

shooting practice

Off-Set Goals
Develop Shooting Skills
Delevop 1st Touch
Modify Speed to Increase Pressure

Adapt intensity for all Ages

HAVE FUN SCORE GOALS!!!

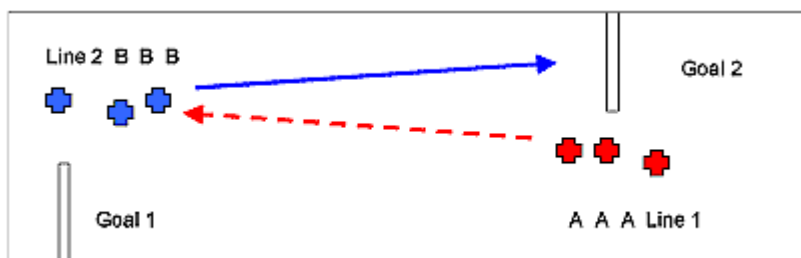
Even the top-level players perfect their shooting skills without a defensive presence. Shooting while under pressure is a critical part of a player's training, but only after the player has developed some skill and confidence in shooting. Actually, some coaches claim to see more scores (and missed opportunities) when there is no (immediate) defensive pressure.

Training environments should get players maximum shots with different varieties of passes and situations.

A staggered goal setup is a wonderful training environment especially when training in a small area. It allows for players to share an area and still feel as if they have large area to work in.

There are a couple of things one can do from this setup. If a coach has a flat goal, s/he can place it at the halfway off towards a touch and the players can be separated into shooting on four goals. Defensive pressure can also be included if needed in this layout.

Set Up and Execution

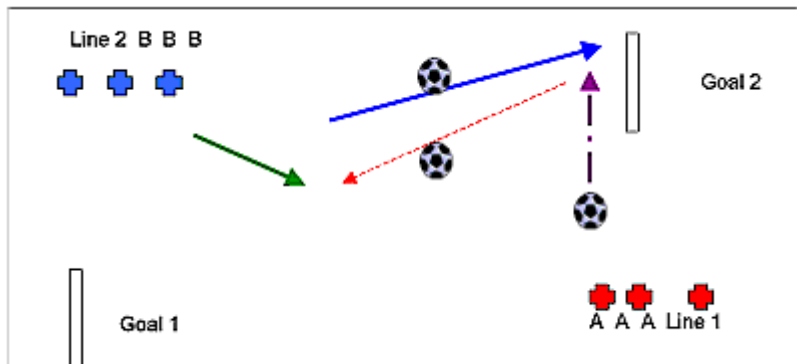


Long Shots

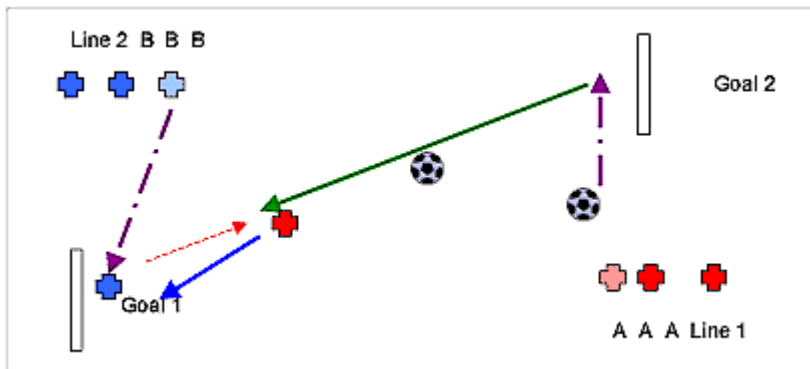
A plays long ball to **B** who controls and shoots on Goal 2; the next player **B** immediately plays long ball to **A** (initial passer) who controls and shoots on Goal 1.

Either the player retrieves his own ball and switches sides or he can retrieve the other shooter's ball and stay on same side.

Back Angles



Line 1, player **A** dribbles along goal line (towards goal 2) and plays an angled pass back to player **B** in line 2 moving on to goal 2.



Immediately after the pass, player **A** makes run on goal 1 as next player in line 2 dribbles along goal line (towards goal 1) and plays back angle to A. Players retrieve shots and exchange lines.