

# SHOOTING AND FINISHING SESSIONS

Start with VERY Basic and FUN ideas. For small sided game situations emphasizing Shooting see the SSG section.

## Various Fun Shooting Practices

Session 86: A 2 V 2 To Goal

Session 87: A 3 V 2 To Goal

Session 88: Look To Shoot

Session 89: Save It, Shoot It

Session 90: Spin And Shoot

Session 91: Working In Pairs

Session 92: 1 V 1 Standoff

Session 93: 3 V 3 Pass It, Finish It

Session 94: 1 V 1 V 1

Session 95: Breakaway Game

Session 96: Wall Pass To Goal

Session 97: Long Distance Shooting

Session 98: World Cup

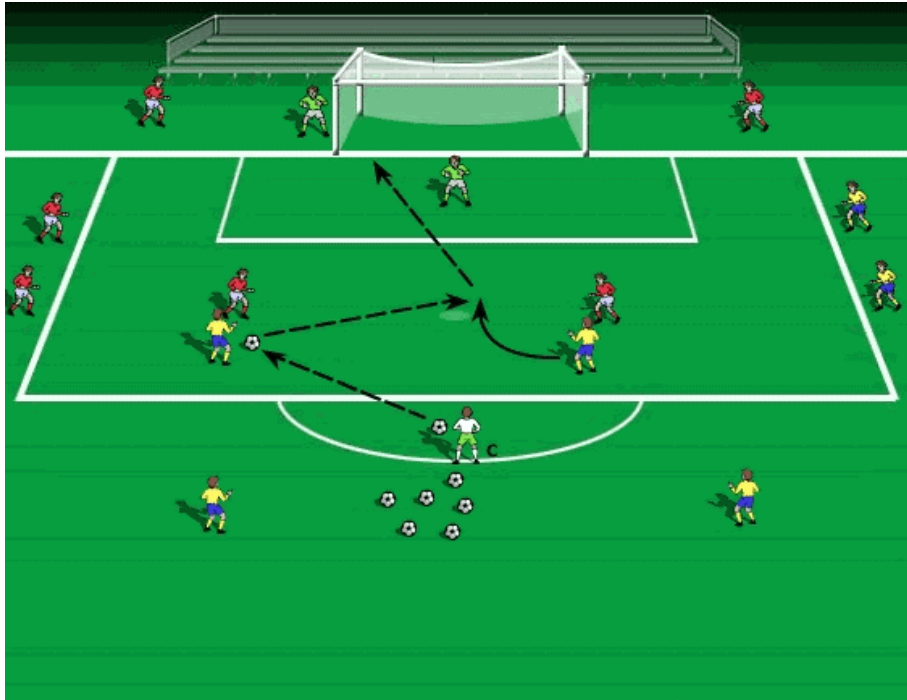
Session 99: Breakaway 1 V 1

Session 100: Improving Shooting On Goal Using Simple Shooting Ideas

Session 101: One Touch Finishing

Session 102: Fun Practices With One Or Two Touch Finishing

## Session 86: A 2 V 2 To Goal



### Finishing, receiving, defending, passing, goalkeeping

Use the penalty area and a regulation size goal. Two teams with two players are inside the penalty area. The coach is standing inside the D with a group of balls, and dictates the service into the box.

1. The coach serves the ball into the penalty area and both teams compete for the ball and try to score.
2. If the team on defense wins possession, they can go to goal as well.
3. If the goalkeeper makes the save or the ball goes outside the penalty area, the play is done.
4. Have the resting teams on the sides of the penalty area keeping the balls re-circulated.

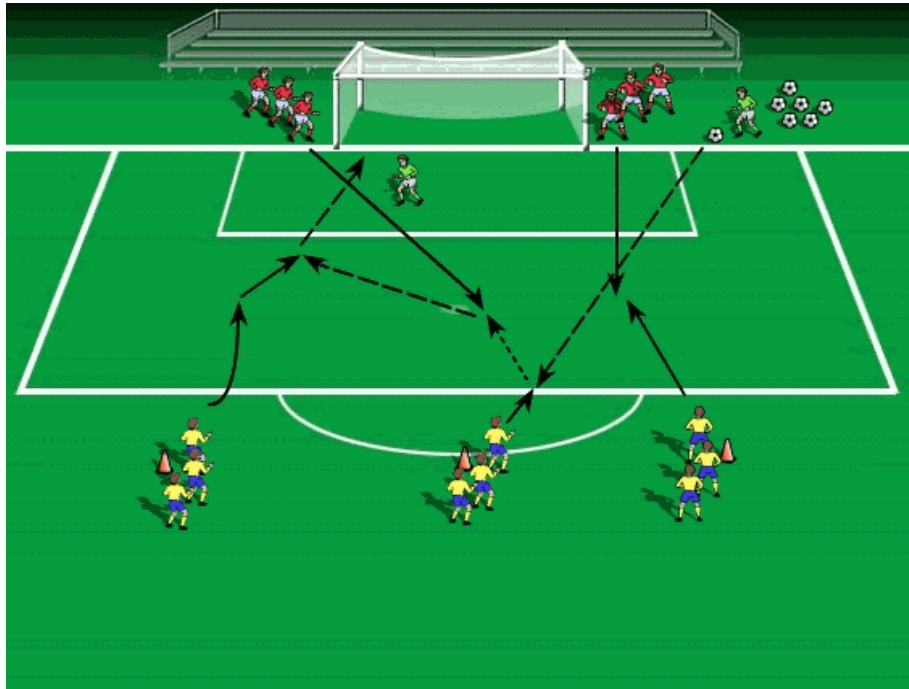
### Progression:

1. The serves can come from anywhere outside the penalty box. Use the extra players for this.
2. A goal must be scored in eight seconds or less.
3. Both teams have a two touch maximum.

### Coaching Points:

1. The players must be willing to work both sides of the ball.
2. Receive the ball sideways on.
3. Close down the shooter quickly.

## Session 87: A 3 V 2 To Goal



### Finishing, receiving, defending, passing, goalkeeping

Use the penalty area and a regulation size goal. 2 lines of defenders stand on both sides of the goal. Three lines of attackers stand five yards out from the top of the penalty box. The coach or server stands on the end line, between the 6 and 18, with a group of balls.

1. The coach serves the ball into the penalty area.
2. The first defender in each line, (2 total), leave the post to meet the three attackers (1 from each line), at the top of the box.
3. The three attackers try to score a goal and the two defenders are trying to prevent the goal from being scored.
4. The play is over when the goalkeeper has possession, or the ball travels outside the penalty area.

