

Academy Topic: Shooting

Activity

Activity 1 (warm up): 2 to a group, 1 ball. Have players 10 yards apart going through the motions of shooting the ball back and forth. The ball must be stopped before the player shoots. Progress to dribbling and shooting back and forth about 10 yards apart.

Activity 2-Shots on goal: Player passes ball to server at top of the penalty area, then moves forward to goal, server lays ball off for player to have shot. After shot, player that shot the ball becomes server; server goes to back of shot line to repeat.

Activity 3-Crossing and Finishing: 2 lines, player crossing the ball dribbles down edge of penalty area about 5 yards from end-line, then crosses ball back to penalty X. Second line is finishing line. Switch line after shot.

Activity 4-Through Balls: 2 lines about 5 yards apart and 20 yards from goal, coach is boss of balls. One line shoots, the other is defending. Coach plays ball slightly favoring shot line, once coach passes ball, defense line tries to shut down shooting player. Switch lines and repeat.

Activity 5-The Game: Put players in even numbers and let them play.

Coaching Points

Correct approach to ball; ankle locked, toe down, striking ball with laces. Plant foot by the ball, not in front of or behind. Lean over the ball, do not lean back. Shooting on goal and scoring goals is a mindset, have an aggressive attitude.