



COACHING CLINICS WINTER 2007

SESSION 7

Shooting Drills

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I. Turning and Shooting

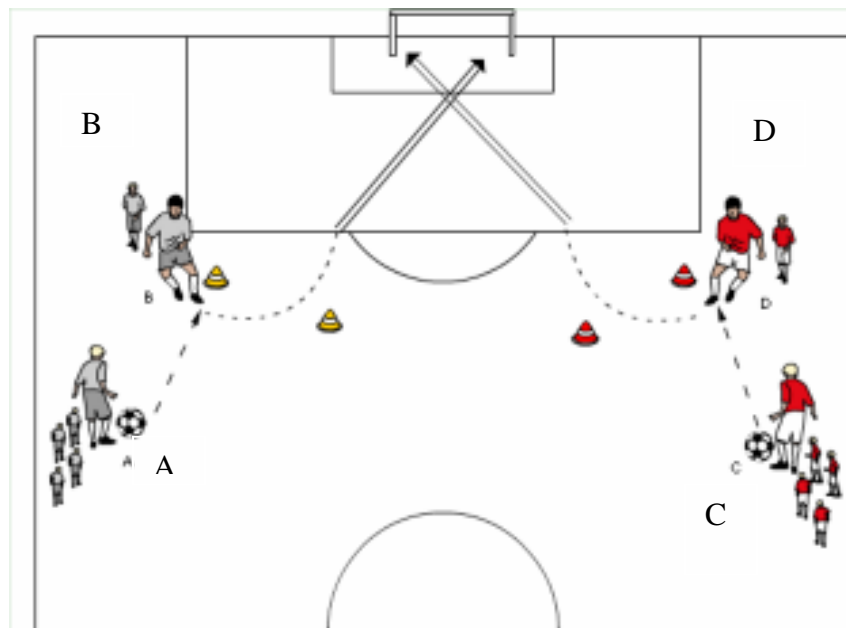
The first person, in line A passes the ball to the forward player in line B who turns through the gate and shoots for the far post. Player in line A who passes the ball goes to the back of line B. The shooter from line B collects his/her ball and goes to the back of line C.

Coaching Points:

1. The ball should always be moving when players A and C pass the ball to replicate a live situation in a game.
2. Passers should be passing the ball to the appropriate foot of the forward player. Example: the ball will be played to the inside of the right foot of player B if they are looking to turn with the inside of their foot.
3. Players B and D should check away and to the ball with their body sideways on so that they see the field of play behind them and always look over the shoulder
 - a. Sideways on facing the goal if using the inside of the foot
 - b. Sideways on facing away from the goal if using the outside of the foot
 - c. Sideways on facing the goal if flicking the ball with the inside of the foot to spin outside
 - d. Sideways on facing away from the goal if flicking the ball with the outside of the foot to spin outside
 - e. Check back and come square to the ball to dummy it through the leg

Variations:

1. Use the inside of the foot to turn through the gate
2. Use the outside of the foot to turn through the gate
3. flick it with the inside of the foot for the ball to go through the gate and spin to the outside to eventually come back to the ball. This replicates a game situation where the player flicks the ball around the defender one way and runs around the opposite side of the player
4. Dummy the ball through the legs

