

Shooting Drill 1 – 1-2 Shoot

Aim: Shooting practice

Suitable for: Under 8's and upwards

Equipment: 1 goal, 2 cones

How: Player A starts with a ball. They pass it to a player B who is standing around the edge of the 18 yard area. Player B lays the ball off in 1 or 2 touches. After player A passes to player B they make a move towards the goal and shoot 1st time from player B's lay off.

Switch player B so everyone gets a chance to shoot.



Progressions:

- Add a goalkeeper and maybe a defender.
- Player B chips for a volley

Coaching Points:

- Player B's lay off should be timed correctly so player A can run onto it and shoot.
- Player A should concentrate on keeping their head and knee over the ball to keep the shot low.

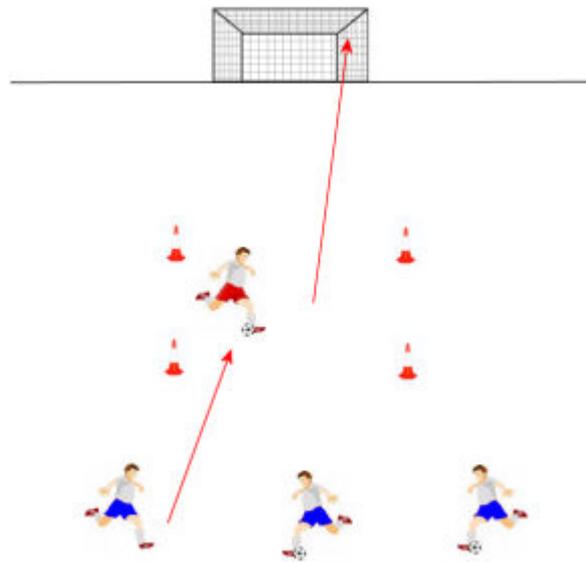
Shooting Drill 2 – Pass, Turn & Shoot

Aim: To improve shooting technique

Suitable for: U9's and upwards

Equipment: 1 goal, 4 cones, 3 balls

Organization: Forward has to stay in the box. The forward must call for a pass, control the ball, turn and shoot. As soon as the forward shoots he turns away and calls for a pass from another player



Progressions:

- Add a defender in the box
- Limit the forwards touches

Coaching Points

- Accuracy of shot
- First touch
- Speed of turn

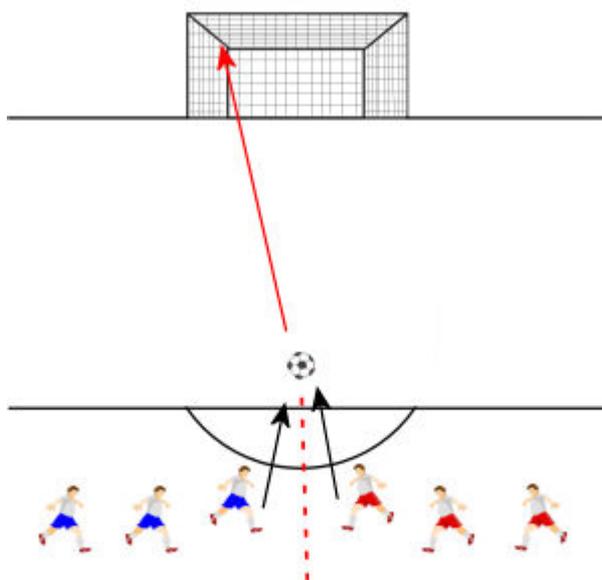
Shooting Drill 3 – First to the Ball Shoots

Aim: To improve shooting technique

Suitable for: U9's and upwards

Equipment: 1 goal, cones, balls

Organization: Split the team in to two groups. Players line up shoulder to shoulder facing the goal, as soon as the coach throws the ball the players can run after it, win possession and shoot.



Progressions:

- Add a defender in the box
- Limit the forwards touches
- Players in press up position

Coaching Points

- Accuracy of shot
- Shot selection (driven, side foot placed, lob, curl, etc)
- First touch away from opposition
- Speed of turn.

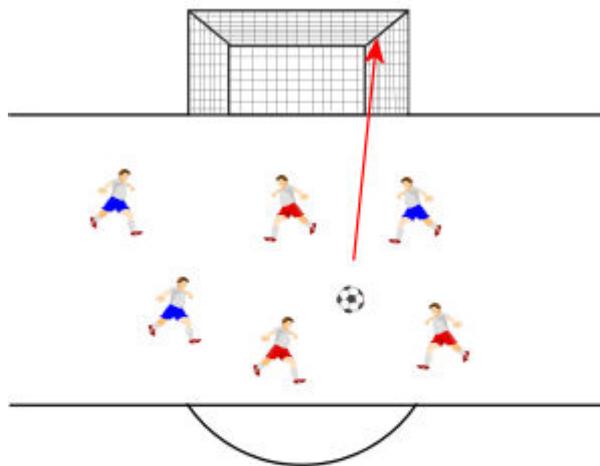
Shooting Drill 4 – Shoot on Sight

Aim: To improve shooting technique

Suitable for: U11's and upwards

Equipment: 2 goals, lots of balls

Organization: Split the group into two teams. Have 2 feeding players, 1 on either side of the marked area, throwing balls into the area. Players line up in any formation. The idea is to shoot on site if the opportunity is there. The players are given one instruction, SHOOT.



Progressions:

- Must be high tempo
- Limit touches
- Alter width of area

Coaching Points

- Accuracy of shot
- Shot selection (driven, side foot placed, lob, curl, etc)
- First touch away from opposition
- Taking players away to make space

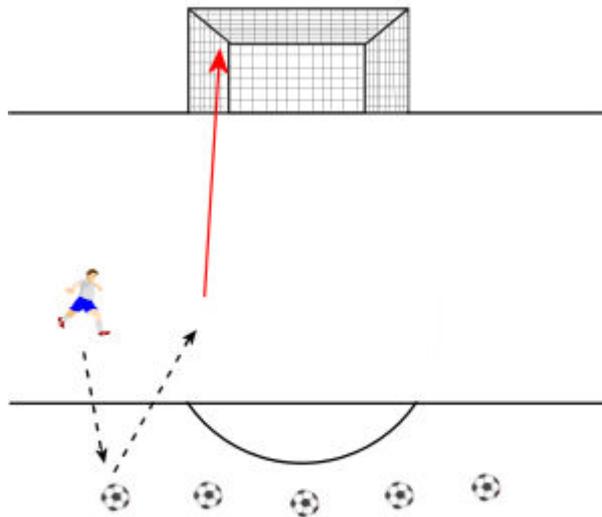
Shooting Drill 5 – Collect & Shoot

Aim: To improve shooting technique

Suitable for: U9's and upwards

Equipment: 1 goal, 5 balls.

Organization: 1 striker works and has five attempts to score. Starting points as shown in diagram. The players come and collect a ball, turn and shoots. As soon as the player shoots they must sprint to pick up another ball.



Progressions:

- Must be high tempo
- Limit touches
- One shot must be with weaker foot
- Player to take keeper 1 on 1
- Add defenders to pressure player as he picks up the ball

Coaching Points

- Accuracy of shot
- Shot selection (driven, side foot placed, lob, curl, etc)
- Vision, awareness of goalkeepers position
- Take the ball away from defender

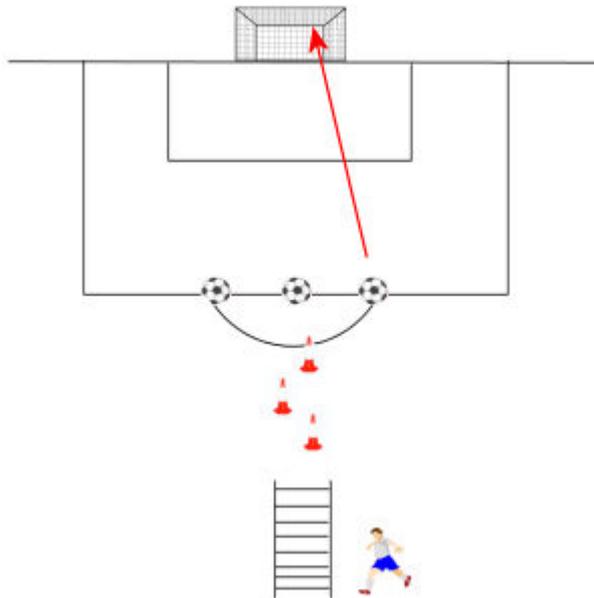
Shooting Drill 6 – Agility Shoot

Aim: To improve shooting technique

Suitable for: U9's and upwards

Equipment: 1 goal, 3 balls, 1 set of ladders, and cones.

Organization: 1 striker works and has 3 attempts to score. The player hops through the agility ladder then through the cones runs towards a ball and shoots 1st time. As soon as the player shoots they must sprint to the start and repeat the activity.



Progressions:

- Must be high tempo
- One shot must be with weaker foot
- Player to take keeper 1 on 1
- Add defenders to pressure player as he picks up the ball

Coaching Points

- Accuracy of shot
- Shot selection (driven, side foot placed, lob, curl, etc)
- Vision, awareness of goalkeepers position
- Player given different activity to do when going through the ladders

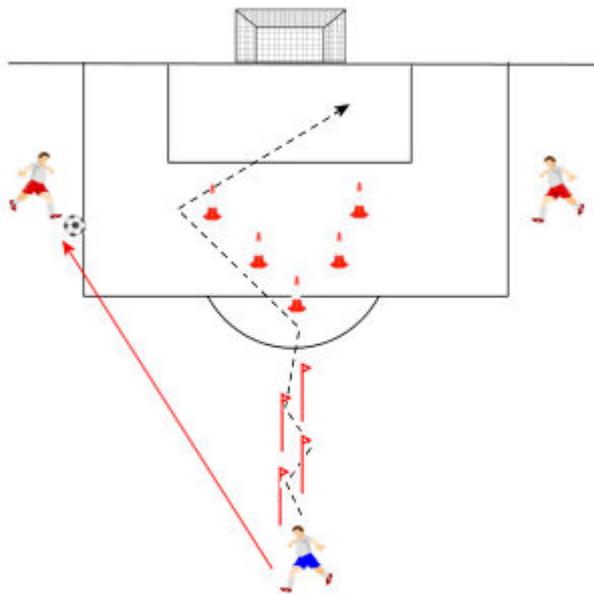
Shooting Drill 7 – Running at Angles

Aim: To improve shooting technique

Suitable for: U9's and upwards

Equipment: 1 goal, 3 balls, 5 slalom poles, cones.

Organization: 1 striker works with 2 wide players, the player has 3 attempts to score. Starting point as shown in diagram. The player hits a ball to a wide player and then runs through the slalom poles runs towards the goal following one of the marked routes to the near or far post (no straight runs) and shoots 1st time. As soon as the player shoots they must sprint to the starting cone and repeat activity.



Progressions:

- Must be high tempo
- One shot must be with weaker foot and one with the head
- Add defenders to pressure player as he picks up the ball

Coaching Points

- Accuracy of shot
- Shot selection (driven, side foot placed, lob, curl, etc)
- Vision, awareness of goalkeepers position
- Players encouraged to make up their own runs

Shooting Drill 8 – Pass, Pass, Shoot

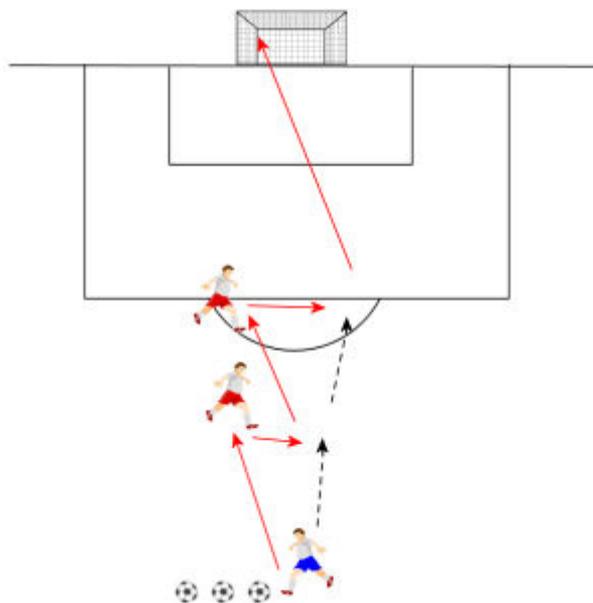
Aim: To improve shooting technique

Suitable for: U9's and upwards

Equipment: 1 goal, 3 balls and 3 players

Organization: 1 striker works with 2 other players, the player has 3 attempts to score. Starting point as shown in diagram. The striker passes a ball to the closest player who plays the ball back as the striker is running at goal. The striker then does the same with the other player, receives it back and then runs towards the goal and shoots. As soon as the player shoots they must sprint to the starting cone and repeat activity.

Swap roles and repeat the drill.



Progressions:

- Must be high tempo
- One shot must be with weaker foot
- Add defenders to pressure player as he picks up the ball

Coaching Points:

- Accuracy of shot
- Shot selection (driven, side foot placed, lob, curl, etc)
- Vision, awareness of goalkeepers position

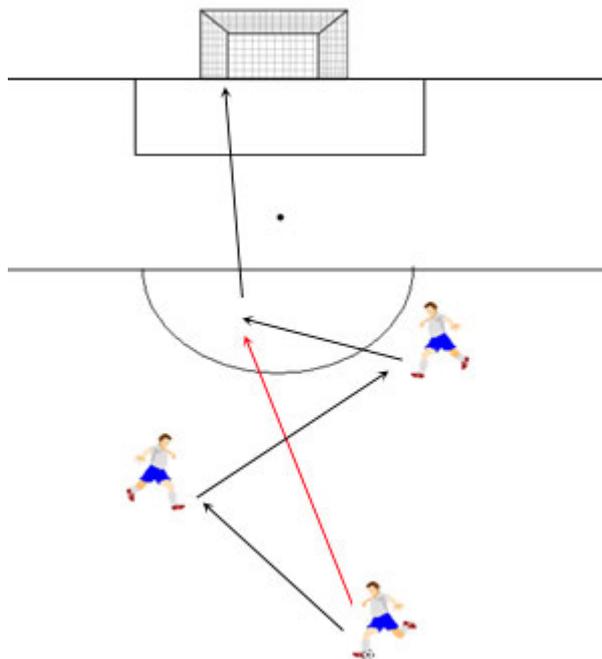
Shooting Drill 9 – Pass, Run, Shoot

Aim: To improve passing and shooting technique

Suitable for: U11's and upwards

Equipment: 1 goal, 3 balls, 1 cone.

Organization: Player A starts with the ball. Player B stands in front and to the left of player A, with player C in front and to the right of player B. Player A passes to player B and starts to move towards the goal. Player B then plays the ball to player C, who plays it in the path of player A, who shoots 1st time.



Progressions:

- Must be high tempo
- At least one shot must be with weaker foot
- Add defenders to pressure player as he picks up the ball

Coaching Points

- Accuracy of shot
- Accuracy and weight of pass
- Shot selection (driven, side foot placed, lob, curl, etc)
- Vision, awareness of goalkeepers position

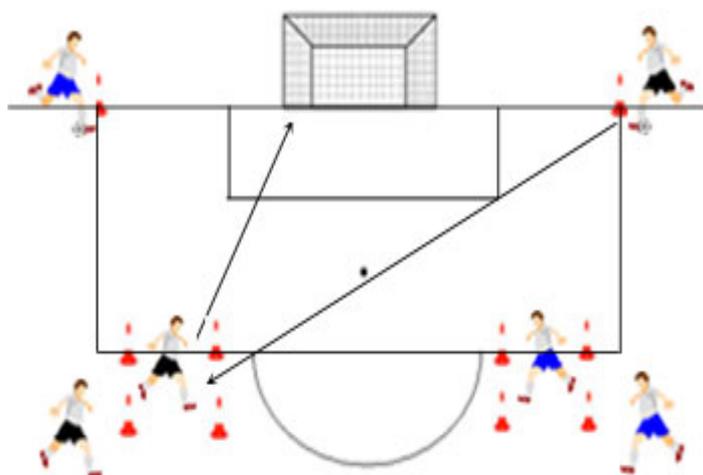
Shooting Drill 10 – Cross, Control, Shoot

Aim: To improve passing and shooting technique

Suitable for: U11's and upwards

Equipment: 1 goal, balls, 10 cones.

Organization: 1 striker works with a wide 'serving' player and the striker has 5 attempts to score. The ball starts at the top corner of the penalty box with the serving player. They pass the ball across the penalty box, to the player in the cone marked box. The striker must receive and control the ball in the box (marked with cones) then shoot at the goal. As the shooting player rotates a ball can be crossed to the opposite box.



Progressions:

- Must be high tempo
- After all players have had 5 shots rotate servers and strikers change boxes
- Strikers 1st touch towards centre of goal then shoots
- As the ball travels the 1st striker dummies and moves to a central position, the 2nd striker lays the ball off in to the 1st strikers path

Coaching Points

- Accuracy of shot
- Accuracy and weight of pass
- Shot selection (driven, side foot placed, lob, curl, etc)
- Vision, awareness of goalkeepers position

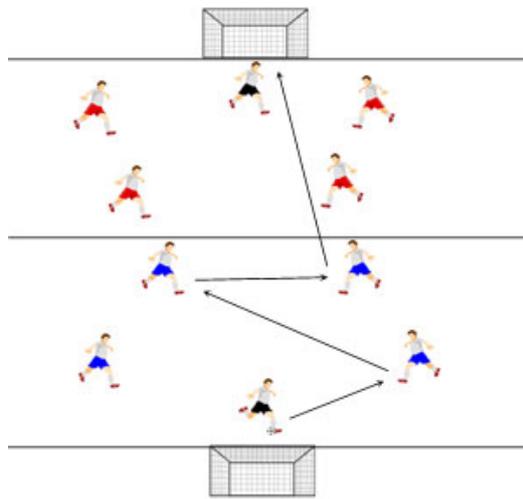
Shooting Drill 11- Inside Your Half

Aim: To improve shooting technique

Suitable for: U8's and upwards

Equipment: 2 goals, cones, balls by both goals.

Organization: Split the group in to two teams. Players line up in any formation. The game is played 3 v 3 + 2 goalkeepers. Each team stays in their own half of the field. The keeper serves the ball to any player who can either shoot or set up a team mate to shoot. The opposite team can try and block shots. If a goal is scored or the ball goes out of play the opposite goalkeeper can serve the ball.



Progressions:

- Must be high tempo
- Limit touches
- Each team must pass 3 times before shooting
- Alter length / width of area
- 5 goals wins the game

Coaching Points

- Accuracy of shot
- Fast, crisp passing to utilize gaps
- Shot selection (driven, side foot placed, lob, curl, etc)
- First touch away from opposition to find gaps in the defense

Shooting Drill 12 – Dribble & Shoot

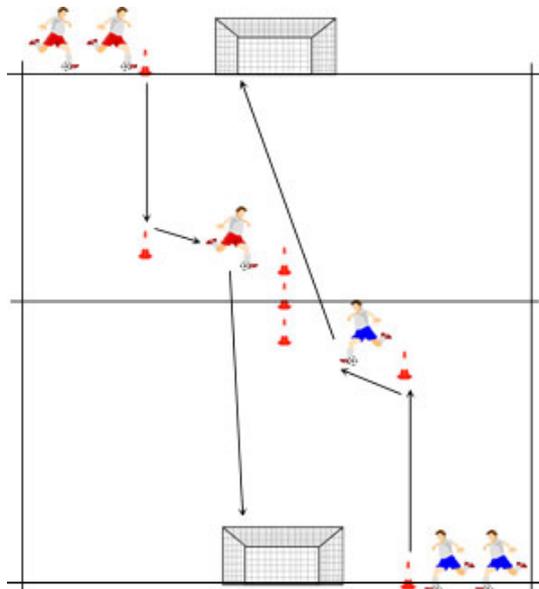
Aim: To improve shooting technique

Suitable for: U9's and upwards

Equipment: 2 goals, cones, balls by both goals.

Organization: Set the pitch up with a cone and balls on each goal line, to one side of the goal. Place a cone opposite the first cone, a few yards in, at both ends. Also place three cones down the centre of the pitch so two drills can run at once.

Split the group in to two teams. Players line up along the goal line. The players take it in turn to dribble to the 1st cone, cut inside and shoot on goal but they must shoot by the time they reach the centre of the area. The next player in line cannot go until the player in front of him has shot. Both teams can play at the same time.



Progressions:

- Must be high tempo
- Alter length of area
- Add goalkeepers
- Replace 1st cone with a defender

Coaching Points

- Accuracy of shot
- Shot selection (driven, side foot placed, lob, curl, etc)
- Keep the ball under control at all times