### Progression:

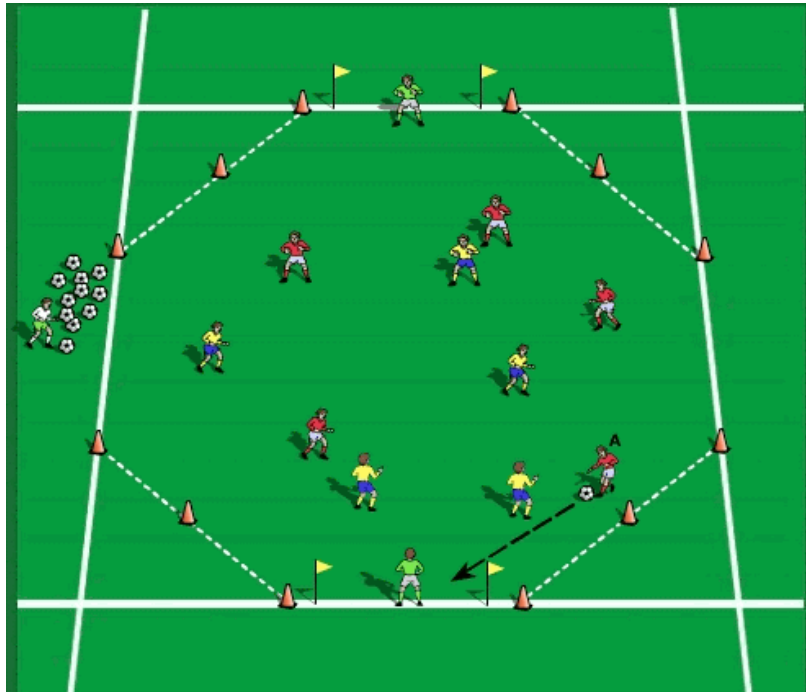
1. Two of the three attackers must touch the ball.
2. The goal must be scored after an overlapping run is made.
3. The attackers have five seconds to score.

### Coaching Points:

1. Pressure the ball first and cut down the shooters angle.
2. Goalkeeper must communicate with the defenders.
3. Get the shot off early.

## Session 88: Look To Shoot

To develop the mentality to shoot – small sided game



30 x 30 yard grid. Teams are arranged in a 6v6 format. Flags are placed at opposite ends to create goals. Goalkeepers are positioned in each goal. Cones are placed to make the sidelines on a diagonal towards the goal. A supply of balls is placed with the coach at the side of the playing area.

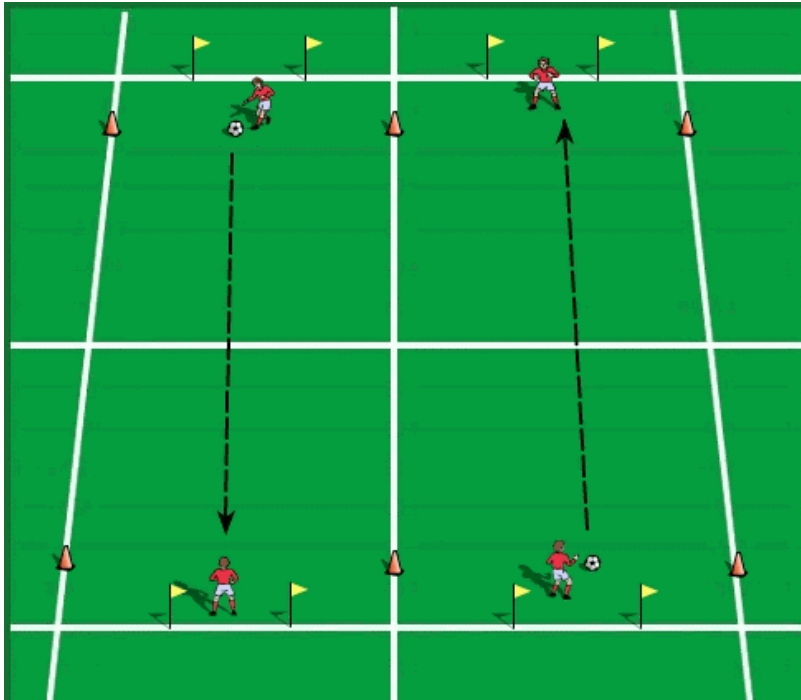
1. Both teams compete for possession of the ball. Teams must score as many goals as possible in the designated period of time.
2. Players are encouraged to shoot at every opportunity – don't look to pass or dribble if a shot can be taken.
3. Players may pass or dribble to create shooting opportunities.
4. The diagonal sidelines create a playing area where there are NO bad angles to shoot. If a ball leaves the playing area the coach passes the next ball in quickly to maintain a high tempo.
5. In the above diagram player (A) can be seen striking a shot on target.

**Progression:** Add a touch restriction for all players.

### Coaching Points:

1. Shoot early and often.
2. Take chances – don't pass the responsibility to others.
3. Strike the ball with the laces.
4. Strike through the ball – land on the kicking foot.
5. Accuracy before power on all shots.

## Session 89: Save It, Shoot It



### Correct mechanics of shooting from distance

Players are arranged in pairs. 10 x 20 yard grid with two flags (or cones) placed at each end to create a goal. One ball for each pair. Two cones are placed 2 yards from the goal line on either side of the grid as shown. Repeat grid set up to accommodate entire team.

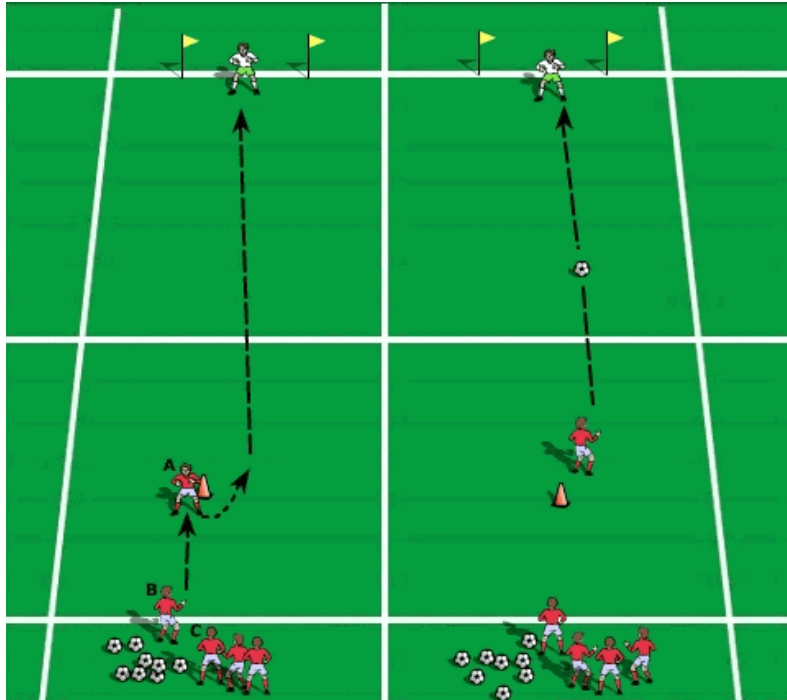
1. Players begin at opposite ends of the grid.
2. Player must strike the ball back and forth attempting to get every shot on target.
3. Points are awarded for scoring in the opponent's goal. Players have two touches – one to save the ball, one to shoot.
4. Players may use their hands to save the shot.
5. Players must shoot before the ball crosses the cones placed two yards from the goal line.

**Progression:** Players cannot use their hands to save shots that are traveling lower than chest height. Competition – first player to score 10 goals wins.

### Coaching Points:

1. Strike the ball with the laces.
2. Follow through – land on the shooting foot.
3. Non-kicking foot must be in line with the target.

## Session 90: Spin And Shoot



### Turning quickly to shoot on goal

10 x 20 yard grid. Five players plus a goalkeeper per grid. Flags are used to create a goal at one end of the grid. Players are positioned at the opposite end of the grid as shown. A cone is placed 4 yards from the group of players. A supply of balls is placed next to the players.

1. Player (A) begins at the cone as shown. The cone acts as a stationary defender.
2. Player (A) receives a pass from (B).
3. Player (A) must spin around the cone with one touch and shoot on the next touch.
4. Player (B) jogs to the cone to receive a pass from (C) to repeat the sequence.
5. Player (A) joins the back of the line.
6. Play is continuous for a designated period of time.
7. Rotate the goalkeeper often to avoid fatigue.

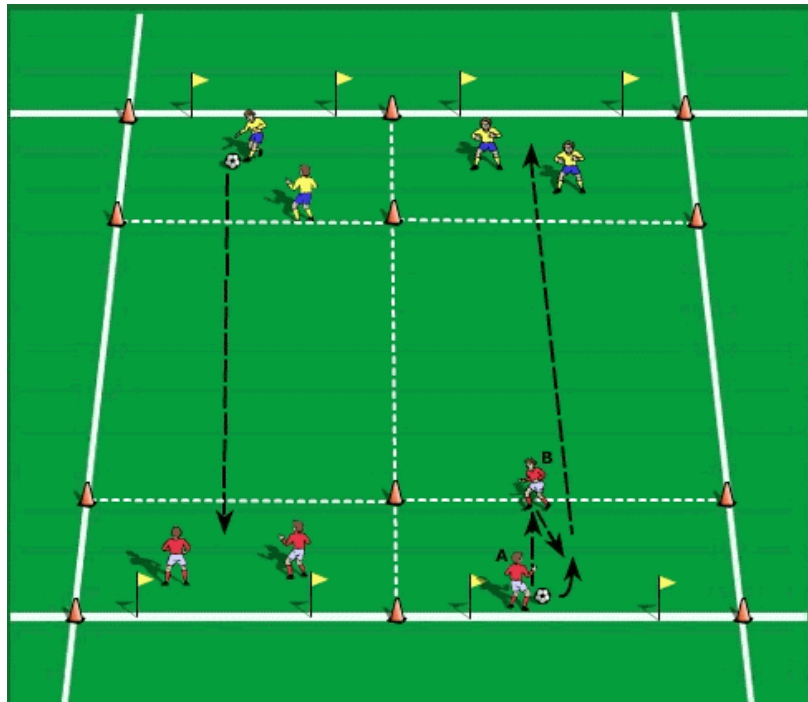
**Progression:** Players must use a different surface of the foot to turn each time – inside, outside etc.

### Coaching Points:

1. Strike the ball with the laces.
2. Strike through the ball – land on the kicking foot. Spin around the cone quickly.
3. Accuracy before power.
4. Non-kicking foot must be in line with the target.

## Session 91: Working In Pairs

Combining with a teammate to create a shooting opportunity



10 x 25 yard grid. Four players per grid with one ball. Flags are used to create a goal at each end of the grid. Players work in pairs and are positioned at opposite ends of the grid as shown. Cones are placed to create a 5x10 yard area on both sides of the grid. Repeat set up to accommodate the entire team.

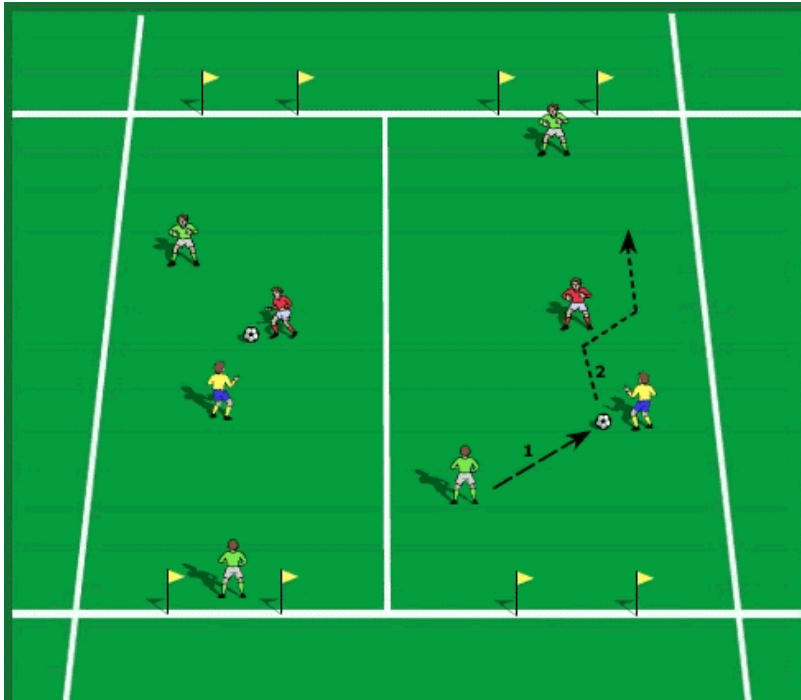
1. Players (A) and (B) pass the ball around inside the coned area.
2. After completing 3-4 passes one of the players must run to the 5-yard line to receive a pass from his partner.
3. In the above diagram player (B) runs to the line. Player (A) passes the ball to (B).
4. Player (B) must lay the ball off to (A) with one touch for a shot on the opponents' goal.
5. The sequence is repeated by the team (yellow) at the opposite end of the grid. Players may use their hands to save shots.
6. Players must score as many goals as possible in a designated period of time.

**Progression:** All passing must be one touch. All shots on goal must be one touch – no preparation touch.

### Coaching Points:

1. Strike the ball with the laces.
2. Strike through the ball – land on the kicking foot.
3. Passing must be sharp and accurate.
4. The layoff must be at a slight angle.
5. Accuracy before power on all shots

## Session 92: 1 V 1 Standoff



### Dribbling, shooting and attacking play

10 x 25 yard grid with flags to create mini goals at each end. Four players per grid, two acting as goalkeepers, two as field players. Repeat set-up to accommodate entire team.

1. Players compete in a 1 v 1 battle for possession of the ball.
2. The goalkeeper of the player in possession can come out of the goal to support his teammate.
3. Goalkeepers cannot score.
4. After 2-3 minutes rotate the players so that the goalkeepers get a chance to act as field players.

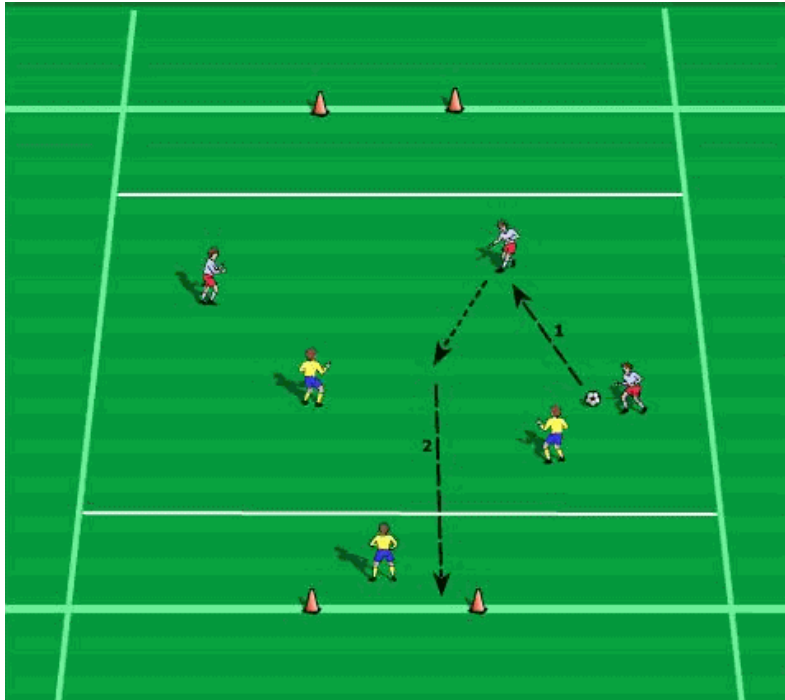
**Progression:** Goalkeepers can score on a first time shot.