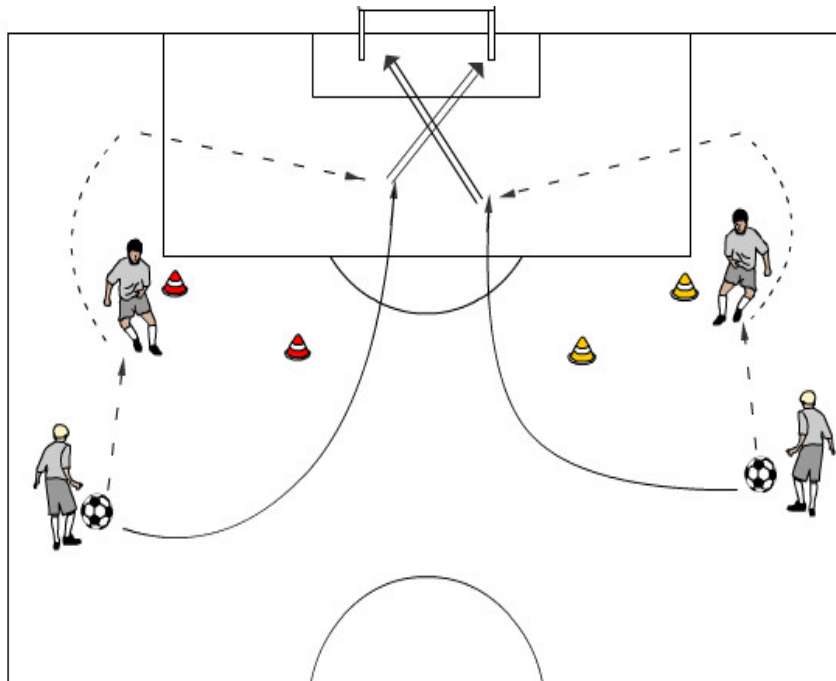


II. Turning out and cutting it back for an incoming player

Player B receives the ball and turns to the outside to make a run down the line and cut it back for the incoming Player A. Once player A passes the ball into player B to turn, he/she will make a looping C run forward so that they can time their run according to when the ball arrives.

III. Turning out and crossing it in the air

Same as above but this time, player A needs to make a wider C run in anticipation of crossed ball in the air. If player A makes his/her run into the box to early they will be marked by the defender in a real game situation because they will be standing and waiting for the ball. If player A doesn't start from a further distance away to come towards the ball, they might end up back tracking to get to the ball, in which case they are no longer a threat to shoot.

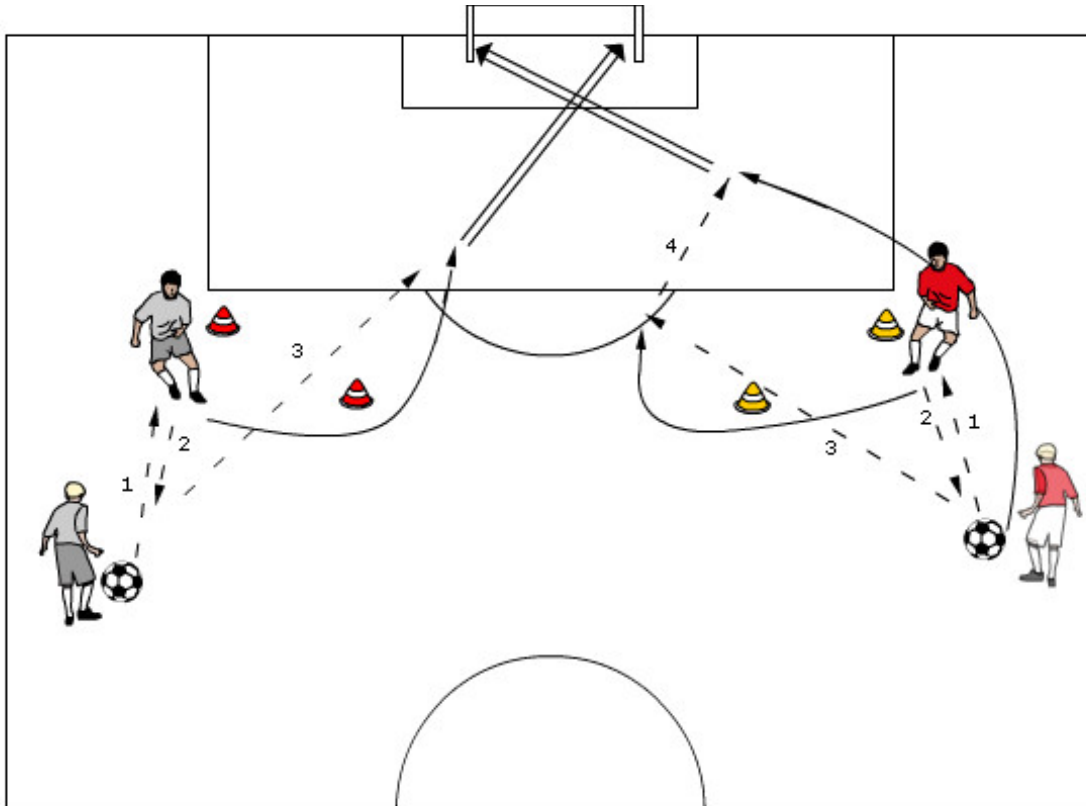


IV. Lay back and spin to receive a through ball

Player A passes it to player B who lays it back for player A. B lays it back and quickly makes a C shape run to provide a through pass opportunity for A. B plays a precise ball through for A to run onto and shoot on goal.

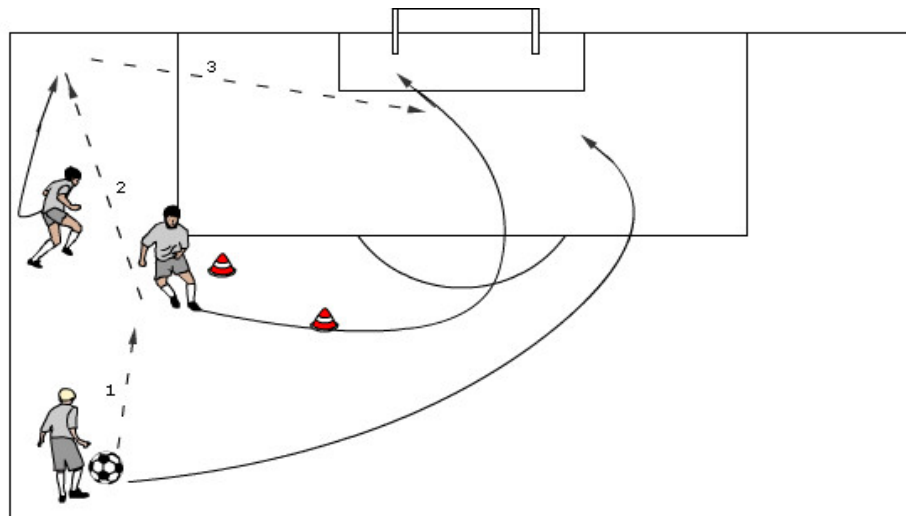
V. Lay back and spin to receive a through ball into a layoff

Same as above but this time instead of shooting after receiving a through ball, B lays it off for A who has made an overlapping run.



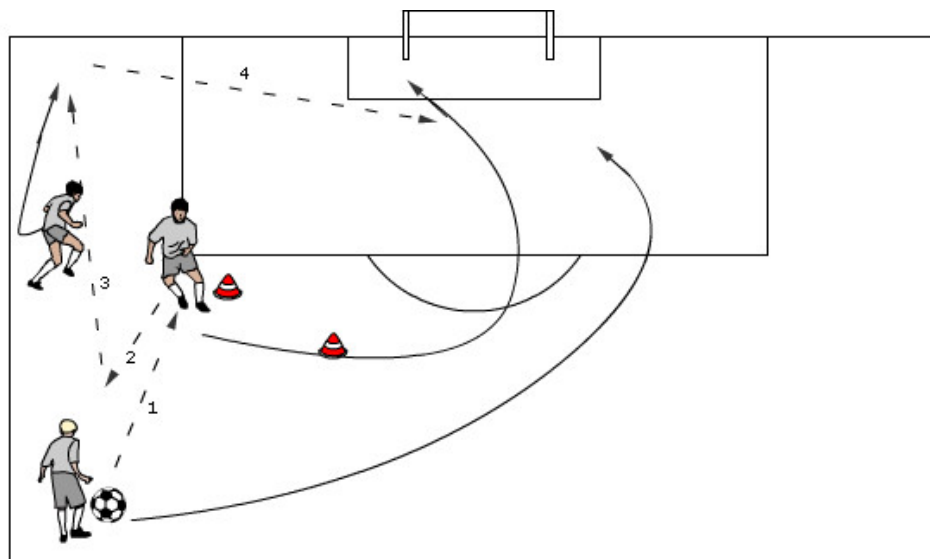
VI. Three player combination down the flank for a cross

Player A passes to player B who opens up and plays a lead pass down the line for player C. Player C crosses the ball into the box for player A and B who are making C runs into the Near and Far Post.



