



SOCCKER COACH
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Shooting Session #2

by *Laura Ray*,

Objectives: To improve the technique of shooting with the insides, instep, outsides and toe of both feet and to foster the confidence to be risky within shooting range and get shots off.

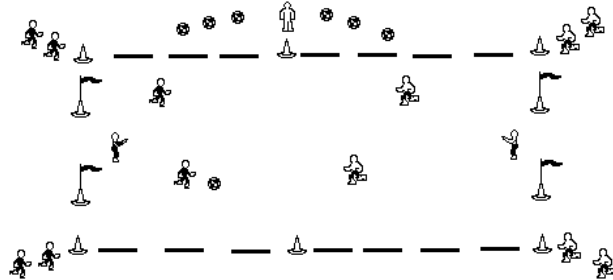
1) Numbered Shooting (15 minutes):

On a full size 8v8 field, create a grid in the middle of the field 40 yds wide by 20 yds long. Goalkeepers are assigned to both goals at either end of the field. Separate your players into two teams (red and blue). Number the players on each team 1-6. All players have a ball and dribble freely in the central grid. When coach calls out a number, the blue player dribbles toward one goal and shoots on goal, while the red player does the same on the opposite goal. Coach can limit touches, specify surface area (inside, outside, laces), require a move before they shoot, etc.

- Keep ankle of shooting foot locked with toe down when using the instep; toe up when using the inside of the foot, toe down and turned in when using the outside of the foot; and toe pointed straight when using the toe
- Non-kicking foot is placed comfortably close to ball
- Non-kicking foot should be pointing towards your target if using the inside of the foot or the instep
- Non-kicking foot may not be pointing towards target when using the outside of the foot or toe
- Your weight should be on the ball of your non-kicking foot
- Both knees bent
- Strike through the middle (equator) of the ball to direct it straight; strike the inside or outside of the ball to bend it; strike under the equator to lift the ball; strike slightly above the equator to keep the ball low
- Follow through to your target
- Land on your kicking foot
- Keep eyes on the ball at the moment of impact
- Lean over ball as you kick, do not stand upright
- Encourage players to strike through the ball
- Players may need to make a slightly angled approach towards ball in order to prevent them from kicking ground

2) Four (4) Corner Shooting (20 minutes)-

On a field 20 yards wide x 25 yards long, position two goals at each end. Split group into two teams (red and blue). Position half of the red team in a line behind one corner of the field and the other half of the red team in a line behind the other corner of the field, at the same end. Organize the blue team in the same manner at the other end of the field. Select a goalkeeper for each goal and rotate that player every 5 minutes. The coach is positioned at the midfield line, outside the field, with all the soccer balls. When the coach kicks a ball into the field, the first person in each of the four (4) corner lines enters the field to play. The game becomes a 2v2 + keepers activity. Play continues until the ball goes out of play or a goal is scored. When this happens, the players on the field quickly get back into their original lines, keepers stay on, and the assistant coach kicks the next ball in for the next 4 players. The coach should play the ball toward one of the corner lines (risk/safety management).





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Coaching Points:

- Reinforce coaching points listed in Activity #1
- Want players to get a lot of shots off with all parts of the foot
- Look to attack goal quickly and not wait for defending team to set up

3) 3v3 or 4v4 plus team on deck (20 minutes):

On a small field, 25 yards x 40 yards, place two full size goals, with goalkeepers, at each end. Teams of three play games. If a team is scored against they must leave the field and are replaced by the team that was on deck. This teaches teams to go to goal with pace and to take chances quickly.

Coaching Points:

- Reinforce the coaching points listed in activity #1 and #2
- Highlights shooting opportunities over and over
- Don't have to be in and behind defender to get shot off
- Encourage players to see goal quickly, because if they take too much time to set up, their opportunity to get a shot off will be gone

5) 6v6 Scrimmage (25 minutes):

Depending upon numbers, space will change. Ideally, finish with the number you normally play with in games. Play a regular game with goalkeepers.

Coaching Points:

- Highlight the technique of shooting (inside, outside, instep)
- Reinforce positive decision making opportunities (recognizing opportunities of when, how and where to shoot the ball, etc.).

6) Cool-down (10 minutes):

Groups of 3. One player is the server and has the ball in their hands and the other two are ready to juggle. Server says 2 and 2 which means the server tosses the ball to the first player who has to juggle the ball two times before getting it to the next player who has to juggle the ball twice and get it back to the server (ball should not touch the ground). Server can change numbers of juggles to 1 and 1, 1 and 5, 3 and 4, 4 and 2, etc.