



Shooting from Distance – From a Dribble or Pass.

Category: Technical: Shooting
Difficulty: Beginner

Craig Birtwistle Continental F.C, Philadelphia, United States of America
Individual-Adult Member

Warm-up (10 mins)

Set up

Two 20 X 35 fields with mini-goals/pugs as shown

Organization

As players arrive for practice get them moving into small sided games early. Build up to two games alongside each other. Players are encouraged to have free play with no one touch soccer. Try to keep teams even for competitive games and rotate opponents every 3-4 minutes.

Progressions

Rotate opponents every 3-4 minutes. Make sure each player gets to experience the 2v2 and 3v3 game.

Coaching Points

Free play warm up with limited coaching. Enforce no one touch rule



Through Balls/striking the ball (20 mins)

Set up

35 x 35 yard grid as shown with 4 cones/mannequins as shown

Organization

Two Balls starting at A and C. Player A plays a pass to B who touches inside and plays a firm pass through the gap to C. Players follow pass.

Progressions

Add in different sequences - ABCBCDAB numerous game like variations that coach can apply.

Coaching Points

Firm pass, timing of movement, Longer passes with laces, shorter passes with inside of the foot



Shooting/Finising (20 mins)

Set Up

Work in the 18 yard box area with 3 mannequins shown around 20 yards from goal

Organization

Ball starts with A who plays back to B. B then plays a through ball for C to run onto for a shot. B stays where he is. Next ball starts with D and mirrors on the opposite side.

Progressions

Change up sequence - ABC through ball for B to shoot.

Add in a realistic defenders. Players must now decide whether to pass or to dribble and shoot themselves.

Coaching Points

Strike with laces for power, pass the ball into net for finesse, across the goalkeeper, plant foot alongside the ball, follow through



3v3 + Wall Players (20 mins)

Set Up

30 X 30 Grid with full sided goals as shown.

Organization

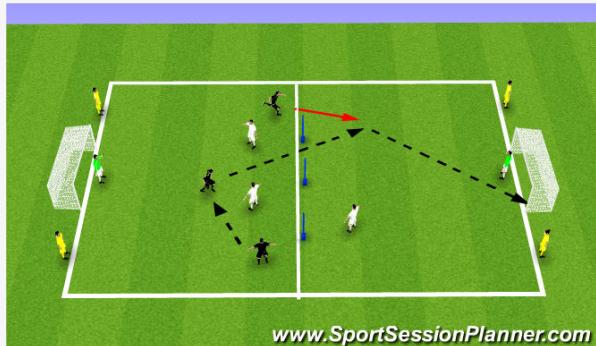
Play 3v3 in the field with goalkeepers. 4 other players are wall players on the outside. Players can dribble into opposition half for shots or connect a pass through the middle. Rotate outside players.

Progressions

Extra points for goals in own half - long range striking
Bonus points for one touch finesse shot after receiving from a wall player

Coaching Points

Strike through the ball on long range shooting, pick spot on short shots, movement and timing of through balls



www.SportSessionPlanner.com

Game (20 mins)

Set up

Field 40 X 30 with regular goals as shown.

Organization

Teams will play 5 v 5 including Goalkeepers. Regular scrimmage game with emphasis on the defensive side of the game. Allow game to be free play but enforce coaching points of the day.

Coaching Points

All of points portrayed throughout the session should be enforced in a game situation.



www.SportSessionPlanner.com