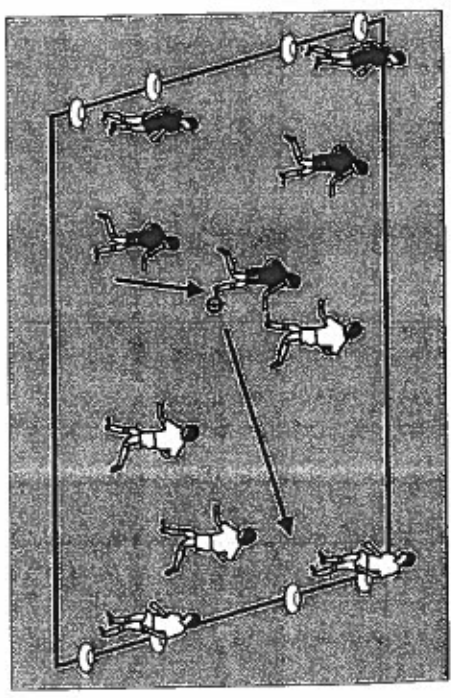
The 3 players must shoot in order, the ball must be passed to the correct player to shoot.

Allow one player on each team to go into the opponents half. This player can put defensive pressure on the offensive team and can also score.

Coaching Points:

Take the kicking leg back as far as you can, strike the ball with the laces. Take early shots if there is an opening. Your first touch should be used to give you an opportunity to shoot. Make quick passes and do not stay in one area for too long.

Two Goal Game



Organization:

Set up a playing field with two goals at each end, and each goal with a keeper. Two teams play against each other and are permitted to score in either of the two goals that they are attacking. Players are encouraged to shoot at either goal as soon as they have an opening.

Progression:

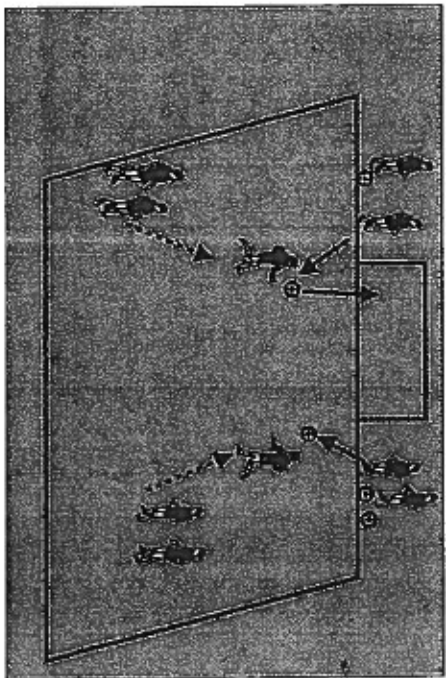
Teams score one point for a shot on target and three points for a goal.

Award double points for goals scored off a pass or with their weak foot.

Coaching Points:

Switch the point of attack to set up teammates in front of open goals. Look to shoot off the dribble by attacking one goal and the cutting towards the other goal. If you are forced to your weak side, shoot with that foot.

Can't Miss Shooting



Organization:

You will need a full sized goal with a net for this exercise. The players are divided into two groups of shooters on the edge of the penalty area, and two groups of feeders on the outside of each goalpost. The first feeders in each line roll a ball out slowly ahead of themselves, at the same time the first two shooters begin running towards the goal. The shooters should meet the ball just out side of the goal area and have a free shot at goal. The players switch lines and the next passer immediately feeds the next shooter.

Progression:

Vary the distance of the pass, from extremely close for inexperienced players to about 12 yards out for strong players. No player should miss the goal.

The feeders can lob the ball into the air so that the shooters either volley or half volley the ball.

Coaching Points:

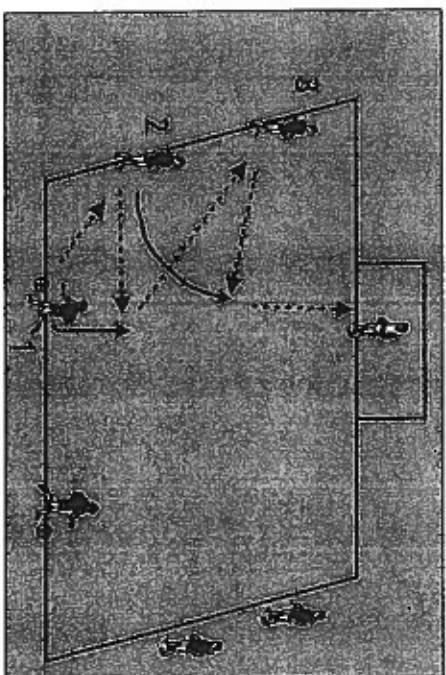
Approach the ball on a curve.