### Coaching Points:

1. Shoot early and often.
2. Encourage attacker to take chances in 1 v 1 situations close to goal.
3. Changes of speed and direction to beat defender.



## Session 93: 3 V 3 Pass It, Finish It



### Passing, Receiving, Finishing

20 x 30 yard grid with a 4-5 yard area designated as an end-zone. 6 players. Cones to make mini goals.

1. 3 v 3 game. Each team can designate a goalkeeper who can use their hands inside the end-zone area.
2. Goalkeepers must become outfield players when their team is in possession.
3. Goals are awarded for 5 consecutive passes or for shooting the ball into the mini goals.

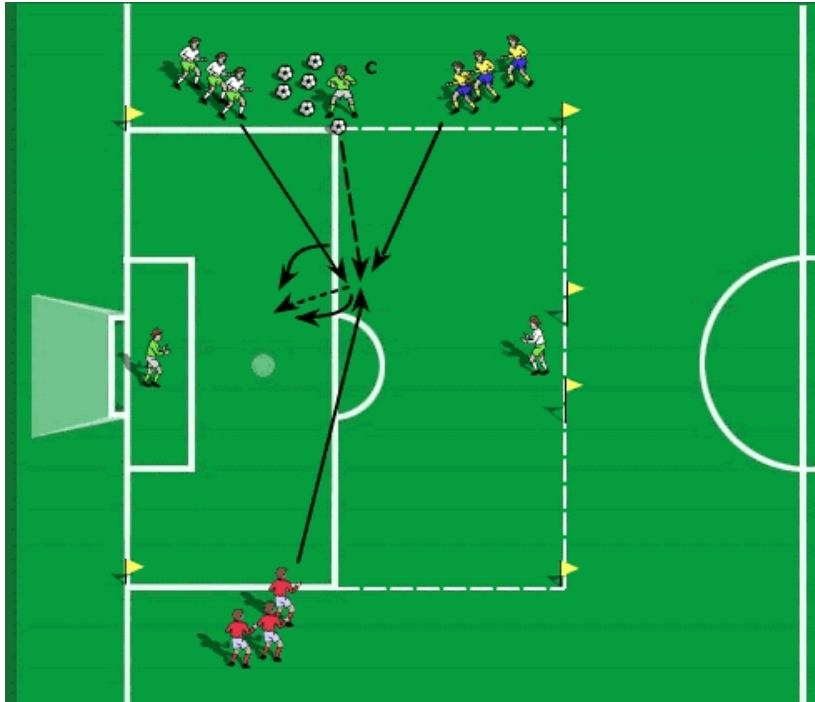
### Progression:

1. Can only score with inside of the foot.
2. Reduce the size of the mini goals and play with no goalkeepers.

### Coaching Points:

1. Lock ankle, keep ball on the ground when passing.
2. Receive the ball and take into space with first touch away from defenders.
3. Try to pass the ball into the corner of the goals.

## Session 94: 1 V 1 V 1



### Finishing, dribbling, breakaways

Make a 36x44 yard grid with a regulation size goal at both ends of the grid. All players including the coach stand in the middle of the sideline. Split the team into three different colors. All balls are with the coach.

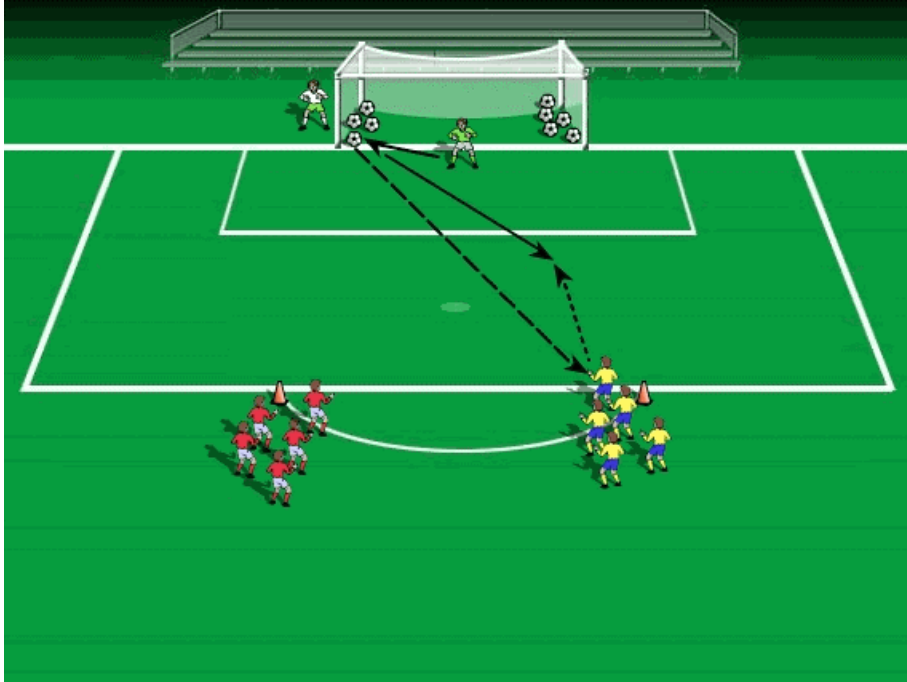
1. The coach serves the ball out into the middle of the grid. Representatives from each color compete to win the ball.
2. The player with the ball can go to either goal and is being defended by the other two players.
3. It is always 1 attacker versus 2 defenders. If the ball is stolen, that player now becomes the attacker and goes to either goal. The players compete until a goal is scored, the balls goes out of the area, or until 1 minute has elapsed.

**Progression:** Make it 2 v 2 v 2

### Coaching Points:

1. Change the point of attack by switching goals.
2. Take people on and make them commit.
3. Get the shot off early.

## Session 95: Breakaway Game



### Finishing, dribbling, breakaways

Use the penalty area. The balls are placed in the side of the net and easily accessible for the goalkeepers. All players are at the top of box on either side.

1. The goalkeeper starts the exercise by distributing the ball to the first person in line at the top of the box.
2. The attacker must control the ball and immediately breakaway to goal.
3. As soon as the ball has touched the attacker for the first time, the goalkeeper can leave his/her goal line and close down the shooter.
4. The attacker has five seconds to score.
5. The goalkeeper allowing the fewest amounts of goals wins. Keep track of the goals.
6. The team or individual with the most goals wins. Alternate the goalkeepers every time.