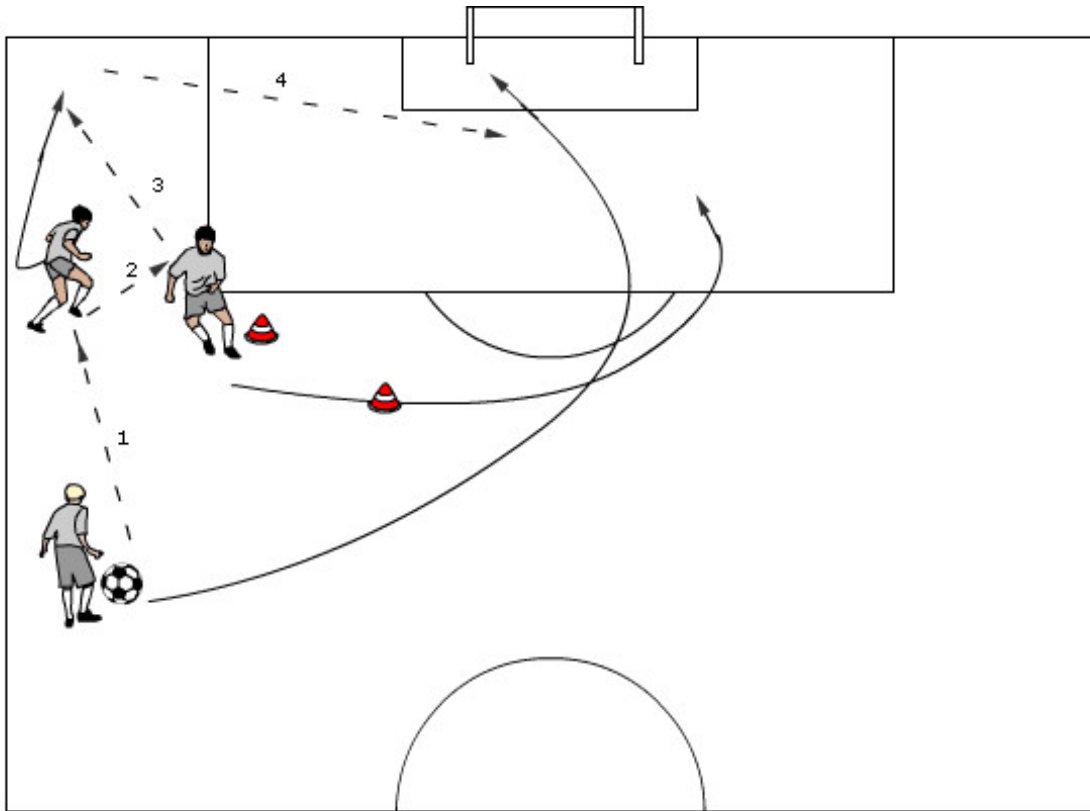
VII. Three player combination down the flank for a cross

Same as above, but this time player B lays it off for player A to play a through ball to the wide C player. Players A and B make near and far post runs in anticipation of a cross from player C.



VIII. Three player combination down the flank for a cross

Player A plays it to the wide C player who plays a quick give and go with player B. Players A and B make near and far post runs into the box.

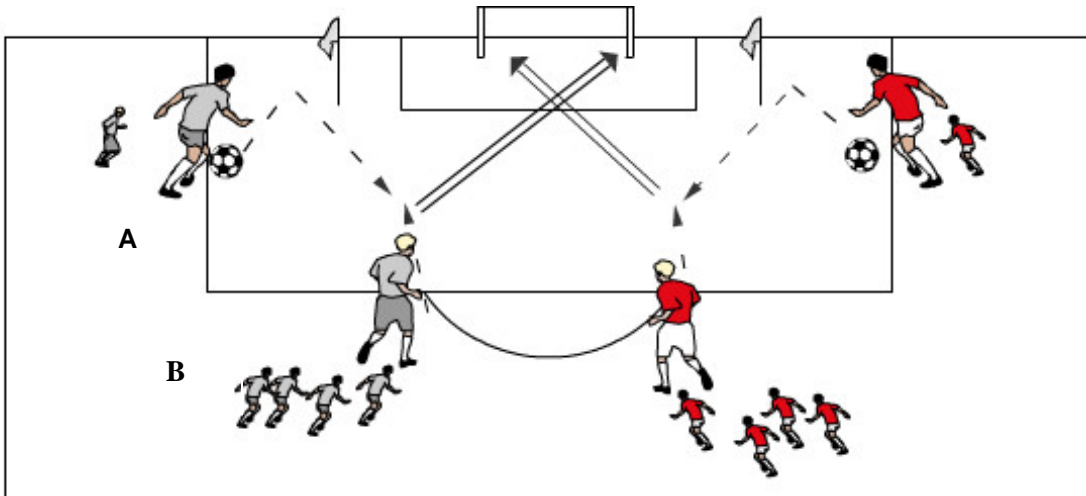


IX. Cut back for a one time finish

Player A takes a touch down towards the end line and quickly cuts it back to lay it off to an in coming player for a shot on goal.

Coaching Points:

1. The player shooting the ball should be square to the net
2. Accuracy over power
3. Aim low and for the far post so you have more net to hit and a chance at a rebound from the gk



X. Cut back for a one time finish from across the goal

Same as above, but this time the ball is cut back across the goal for player C from player A.

