

## Shooting

1. Penalty Kicks (PKs) - three lines at penalty mark distance. Cones and targets in the goal. Shoot and retrieve ball. Points: first look at goal, then eye on ball, head down, contact ball with laces (lower on ball to raise shot), follow through.
2. Dribble and Shoot - three lines. Dribble around cones and then shoot from penalty mark area. Retrieve ball and go to a different line.
3. Quick Shot - two lines behind the 18 yd line. One coach on each side of penalty area. Coach executes centering pass to one of the players and player shoots directly from the pass (one touch - no dribbling). Both players must move toward the goal. Retrieve ball and go to other line. Rotate players to the coach position so they make the pass.



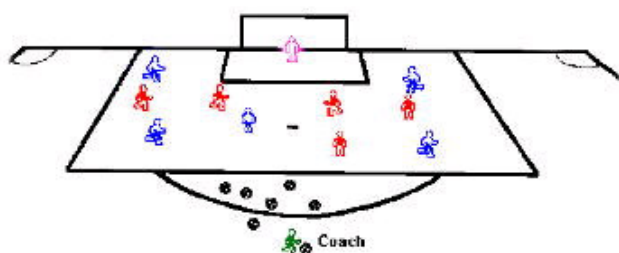
J4. Shooting Square - Set up game with 4 shooters (A, B, C & D), 4 Servers (corner passers) and 4 "Shaggers" (behind each goal). Shooters A & B check towards opposite corners of the field, receive a pass from the server, turn and shoot with as few touches as possible. After their shots are taken, shooters C & D repeat the sequence while A & B get ready to go again. After a set time, shooters become shaggers, shaggers passers and passers shooters.

There are many possibilities, use your creativity.

var 1) After receiving the ball, shooter passes to a target at the other end of the field, who plays it back to the shooter, who then takes a one time shot on goal.

var 2) Play the ball to a server on the sideline who dribbles down the line and crosses it into the shooter.

var 3) Shooters and passers play a "give and go".



J5. Penalty Box Shootout - Play takes place inside the penalty box. Play continues until keeper makes a save and maintains possession or until the ball goes out of bounds. Coach immediately serves a new ball when this happens. The team in possession attacks, the other teams defends. When possession is won, that team immediately tries to score.

Coaching Points

Teams are encouraged to shoot rather than play "good soccer".

Look for half chances and rebounds.

If play becomes too bunched around goal, prohibit players from entering keeper's box unless in pursuit of a rebound.

Coach Clay

<http://www.eteamz.com/soccer/instruction/tips/tip.cfm/932/>

6. BACK TO THE GOAL - Have your group of athletes located just outside the penalty area, directly across from the left goal post. The first athlete in the group or line, runs from the line to the penalty spot (12 yd. line) then plants his/her foot and changes direction, running directly away from the goal now. He/she should receive a pass at their feet right as they hit the edge of the 18 yd. line. He/she must then turn with the ball, using only one touch and get a shot off as soon as possible. The athlete can use any part of his/her foot to turn, inside, outside, or the laces it doesn't matter. What matters here is that the athlete puts the ball just far enough away from their body that they can get a full shot off. If they put the ball too far away

from them it will get stolen and that is not a good thing. To help the athlete feel pressured and concentrate on keeping the ball close, put a cones approximately 3-5 yds. on both sides of him/her. If their first touch and turn puts them outside the cone they lose their turn and can not shoot. Repeat this drill over and over again.

Coaching Points: It is very easy for the athletes to get caught up in the shooting aspect of this drill. Unfortunately this drill is all about the turn and having the delicate touch it takes to turn quickly, without losing control or the ball to a defender, and then getting a shot off. You may need to have the athletes start the drill by passing them the ball and allowing them to turn but not shoot. This should help them grasp the idea that without the proper turn you won't get a shot off anyway, so they need to do it correctly. To increase difficulty, you can throw or bounce the balls into the players. Make your forwards use different body parts to turn with the ball. A forward who can turn quickly in front of the goal and get a shot off is someone who will surprise the goalie and score quite a few goals.