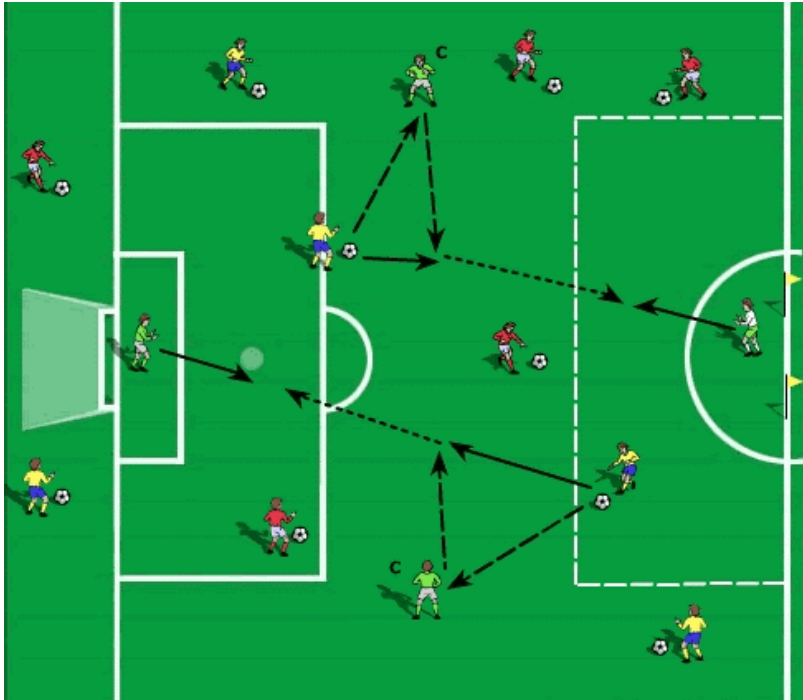
### Progression:

1. The goalkeeper must find the attacker's chest.
2. The attacker has three seconds to score.

### Coaching Points:

1. The goalkeeper must react to an errant touch by the attacker.
2. The attacker's first touch must be out at a 45 degree angle away from the body.
3. If the goalkeeper's feet are moving, shoot quickly.

## Session 96: Wall Pass To Goal



### Finishing, dribbling, passing, breakaways

Set up a 55x70 yard field with a regulation size goal at each end. Divide your team into two different colored teams. Every player has a ball and the coach stands anywhere in the middle of the field.

1. The players dribble around the field and soon as they make eye contact with the coach, they play the ball in, get it back and go to goal.
2. The coach must dictate the players run and lead him/her to goal. Everything is done at game speed. Every few seconds a player should be shooting on goal.
3. The team with the most goals wins the game.

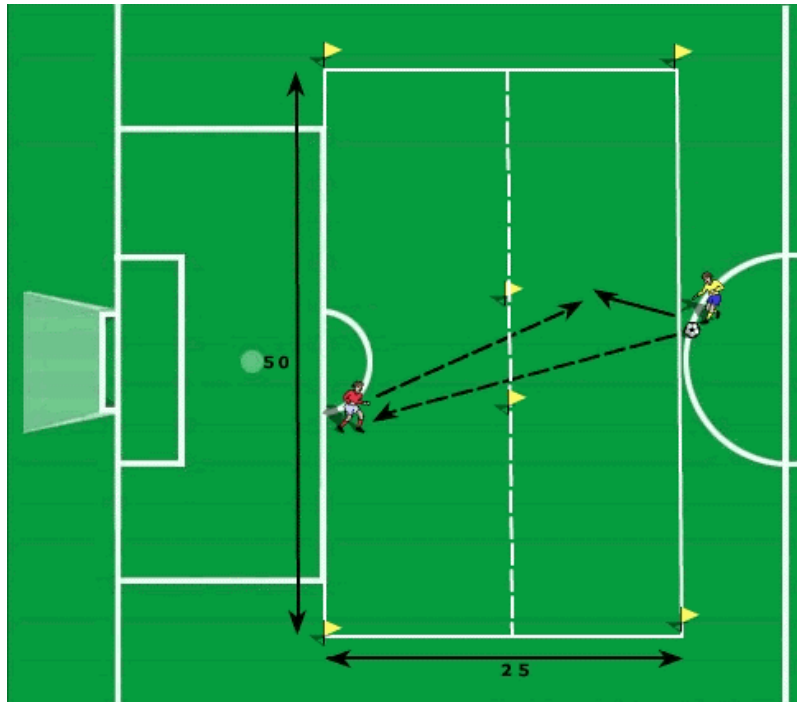
### Progression:

1. The player must chip or drive the ball into the coach's hands.
2. The attacker has three seconds to score.

### Coaching Points:

1. The dribbling must be sharp and game realistic.
2. Identify the goalkeepers starting position.
3. Communication, communication, communication.

## Session 97: Long Distance Shooting



### Shooting, receiving

Make a 50x25 yard grid, and place a goal on the midway line in the middle of the grid. Use flags or cones as the goal so the ball can travel through the goal and to the other side. Place a player on each end line with a group of balls. There are only two players per grid.

1. The play begins by one of the players shooting the ball through the goal and to the other player.
2. That player must control the ball and play it back through the goal in no more than two touches. A player receives a point for every goal scored.
3. However, a player is deducted a point if they fail to shoot through the goal or if they fail to control the shot before it goes over the end line.
4. The first player to ten points wins the game.

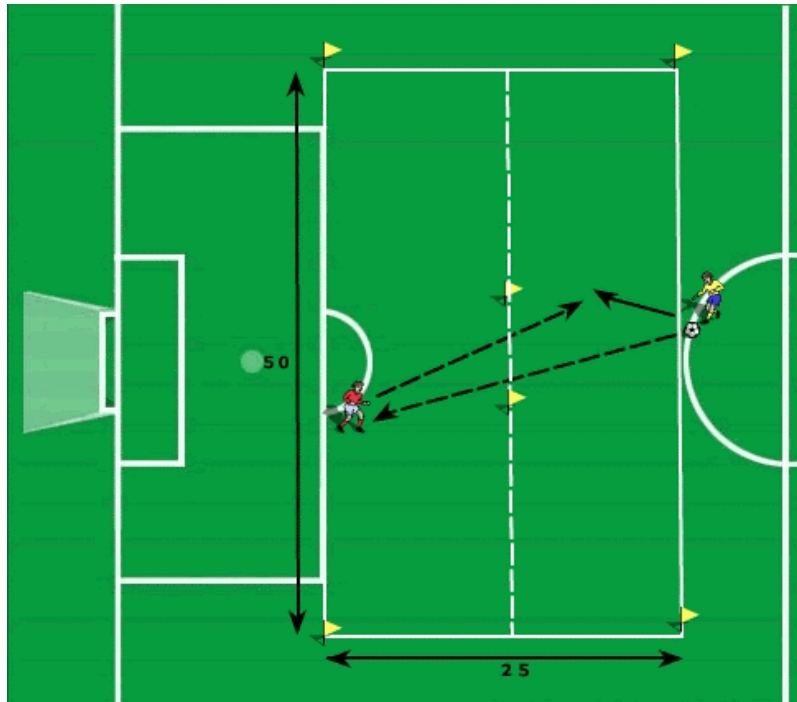
### Progression:

1. Decrease the size of the goal.
2. The players must hit a moving ball.

### Coaching Points:

1. Use the inside of the foot to shoot for accuracy.
2. The receiver must start centrally behind the goal.

## Session 98: World Cup



### Shot stopping, breakaways

Use the penalty area and a regulation sized goal. The goalkeeper is in goal and all remaining players are inside the penalty area. The coach has a group of balls and stands on the side of the penalty box.

