

SHOOTING



This soccer coaching practice is designed to improve a wide variety of shooting techniques while under pressure.

Players are divided into groups of three players. Each group is identified with a different color vest. Two groups are placed inside the penalty area, the remaining groups positioned outside the perimeter of the box. A goalkeeper is placed in goal.

The coach starts the practice by serving the ball into the penalty area.

Players play 3 v 3. First team to score stays on. Losers leave grid and position themselves on the outside of the grid. New team comes into box. Teams stay on as long as they keep winning.

Team in possession can use outside players to pass too. Players on outside limited to "one touch"

Coach should keep track of goals scored and make a competition amongst the players. First team to get 4 consecutive wins are champions.

The coach should emphasize the following coaching points:

- The emphasis should be placed on "**accuracy**" and not power.
- Encourage attackers to run at the defenders with speed.
- Emphasize, quick "give and go's"
- Follow in on all shots. Look for rebounds.
- Keep the tempo high and at match pace.

Soccer Coaching Tip:-Encourage players to use a variety of shooting techniques such as the low driven shot, the chip shot, the lofted shot and bent shot etc.

Variation:

Make all play "two touch, then "one touch"