Make the last stride before shooting longer than normal - this should force you to have a big backswing.

Concentrate on making a solid contact with the toes pointed down.

Follow through with your toes pointed.

Double Give & Go Shooting



Organization:

The players are divided into two groups who alternate in this practice. Player one plays a give & go with player 2. Player 1 then passes to player 3 who lays the ball ahead of the advancing player 2. Player 2 shoots at goal. Rotate the players through each position and have them shoot with their weak foot on the opposite side.

Progression:

Vary the distance between players and the position of player 3. Player 3 could stand on the end line; at the top of the penalty area etc.

Player 3 can pick up the ball and feed a bouncing pass to player 2 to volley.

Coaching Points:

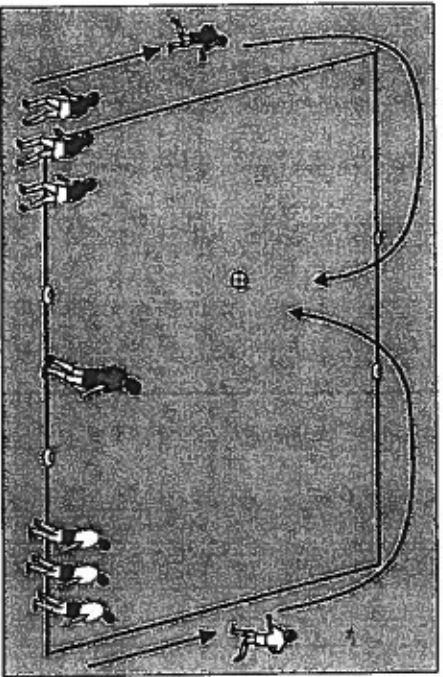
Adjust your final run to allow you to approach the ball on a curve.

Take the ball in your stride shoot at the earliest possibility.

Keep your knee above the ball on contact

Follow through with your toes pointed down.

Numbers Shooting



Organization:

Two goals are set up at one end of a 20 yard grid. The players are divided into two teams and there is a goalkeeper. Each player is given a number. When the coach calls there number, the corresponding players from each team race round the grid and enter the field through the top goal and attempt to get a shot on goal.

Progression:

The coach feeds a bouncing ball into the advancing players.

The coach calls out two players at a time who combine to set each other up for a shot at goal.

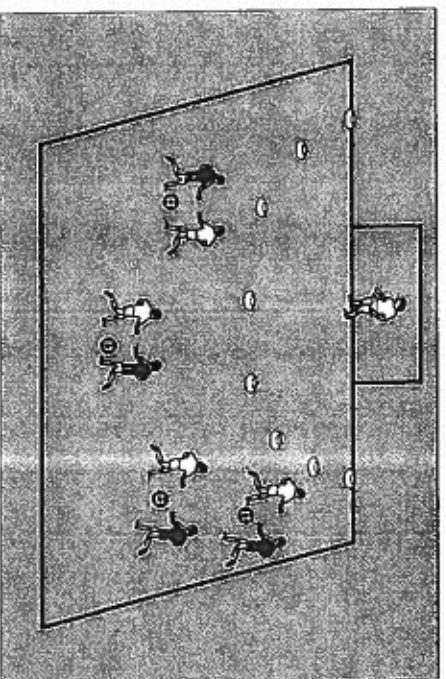
Team mates spread out on the end lines and can be used to pass to.

Coaching Points:

Look to shoot at the earliest possible opportunity

Follow your opponents shot up in case the goalkeeper does not hold it

Shoot out



Organization:

A goal is set up inside a 10 yard semi circle. Only the goalkeeper is allowed inside this area. The players are paired up and compete against each other to try and score past the goalkeeper.

Progression:

When players score they run to the coach who pairs them up with another partner.

The players can play in a knockout competition where they qualify for the next round by scoring.

The players now compete in teams of two and try to combine with their partner to create goal scoring chances.

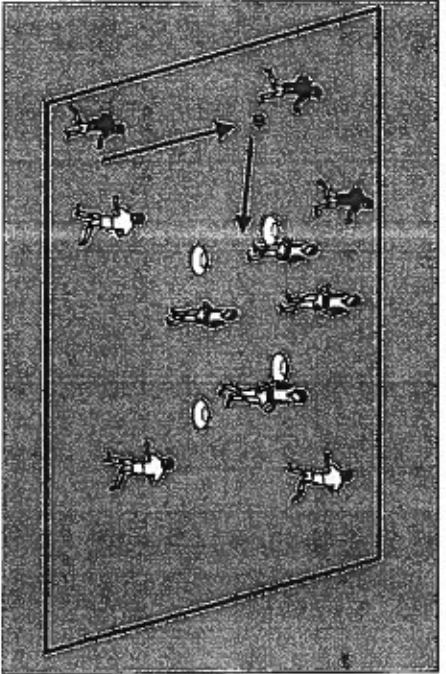
Coaching Points:

Look to create early shooting opportunities by quick changes of direction and speed.

Shoot as soon as you see clear route to goal.

Follow your shot in case the goalkeeper does not hold on to it.

Four Goal Shooting



Organization:

Divide the group into three teams. Two of the teams compete against each other, trying to score a goal in any of the sides of the four sided goal which stands in the center of the grid. The third team are goalkeepers who defend each side of the four sided goal. Teams score one point for each shot on target and double points for a goal. Rotate teams every two minutes.

Progression:

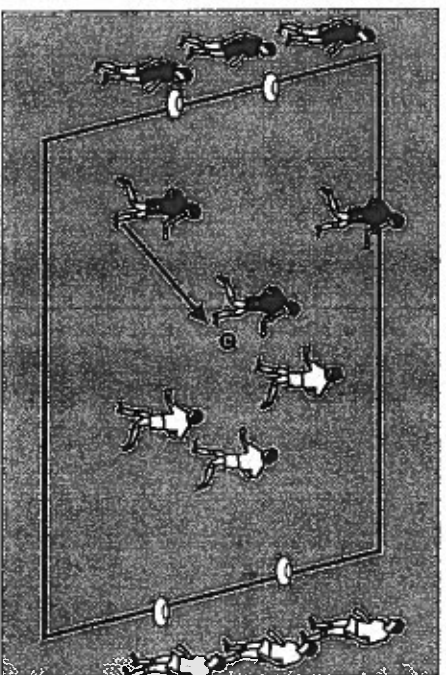
Bonus points can be awarded for a team who score with a first time shot off a pass or with their weaker foot.

As soon as a goal is scored the Goalkeepers change quickly with the team that allows the goal and the coach feeds a new ball in at once.

Coaching Points:

Follow up all of your teammates shots and finish the rebounds
If you cannot get a shot off before the route to goal is closed down, turn and attack one of the other goals.

Change Soccer



Organization:

Set up two full size goals 20 yards apart. Divide the group into two red teams and two white teams. One team of each color competes on the field and the other two teams wait behind their own goal net. Each team has a floating goalkeeper. The teams simply try to score as soon as possible against their opponents. Shots are taken from all distances, including from the goalkeeper.

Progression:

If your team scores, you must run back and touch your own goalposts before you can continue. The team that lets the goal in, is replaced by the team behind their goal, who can immediately enter the field and attack as their opponents retreat.

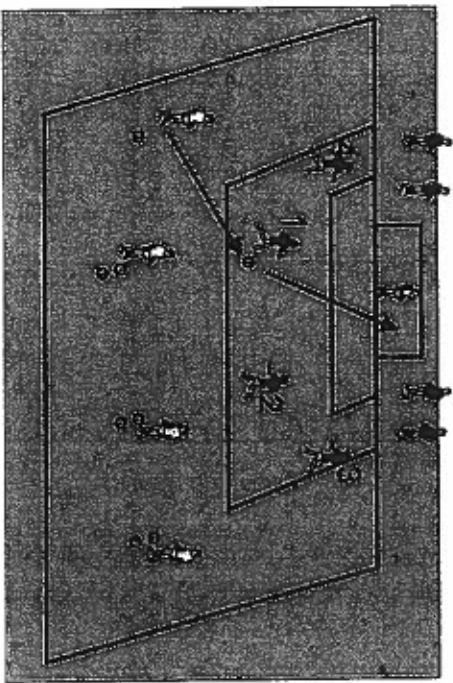
Change the activity that the team who scores must do before continuing:

Run around a corner flag, Do 3 push ups, Give a teammate a high five

Coaching Points:

React quickly when your team first attacks and look to get early shots.
Always follow up for rebounds.
Shoot for the corners.

Quick-Fire Shooting



Organization:
Split the team into three groups; passers, shooters, and collectors & keeper. The shooters are numbered one through four, and in sequence call for a pass from any of the passers. They control the pass, turn, and shoot on goal. As soon as a shot is taken the next shooter calls for a pass, moves to collect the ball, turns and shoots. The collectors return the balls to the passers so that the shooters can have repeated attempts before rotating.

Progression:
The shooters now have to complete a give and go prior to shooting. The four shooters need to work on their positioning so the give and go can be done quickly.

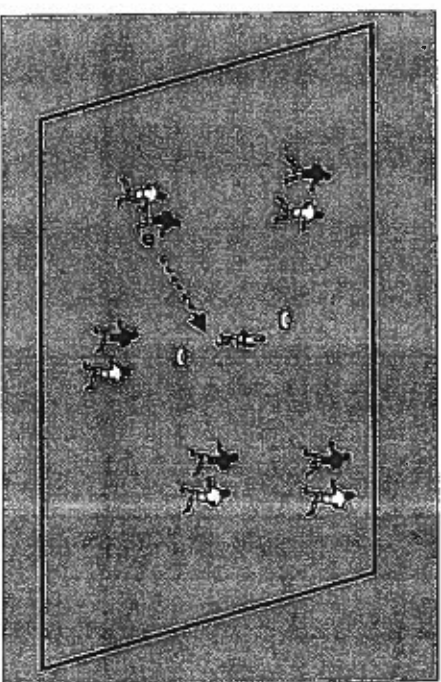
Add a defender to put pressure on the shooters. The added defender will require the shooters to get their shots off quickly.

Coaching Points:
Make this as realistic as possible, take the shot as quickly as you can after turning.

Try to use only one touch to redirect the ball as you turn.

As your master this technique try faking a turn in the opposite direction before re directing the ball the other way.

Two Sided Shooting



Organization:
Place one goal in the middle of a 30 x 40 yard grid. Two equal teams compete trying to score past the goalkeeper. The teams can score through either side of the goal and players can either shoot directly at goal or pass to teammates on the other side of the goal.

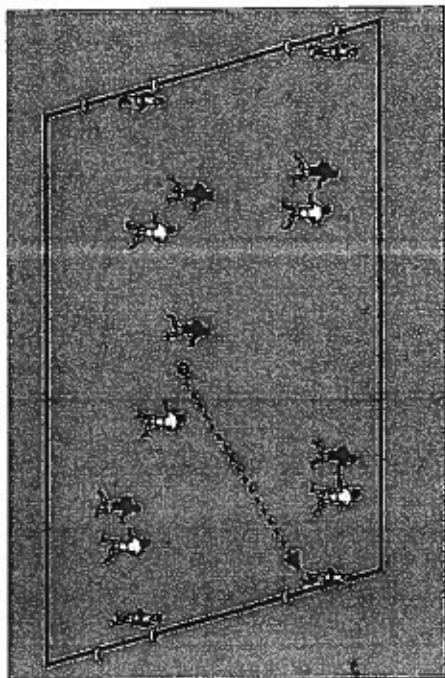
Progression:
If the goal area becomes too congested, set up a 10 yd non shooting circle around the goal.

Limit players to three touches.

Limit the team in possession to a maximum of 10 seconds before shooting

Coaching Points:
Look to find space when your team is in possession.
As soon as you receive the ball in space look to set up a shot.
Look to follow up your teammates shots and finish the rebounds.

Four Goal Game



Organization:
Set up four six yard goals on the outside of a 40 x 30 yard grid, each goal has a goalkeeper. Two equal teams attempt to score in any of the two goals on their opponents end line.

Progression:
When the coach calls out "change" the teams immediately turn around and attack the opposite end.

Award bonus goals for first time shots, long range shots and weak foot shots.

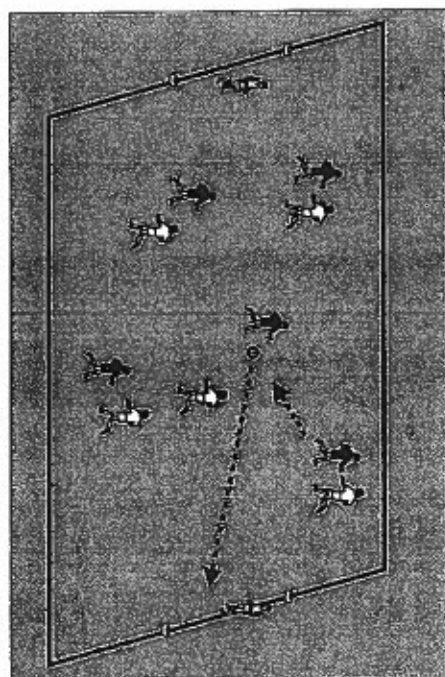
Coaching Points:

Use your first touch to set up a shooting opportunity.

