

Title: Improving Goal Scoring Percentages

Date:	Venue: Football Pitch	Duration: 1 Hour	No of Players: 8+	Ability / Level: All Ages and Abilities	Equipment: Balls, Bibs, Cones and your Shooting Boots!
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<p>Session Goals:</p> <p>Working the ball close for the shot is great but sometimes your players need a bit of variety in order to catch the keeper off guard with a long range shot.</p> <p>To encourage distance shooting, as well as making sure your players pounce on the rebound, this session gets your players practising putting their laces through the ball!</p>	<p>Personal Coaching Goals:</p> <p>Shooting is a bit like the lottery, if you don't buy a ticket there's no chance of winning!</p> <p>Shooting from distance is not always a bad idea as the keeper might spill the ball for a rebound. More than one player should look to follow in long range efforts so that all areas of the shot rebound can be covered - this puts the keeper under more pressure as a they know a mistake will cost the team a goal.</p>
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Warm Up

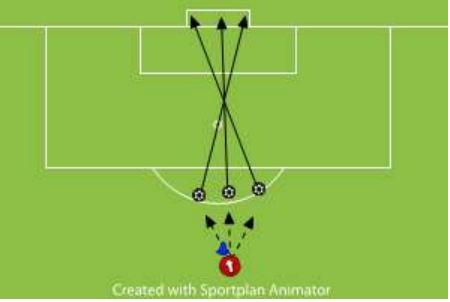
Time	Task / Activity / Session Content	Coaching Points
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Shooting into an empty goal

Player 1 lines up and three balls are placed across the top of the D.

On the coach's command player 1 runs and shoots at the goal, before then turning and sprinting around the cone to then run onto and shoot the 2nd ball.

They repeat this process for the third ball before collecting their balls and joining the back of the line.



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 **Coaching Tips**

The player should hit the ball with the foot that will allow the ball to be shot across the goal.

As players kick the ball their striking knee should be over the ball, with shoulders square over the ball and their non-striking foot pointing at the target.

The strike is made with the laces with toes pointing down on the follow through.



 **Notes**

With larger groups each player only has one attempt on goal, having to collect their own shot before rejoining the back of the line. Players should still run around the cone before shooting to simulate running onto a pass.

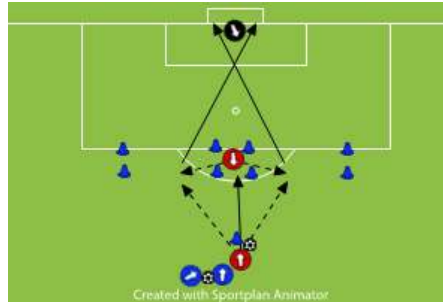
Shoot and Follow - Developing Good Shooting Habits

Shoot and Follow - Building in the Follow Up

Players work in pairs, taking it in turns to be the shooter or the passer .

Player 1 starts with the ball and plays a good weighted pass into player 2 who lays the ball off. Player 1 runs onto this pass and shoots at goal.

Players then collect the ball and switch roles.



Progression

Add a variety of feeds to the side for example bouncing ball, volley etc.
Add a defender in behind the feeder to apply pressure to the follow up.



Coaching Tips

The same coaching points as above still apply - look for good shooting form. If players are continually missing the target tell them to shoot with less power and more accuracy - sometimes players try to shoot with too much strength.

The more advanced players will shoot first time, but do allow less experienced players to take a touch if needed, although this means player 2 will need to delay their follow up run.

Player 2 should look to curve their run slightly and follow up across the goalkeeper whereas player 1 should follow up behind their shot.



Notes

Once each player has been twice each (shooting from both sides) and is used to the drill the feeder should now turn and follow up once the shot has been taken. You can also encourage the shooter to follow up.

Making Following Up Second Nature

Two teams play a mini game. Each team places a poacher-player in the opposite half.

No players can cross the half way line dribbling the ball nor can they run over the line if they pass the ball to the poacher.

The only way they can cross the line is if they shoot from their own half.

If they do score from distance then the shooting player must sprint and touch the goal line he scored in within a set time limit, otherwise the goal doesn't stand.

When a long distance shot is taken but the player does not score, the shooter must follow up their shot and another player from the same half must also follow up.

If the second player does not follow up then they must sprint around a cone on the halfway and return. This should encourage players to follow up.



Progression

Enforce a one or two touch rule through the game or you can add a second poacher-player in each half.
After a certain amount of time players can score from any part of the pitch.



Coaching Tips

Players should not wait for the shot to be taken they should read the cues and set off as the shot is being lined up.

The shooter needs to assess the keeper's position before shooting. If the shot is not on move the ball to other players in their half.

Shots must hit the target with a driven shot so that you're testing the keeper. Players should be sprinting to make the follow up.



Notes

Poacher's goals rely on quick reactions, the ability to read the game and making an estimate of where the ball is going to fall so that you can be first to the ball! It's vital that the following up players work off the cues from the shooter.

Remember, rebound goals are not always pretty but they're an important part of the game. A goal is a goal no matter where and how it was scored.

Final Game

Shooting Areas Rebound Game

Divide your players into teams of 6 players.
On the pitch set up a coned area near each goal.
Players can only score with a rebound inside this area.
There is no limit to how many players can enter the coned area for a rebound.



Progression

Enforce a two touch rule to encourage quick passing and movement.
Add extra players.
Remove the cones and remind players about following up.



Coaching Tips

Make sure the long shots hits the target and continue to make sure that players are using the correct technique for shooting from distance (players' foot in the follow through should point towards the target).
Insist the follow up runs take place, otherwise go back to the previous practice.



Notes

Encourage players to shoot from distance. Players must make the transfer from the last practice and follow up every time. Teams who do not follow up will miss the opportunity to score many poacher goals.

Other Comments:

"It's not about the shoes. It's about what you do in them" Michael Jordan

Evaluation: