



# Shooting Session

Category: Technical: Shooting

Difficulty: Moderate

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## Description

Focus on shooting technique:

Show:

- where to plant the non-kicking foot
- the knee over the ball position
- the ankle locked position
- the approach from the side
- where to plant the non-kicking foot

Listen for the sound of a ball being struck correctly. This is a very over-looked cue in sports. A well struck ball in any sport has a distinct sound to it.

Make sure that both the dominant foot and the non-dominant foot are used.

## Arrival Play (5 mins)

### Equipment Needed

- Pinnies
- Soccer Balls
- Cones
- 4 Puggs/Goals

### Free Play Organization:

- Upon arrival, players get a pinnie that are spread out by each goal and start playing small-sided
- 1-2-1 Formation
- Utilize all FIFA rules
- Keep score, track winning teams
- Two- 5-minute games



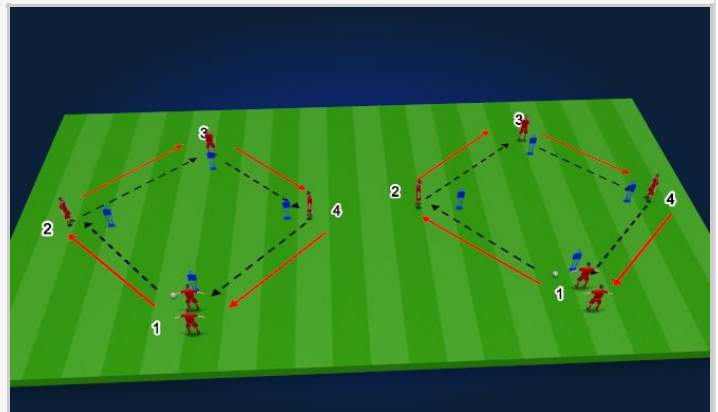
## Diamond passing technical (10 mins)

### Equipment Needed:

- Cones
- Soccer Balls

### Set Up:

- Space is dependent on ability. Adjust if needed
- Players pass to the next cone and follow their pass
- Player that is receiving needs an open body shape
  - See where the ball is coming from and where it is going
  - Let ball go across body to far foot
- Receive - Putting ball into space, then pass
- After 3 min, make a competition
- After the competition, pass around the opposite way and finish with a competition



### Key points:

Awareness of movement direction to receive the ball to where you want to go with it.

Quality of the 1st touch and passing throughout.

Speed of movement and tempo of play - Match pace.

Plenty of communication throughout, players busy at all times.

On toes, ready to receive

## Hit the Target (10 mins)

### Equipment Needed

- Cones
- Soccer Balls

### Session Organization

- Activity is set up as pictured above
  - Distance depends on the group's ability
  - Utilize the field as needed to create as many groups as needed
- Partners work as a team to knock the ball off the cone as many times as possible
- 1 point every time the ball is knocked off the cone
- Give practice time then make a competition
- Play for a set amount of time or the first team to a set number

### Coaching Points

- Step into the ball
- Leg High, heel to bottom
- Follow through
- Plant foot points in the direction of the pass



## Shooting off the dribble (10 mins)

### Equipment Needed

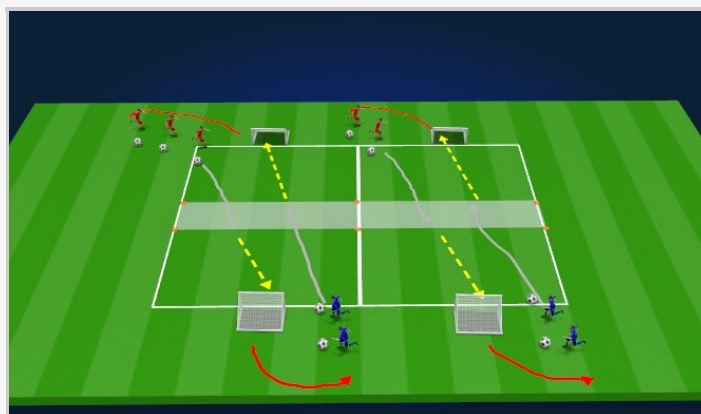
- Soccer Balls
- Cones
- 4 goals

### Session Organization

- Each player needs a ball
- 1st player in each line dribbles to the move zone, performs a move, and shoots within the box area.
- The GK retrieves the ball and goes to the back of the line
- The shooter then becomes the goalkeeper of the goal they shot on
- If goals are too small for GKs then all is the same but players just retrieve their ball from the goal and go to the back of the line
- Both sides go at the same time
- Make a competition

### Coaching Points:

- Head up to observe the position of the goalkeeper
- Head down at the point of contact with the ball
- Body weight forward, chest down
- Ankle locked, toe down
- Chip the new goalkeeper if they are slow to take up their position



## Battle Box (10 mins)

### Equipment Needed

- Soccer Balls
- Cones
- 2 goals

### Session Organization

- Player 1 dribbles toward the line and shoots at the goal. Players must stay on their side of the line
- Once they shot they must run back to their goal and become the goalkeeper
- As soon as the shot happens the next player in line for the other team (diagram orange) dribbles to the line and shoots.
- The process repeats with the orange player running back to their goal while the next member of the blue team runs towards the line.
- The first team to six wins the game
- Rotation: Shoot, Goalkeeper, Get the shot ball and go to the back of your line.

### Coaching Points:

- Head up to observe the position of the goalkeeper
- Head down at the point of contact with the ball
- Body weight forward, chest down
- Ankle locked, toe down
- Chip the new goalkeeper if they are slow to take up their position



## Half field - 6v4 (20 mins)

### Equipment Needed

- Soccer Balls
- Goals

### Session Organization

- 6v4 or whatever the numbers work to. Team with GK having numbers up
- Positions
- Spend half of the time working with the attackers and other half working with defenders
- Put in corner kicks and free kicks if not happening in the run of play

### Attackers:

- Find space and attack by passing or dribbling into the space
- Make the field wide when we have the ball
- Striker only goes after the ball from a goal kick
- Throw-ins into space, over everyone's heads

### Defenders:

- Make the field small/ compact when we do not have the ball
- Be aggressive and win the ball back
- Clear the ball out wide and keep it safe
- Protect the goal, don't let them shoot the ball
- Body shape when playing out of the back on a GK