Coach Clay

<http://www.eteamz.com/soccer/instruction/tips/tip.cfm/934/>

7. Ball in Motion - Balls coming from the side: Have all of your athletes create a single file line 10 -15 yards from the goal mouth. They should also be approximately 5-10 yards to the out-side the left goal post. You, as the coach should be directly across from them and standing 5-10 yards outside of the right goal post with all of the balls in your possession. From this point you simply roll or pass them the balls on the ground. They should be running at the ball, parallel to the goal and then striking it as the two meet. Run this drill over and over again until all of the athletes shoot atleast 4 times. Once everyone has gone through 4 or 5 times, switch sides and have them striking the ball with the other foot.

Murray Henry

<http://www.eteamz.com/soccer/instruction/tips/tip.cfm/409/>

8. First Shot - I have two lines of players one on the outside of each post of one goal. I have a goalie in goal. I place two cones out at the 18 yard mark even with the goal posts. On my mark I have one player from each lines sprint out to the cones, I then roll a ball out toward the goal in the center of the cones, the first player to reach the ball is on offence and tries to score, the second player is on defence and tries to get the ball away and stop the shot. The goalie gets practise dealing with break-aways. If I want one player or another to get the ball first, I control where I roll the ball (closer to one player or the other).

Coach Clay

9. Four Corners - Separate your athletes into four groups. Put group 1 approximately 10 yds. to the right of the goal, on the end line, and group 2 approximately 10 yds. to the left of the goal, on the end line. Take group 3 and place them directly across from group 1, standing at the edge of the penalty box (18 yd. line). Take the group 4 and place them directly across from group 2, also standing at the edge of the penalty box. Your four groups of athletes should be in straight lines at their designated areas and together form the shape of a square. Give all of the balls to group 1. The first player in group 1 passes the ball to the first player in group 2. The first player in group 2 traps the ball and then passes the ball diagonally across the goal area to the first player in group 3. The first player in group 3 traps the ball and then passes the ball diagonally back towards the penalty shot area where the first player in group four runs on to the pass and takes a shot on goal. Each player should follow their pass and get into the back of the new line. So Player 1, goes to group 2. Player 2 goes to group 3. Player 3 goes to group 4, and Player 4 goes to group 1 after shooting. The drill starts over with the next players in line after each shot.

Alex Stone

<http://www.eteamz.com/soccer/instruction/tips/tip.cfm/207/>

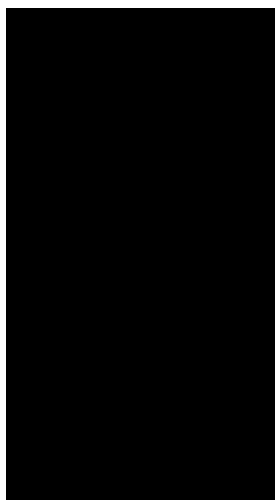
10. Shooter's Delight - Set a cone 20-25 yards from the goal, and have all players line up behind the goal post excluding three players who will be passing balls for shots. The passers stand with a ball at distances of about 5 yards, 10 yards, and 15 yards from the goal. The first player in the line at the post sprints out around the cone and back towards the goal and the first player passes the ball out in the middle and the runner takes a one or two touch shot. The shooter continues to run and shoots all three balls. This drill works best with 4-7 players. If you have more, try running this with two runners and two sets of passers, going at the same goal, but with left and right footed shot set ups.

Roger Williams

<http://www.eteamz.com/soccer/instruction/tips/tip.cfm/271/>

11. 1v1 Shooting - one ball for every 2 players and one cone. Put players into pairs, with one ball per group. One player starts with the ball 6-8 yards from the cone and tries score a point by hitting the cone with the ball, while the other player acts as a defender. If the shot misses the cone, the first player to gain control the ball is the attacker. If the shot is good, the defender gets to restart the game 6-8 yards from the cone. Remind players to shoot as soon as they beat the defense, and are within a reasonable proximity to the cone. For the length of the game, use either a predetermined time or score. (For

example, the first to 5 points, or whoever is ahead after 2 minutes wins.) You might want to have a tournament style set-up where the winners will continue on till there is one final winner.