1. The coach serves balls into the box, sometimes more than 1 at a time and the players try to score.
2. The last person to touch the ball before it goes in the net is credited for the goal.
3. The first player to score three times is declared the winner.
4. Start a new game and play again.

### Progression:

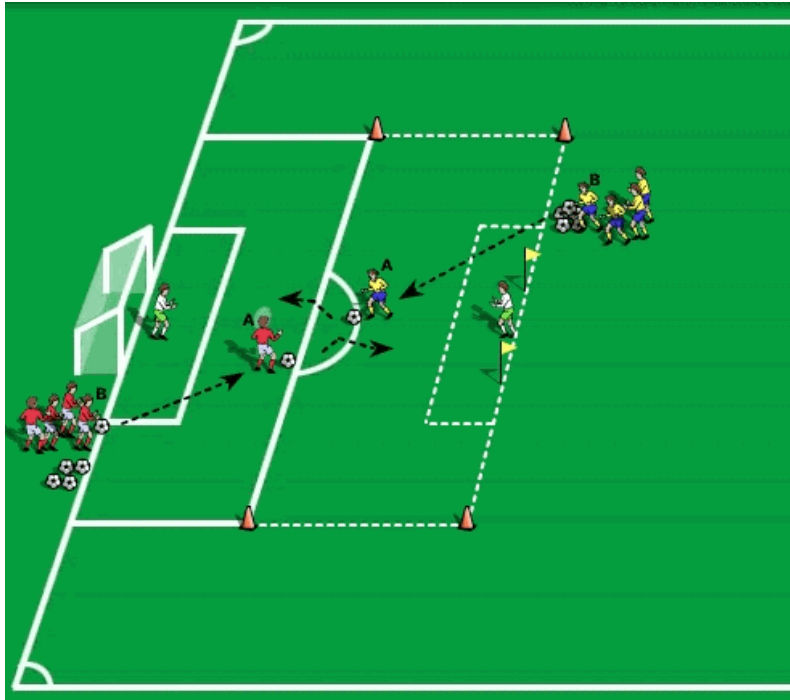
1. First time finishes from the coach counts as 2 points.
2. Must score side netting.
3. Add another 18x44 yard grid with a regulation goal.

### Coaching Points:

1. Attack the ball.
2. Get the shot off as quickly as possible.

## Session 99: Breakaway 1 V 1

To develop confidence in 1v1 situations with the goalkeeper



36 x 44 yards (two 18-yard boxes). Players are divided into two groups and positioned as shown. Goalkeepers are in each goal. A supply of balls is placed next to each group of players.

1. The first players in each group (A) dribble towards each other.
2. At the 18-yard line the players must exchange balls and continue on a breakaway with the goalkeeper.
3. Players join the opposite group after each shot.
4. The next players in line (B) repeat the sequence.

After exchanging balls players must attack at speed to make the goalkeeper commit. Players are encouraged to place the ball into the corners of the goal – accuracy before power. Play is continuous for a designated period of time. Rotate the goalkeepers to avoid fatigue.

**Progression:** Must attempt a shot within 3 seconds of the ball exchange to encourage faster play.

### Coaching Points:

1. Accuracy before power.
2. If the goalkeeper charges out – slot the ball under him or dribble around him.
3. Try to be deceptive with the shot.

## Session 100: Improving Shooting On Goal Using Simple Shooting Ideas

### Developing Good Technique For Shooting At Goal

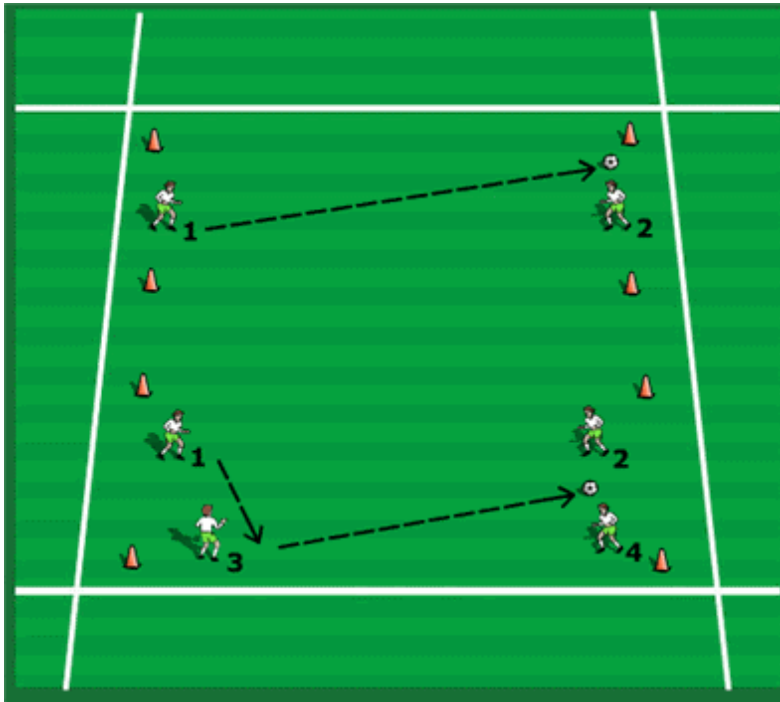
Warm Up As always with a ball each and stretching.

In two's shooting through the coned empty goals to each other. We are looking for accuracy and a good technique. Have the players count the number of goals they score. Have a few rounds adding up scores each time.



If you have the upright cones have them shooting to knock over the cones. Do it alternately per player each side and count which team knocks the most cones over (competitive). Ensure players are all organized properly behind an end line so they all shoot from the same distance.





Simple shooting practice. Players are in two's 10 to 20 yards apart, distance depending on the age group you are working with. Each has a goal to defend and they have to score past each other. Keep it to two or three touches per shot. Focus on the technique of striking the ball and explain and demonstrate this to the players.

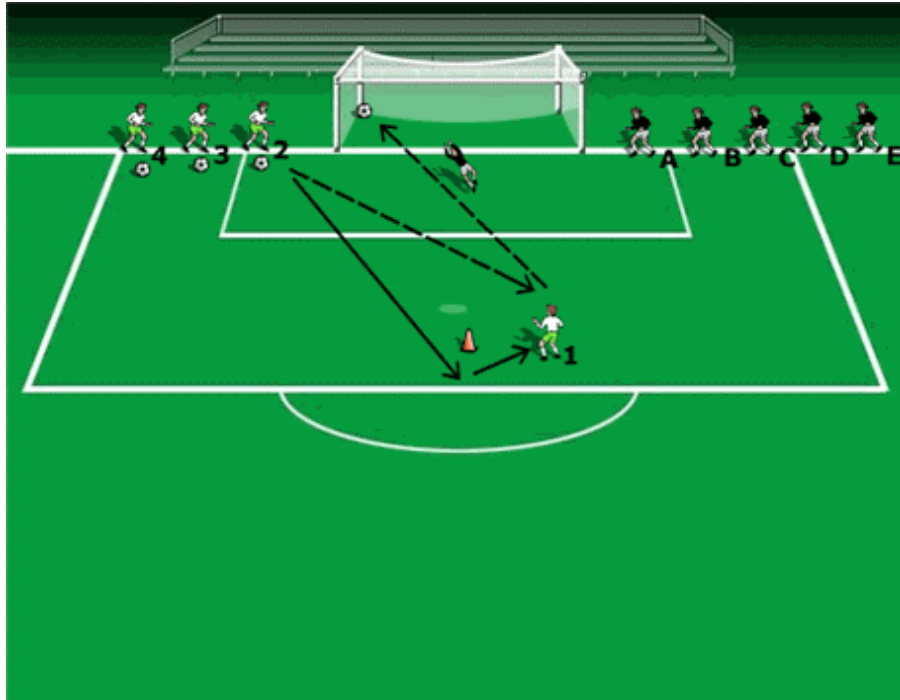
**Develop:** Have the players shoot with their stronger foot for a time then have them practice shooting with their weaker foot for a time.