With goals on each side of you, you need to be aware of where defenders are so that you can choose the easiest route to goal.

If the players are not creating regular shooting opportunities, take one player and put them in a neutral color. They then play on the team who has possession.

Conditioned Shooting Game



Organization:
Set up a small sided game on a 30 x 40 yard grid between two equal teams with goalkeepers. The teams play normally until you place a restriction on the game which determines when and how they are allowed to shoot at goal:

Progression:

Players may only score after a trail pass

Players may only score after a give and go

Players may only score after a take over

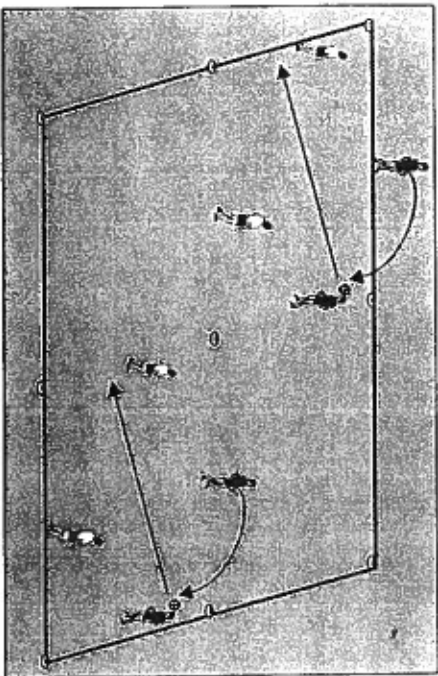
Players must shoot within 10 seconds of possession

Coaching Points:

Communicate with your teammates so they know how to combine with you to create an opening.

Look to get your shot off as soon as you have completed the move.
If you are close to the goal focus on accuracy rather than power.

World Cup Heading



Organization:
Players split into groups of four with one soccer ball per group. The players team up in pairs with the teammates standing on their own goal line of an 8 yard square. The ball is fed underhand by one player directly across the square to a member of the opposing team who then tries to head a goal in their opponents goal. The goals are shoulder height and the opponents may use their hands to catch the header.

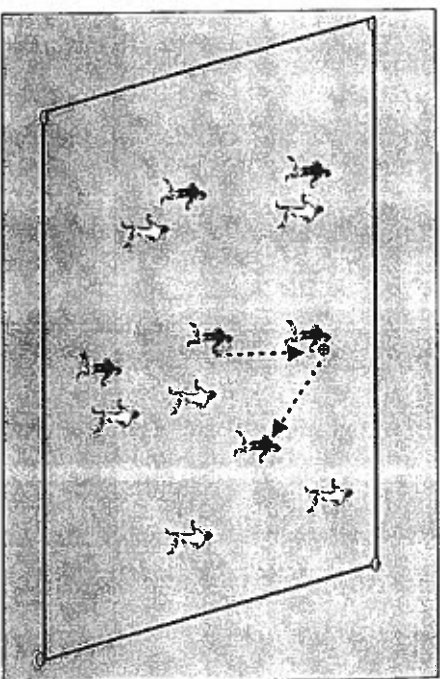
Progressions:
Add bonus points for returned headers and double bonus points if a returned header makes a goal.

Have each player kneel down and play the game using diving headers.

Coaching Points:

Keep your eyes open throughout the header
Make contact with the upper part of the ball
Direct the ball down towards the bottom corners of the goal

Throw Head Catch



Organization:
Break the group into two equal teams and set up a 30 x 40 yard grid. Each team attempts to score a goal by heading the ball over the end line of the grid into the hands of one of their teammates. The ball must be thrown by one player to a teammate, who must head the ball to another member of the team's hands. His is the only way that a team may advance - A throw, followed by a head, followed by a catch. Players are not allowed to run with the ball in their hands. The opponents may not intercept a thrown ball, but they can dispossess the other team after a header.

Progressions:
Play the same way as explained above, but add a goal to each end of the grid. Each team must head the ball through the goal to score.

Teams can score bonus points by completing consecutive headers instead of catching the ball.

Coaching Points:

This game depends upon mobility. Move into a good positions to help the player who is holding the ball
If you are the one holding the ball, remember to move forward as soon as you have thrown the ball
If you are a header, try to redirect the ball towards players who are ahead of you and who are in space