Greg Marston

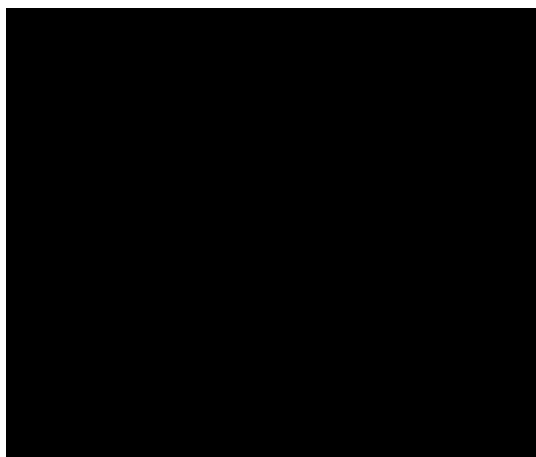
<http://www.and-again.com/drilgame/drgapage.asp?ID=117&pg=2>

12. Half-Volley - Place a cone at the top of the penalty box or about 20 yards away from the goal. Have the players form a line and have each player with a ball. The coach or helper is in the goal to retrieve balls out of the goal.

With the ball in his hands the first player in line takes 4-5 jogging steps, drops the ball to the ground, and hits a low, powerful half-volley shot into the goal. The half-volley, or drop-kick, is hit as the ball is rising from the bounce. Do not hit the ball on the way down! If the player misses the goal he/she must retrieve the ball and get back in line. If the ball goes in the goal the coach will retrieve the ball to toss to that player. The coach is not in goal to block shots! This should be a quick moving drill with a quick moving line. Once you start seeing consistently good low and powerful shots have them shoot on goal from the dribble using the same shooting technique.

COACHING POINTS: Emphasize the shots should be hit low and with power.

13. Volley drill - players, one at a time, advance toward the goal from the center of the field outside the 18. Coach tosses the ball over the players head. Player tries to kick the ball off the bounce, and into the goal.

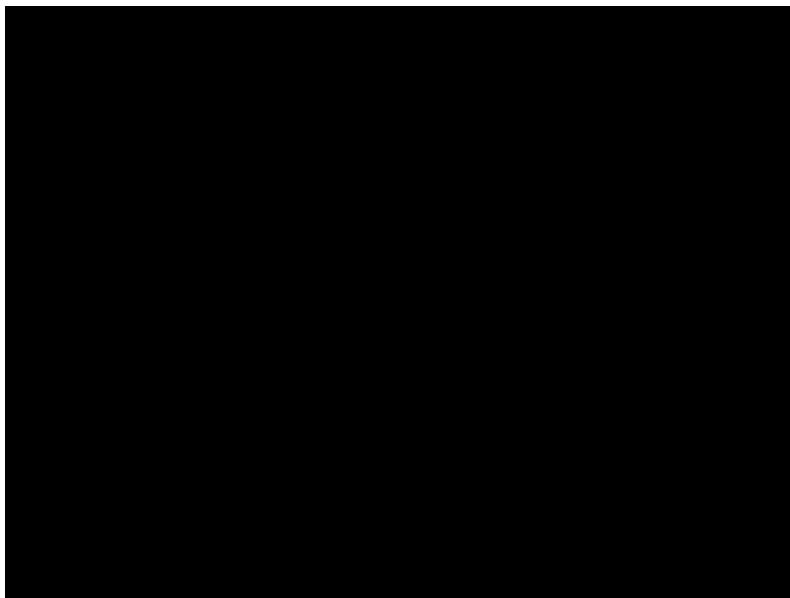


Kim Bourgeois

<http://www.and-again.com/drilgame/drgapage.asp?ID=127&pg=2>

14. Shaggers - Divide two teams up and place them on the top of the 18, one team on the left and the other to the right. One player from both team is placed beside the post facing their team with a ball.

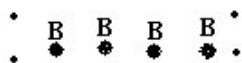
Each team takes a turn shooting a ball from the 18 and then runs in on goal. Their teammate by the post passes a second ball out and a second shot is taken. If they score one goal they stay in the drill, if they score two they bring an eliminated player back and no goals puts them out. Teams alternate to find a winner. This is a very good drill for your keepers.... handling a long shot, recovering and challenging a breakaway. It is also good for shooters for accuracy, receiving a pass, and break away shots.



Trevor Perry

<http://www.and-again.com/drilgame/drgapage.asp?ID=116&pg=2>

15. **Fatigued Finishing** - Set up as many cones as suitable about 10 yards wider than a goal, put a passer at each cone with a ball. Place a "run-around" cone about 25 yards out from the goal. Starting from the 18, one shooter runs out around the 25 yard cone and back toward the goal, one passer at a time passes the ball to the area of the top 18 and the shooter take a one-timer shot on goal. To add awareness to the shooter, have the shooter look to see who still has a ball before he/she runs around the 25 yard cone, the shooter must call out who passes the ball before he/she makes it around the cone. This drill works tremendously on conditioning, accurate shots, and concentration while exhausted. Great for goalkeepers also.



B                      A

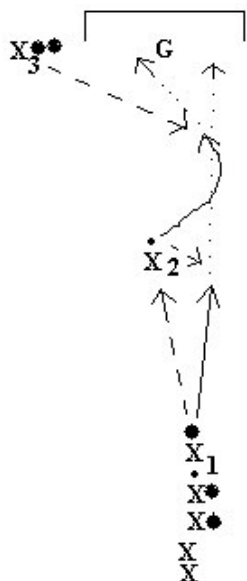


Jay K.

<http://www.and-again.com/drilgame/drgapage.asp?ID=92&pg=3>

16. **Hit the Ball** - Mark a 25x10 yard field with 4 yard zones on each end. Divide players into two teams with each team in a zone. Place a lighter type ball (for example a beachball or volleyball) at the center of the field. Divide soccer balls evenly between the two teams. Have one team place a player on the right side and the other team place a player on the left. Players, from their zones, kick the soccer balls at the center ball. The objective is to push the center ball into the opponent's zone to win. Side players collect stray balls and pass to their teammates. Players can come out of their zone to get stray balls but they must be in their zone to shoot at the center ball.

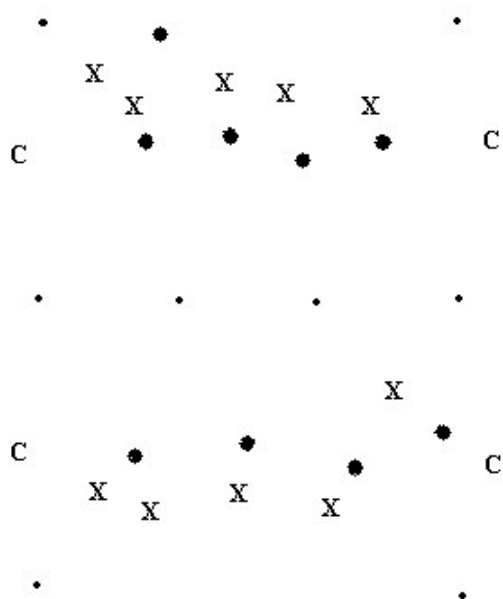
Tips: Use inside of foot for accuracy. For very young players consider making the field 20 yards long.



Greg Marston

<http://www.and-again.com/drilgame/drgapage.asp?ID=71&pg=4>

17. Pass, Shoot and Head - Setup as shown in the figure above. Player 1's line should be about 30 yards from goal. Player 2 should be around 20 yards out. Player 3 should start with 2 balls at his spot. All other balls should be with players 1's line. Player 1 passes to player 2, 2 one or two touches the ball back to 1 for a first time shot, 2 runs towards the goal, 3 throws the ball for a head ball by 2 about 10-15 yards from the goal. 1 takes 2's spot, 2 takes 3's spot, and 3 retrieves both balls leaving one ball for the thrower and taking one ball to the shooting line. This is as much a shooting drill as a goalkeeper workout so the keeper should be trying to save all shots. If needed, use two keepers.

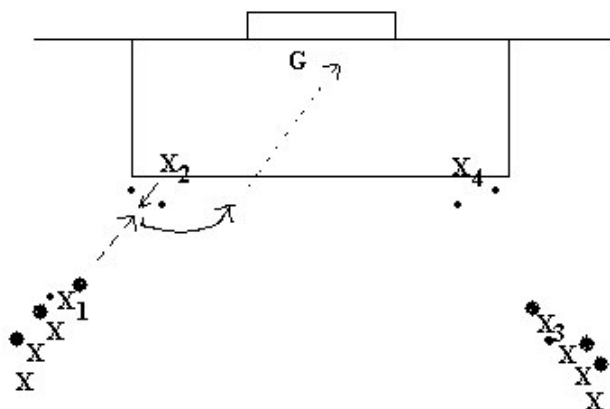


Coach

<http://www.and-again.com/drilgame/drgapage.asp?ID=61&pg=5>

18. Clear the Balls - mark a rectangular grid about 40x20 yards with cones marking a center line. half the players and balls on one side and the other half on the other side. the object is to kick the balls to the other side and have the fewest balls when time is up. play for 1-2 minutes and 3 to 5 rounds. lastly, place coaches or helpers along the sides to redirect balls going out of bounds.

encourage players to kick with the laces!

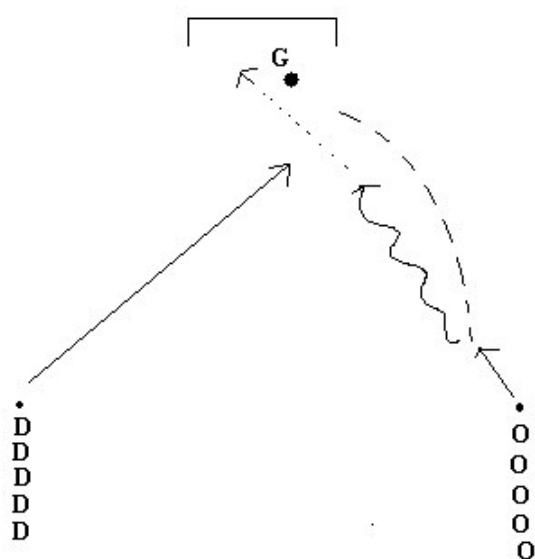


Coach Max

<http://www.and-again.com/drilgame/drgapage.asp?ID=49&pg=6>

19. Turn and Shoot - Setup as shown in the diagram above. Player 1 passes to player 2, player 2 comes to the ball (through the cones) and uses 1 or 2 touches to turn the ball to the middle and take a shot. Player 2 should turn the ball pretending a defender is on his back. He must shield and turn quickly! Player 2 retrieves the ball and goes to the opposite line (player 4's line). Player 1 takes player 2's spot. As soon as the shooter is out of the way player 3 passes to player 4 who turns to the middle for a left footed shot. Player 4 retrieves the ball and goes to the opposite line. Player 3 takes player 4's spot. Continue.

Tips: Emphasize the importance of coming through the cones to receive the ball and then turning with the ball quickly. The pass should be accurate and with a moderate to firm (for more skilled players) pace.

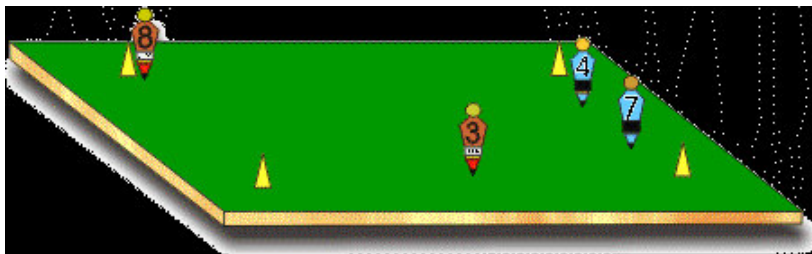


Greg Marston

<http://www.and-again.com/drilgame/drgapage.asp?ID=43&pg=6>

20. Breakaway Finishing - One goal with a keeper, two lines about 40 yards from the goal and about 40 yards apart. Start with balls in the goal. The goalie will pick up a ball and throw (just like a game) to the line on his left. That player traps and dribbles toward the goal for a shot. Once the player touches the ball the player in the other line runs to defend. If the player makes a good trap he/she should be able to come within 20 yards or less before the defender arrives. Players should retrieve balls and switch lines after each turn. Midway through drill have goalie throw to line on right.

Tips: Players should attempt a shot before defender arrives. This should not turn into a one vs one drill. Also, this is a tough workout for goalies, so it might be better to have two goalies sharing time.



<http://www.bettersoccermorefun.com/soccerlike/headgame.htm>

21. Head Game - Heading can be challenging to teach. In a regular game there might not be too many opportunities. To stand and head a ball back and forth becomes a bore. In this game there are two teams of two. Each has a goal to attack and defend. In this diagram the orange team is in possession. The server stands on his line and serves, two hands underhand, to his teammate who heads to blues goal. Both blues are goalkeepers and must keep one foot on the goal line, (they can take step one step forward.) When blue saves the ball they become the attackers and orange are the defenders. This repeats until a goal is scored. Attack, save and counter attack. Variations; allow any combination of headers from the attackers, the defenders can head a shot directly back at the attackers goal while it is undefended, change the location of the service. The game builds to a very fast pace and is a good lead in to throw, head, catch.

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