**Conditions:** Work on side foot shooting, instep shooting, swerving the ball with the inside and outside of the foot etc.

**Competitive:** After two minutes of shooting have the winners play each other and the losers play each other.

**Develop:** Have two v two games so some passing and shooting is developed; encourage a one touch shot from a well weighted pass from their teammates

## Session 101: One Touch Finishing

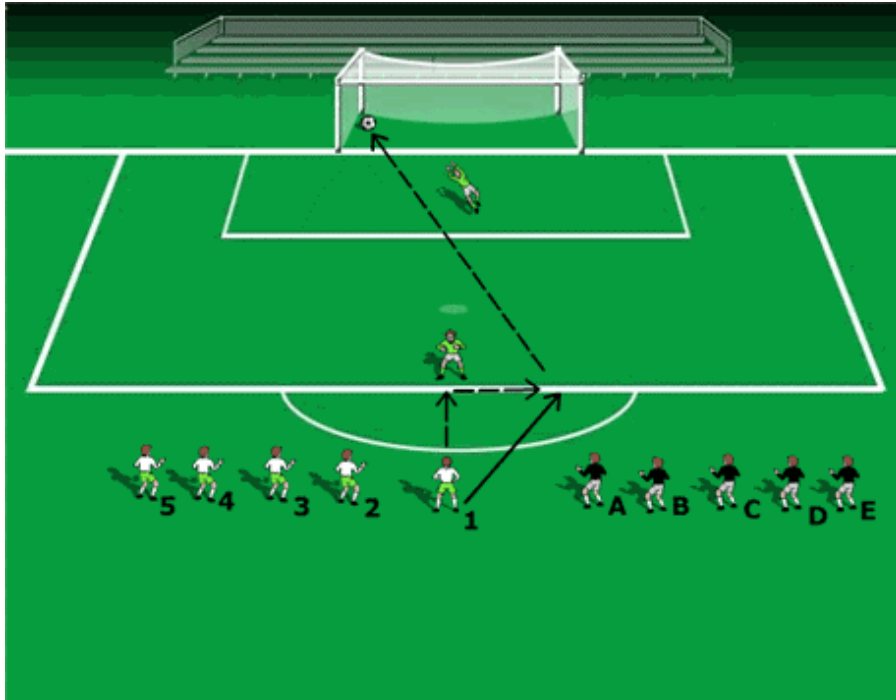


70% of all goals are scored with one touch so it is important to practice this technique regularly. (1) runs around the cone at pace to receive the pass from (2). Go left then right varying the call to keep the players concentrating. Each player except the one running has a ball to serve. Player switches sides each time. One touch finishing.

This is a continuous practice with lots of work for the keeper also. As soon as a pass has gone in call the next player to start their run.

**Develop:** Vary the service with easy passes to begin so we get a lot of goals then chip it in for volleys, half volleys, headers, diving headers, and so on (players can throw the ball in to maintain accurate service if needed to ensure strikes on goal). Working on a positive attitude to score, accuracy and/or power, correct shot selection, awareness of rebounds. Have players counting the number of goals they score (competitive).

## Session 102: Fun Practices With One Or Two Touch Finishing

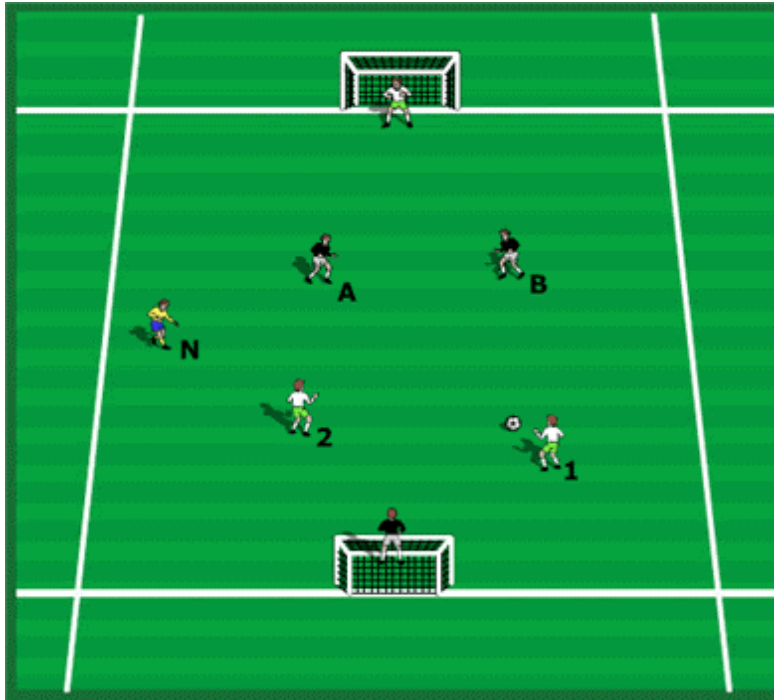


(1) plays a 1 – 2 with the coach and shoots at goal with a one touch finish. Go right and left. The coach can use different layoffs with degrees of difficulty as the players improve their finishing technique.

**Develop:** The coach changes position with the server who faces the goal a) throw the ball over the players shoulder for volleys and half volleys b) throw from the side for side volleys and half volleys c) throw off at an angle so the player chases down the ball and shoots. The player turns around (now back to goal). The coach passes to the player's feet that must receive and turn and shoot quickly. Serve to feet, control and turn, chest control and turn, thigh control and turn.

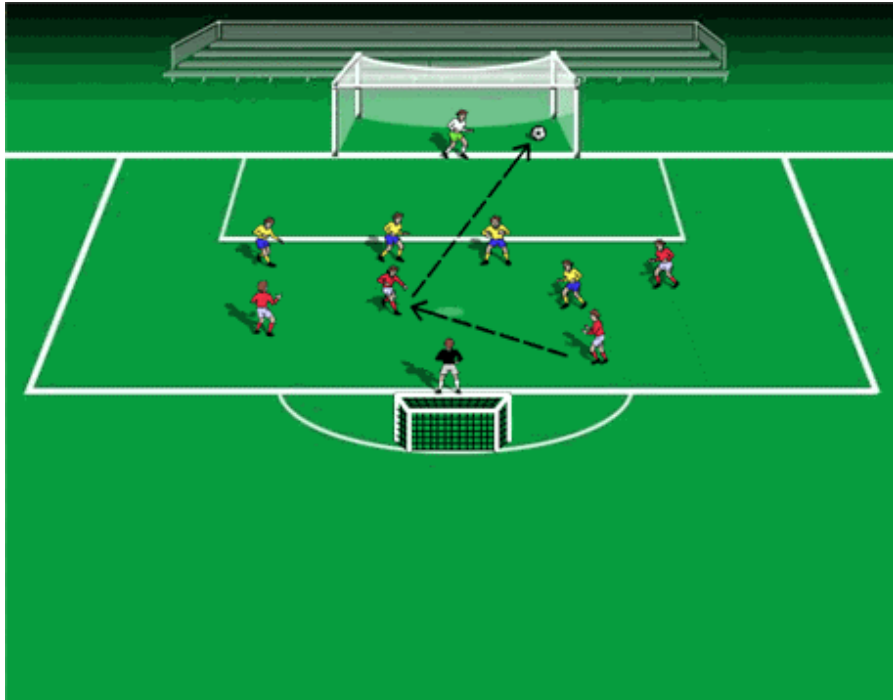
**Develop:** In two's (1 v 1's), make it competitive have players turning and the first to the ball has the shot, variations of service, down the side, between the players, in the air, players in various stances, sitting, lying down so they have to get up off the ground and get the shot in first. Do the same with them facing the goal, there are lots of variations you can use for this and it helps their sharpness and composure in finishing.

## Shooting Game Plan With Keepers



It can be a 2 v 2 plus 1 with keepers or a 3 v 3 with keepers. Use big goals so there is a big target to hit and it is easier to gain success.

## Session 103: Improving Short And Sharp Finishing In The Box



### Quick One And Two Touch Finishing In The Box

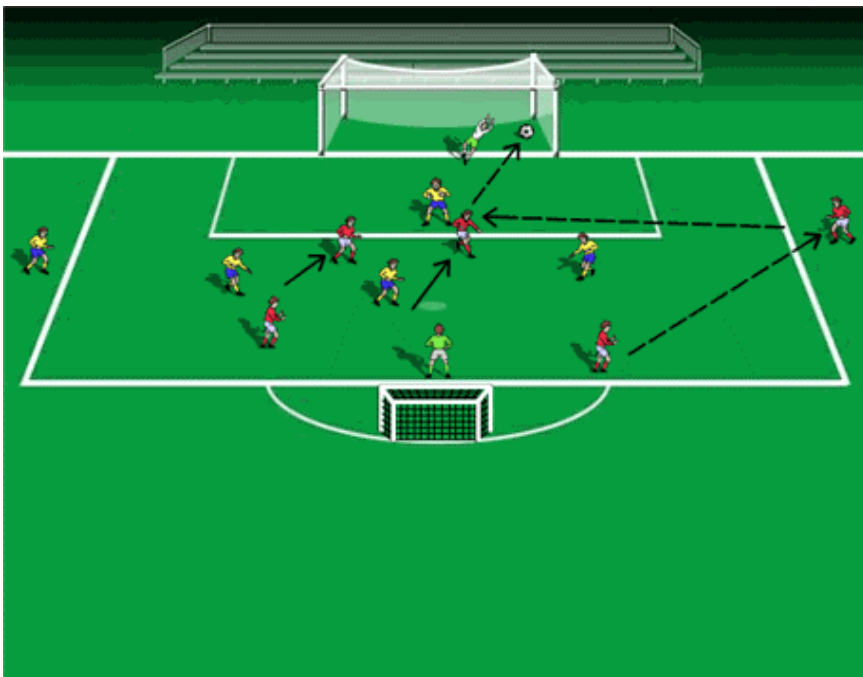
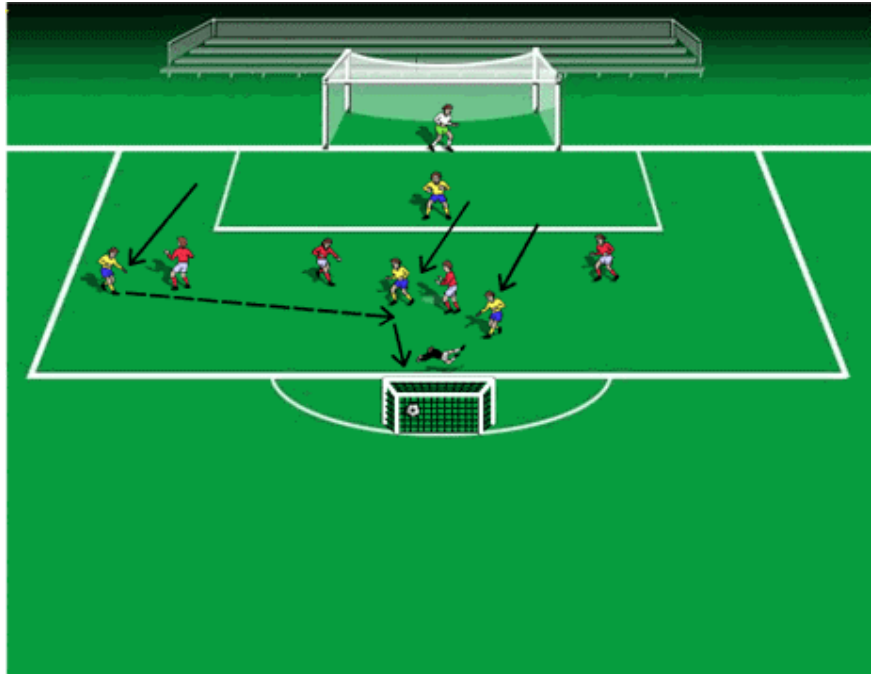
### Angle, Weight And Timing Of The Pass In The Box

#### **Coaching Points:**

1. Quality of Passing - Concentrate on the weight, timing and angle of the pass. Under hit the pass to draw the receiver to the ball and into a position to shoot and get free of the defender. This technique is used to allow the receiver to hit a one touch shot at goal. Weight of pass must be light to allow this. This is the opposite to what coaches normally tell a player (don't pass the ball short or under paced because it can be intercepted). Above; short under hit pass draws the player towards the ball to get free from the defender and, half turned with a side on stance, hit a one touch shot.
2. Positioning and Crossing Technique - (creating width to cross).
3. Balance in Attack - (near post / far post / middle of goal). Positioning from crosses, timing of runs (late and fast), changing of positions to move defenders, angles of runs, contact on the ball.
4. Finishing Technique – Position of the feet to receive. One touch finishing

## Positioning From Crossing

1. The keeper plays the ball wide and the attackers get in position to meet the cross near post, far post and centrally behind them for the pull back.
2. Try to finish one touch.
3. The game is constant attacking play both ways. To make it competitive count the number of goals scored, encourage the players to shoot on sight.
4. Teaching transitions from one moment defending to the next moment attacking, this exercise improves the concentration of the players.



1. Introduce 2 players on the outside who stay outside the playing area. No one can tackle them so they are guaranteed to get a cross in.
2. This could be a quick play session focusing on crossing and one touch finishing the emphasis being on a two touch maximum in wide areas ensuring a quick cross into the scoring area.
3. Players know they only have 2 touches when it goes wide so they work quickly to get into position, expecting the early cross.
4. This should improve quick decision making as everything is done at pace.