



North Star F.C.

Recreational Coaches Training Program for Shooting and Finishing themes

We are developing several booklets based on important themes we teach in the Recreational Program.

These are the themes we will focus on though this list is not

These are several training themes shown below which we encourage you to work on with your players.

These are to supplement your weekly plans, slightly more advanced ideas if you feel the players are ready to work on them.

- 1. Dribbling theme (22 Sessions)**
- 2. Passing, Control and Movement theme (16 Sessions)**
- 3. Shooting and Finishing theme (18 Sessions)**
- 4. Receiving and Turning theme (8 Sessions)**
- 5. Running with the ball theme (4 Sessions)**
- 6. Awareness Training (Scanning) theme (9 Sessions)**
- 7. Combination Movements theme (4 Sessions)**
- 8. Possession based Circle Training theme (3 Sessions)**
- 9. Defending theme (10 Sessions)**
- 10. Goalkeeper Training (3 Sessions)**

Start with some warm-up ideas

Warmups

Fast footwork, co-ordination and speed training

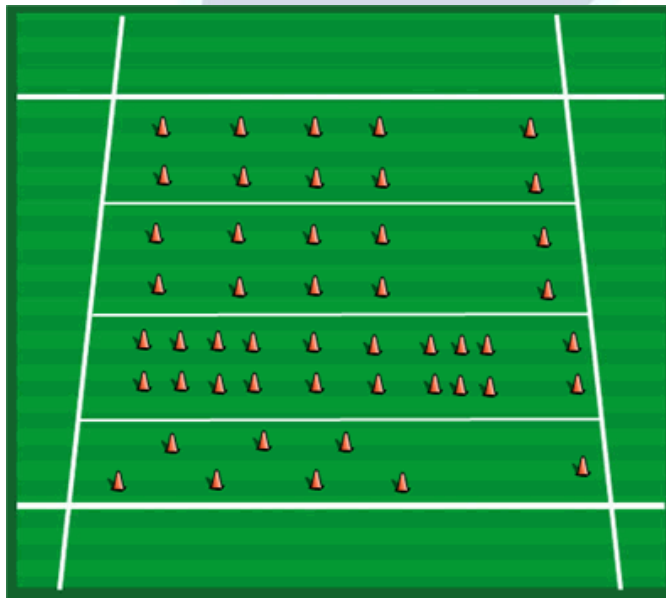
All training is specific to match play. Our work is based upon developing a balance between ball handling and functional running and sprinting in combination with jumping, stopping, and turning.

Quick feet, light feet, changing stride length exercises will be particularly important.

Repetition of the exercises is important throughout the season on a weekly basis to develop good and correct habits regarding co-ordination, comfort in running, awareness of the efficient use of arms and legs in running and the synchronization of limbs.

We are intending to develop a 6th sense in teaching the players to use the right techniques at the right times.

Quick feet, knees up: Forward and backward running. Concentrate on footwork and leg rhythm (Cones a half meter apart with a 5-meter sprint at the end). Players are racing in twos.



Side to side: Checking side to side between cones with fast feet then a sprint, practice forwards and backwards (defending movement).

High Frequency: long and short strides changing the stride length, adjusting the feet. Stepping between the cones.

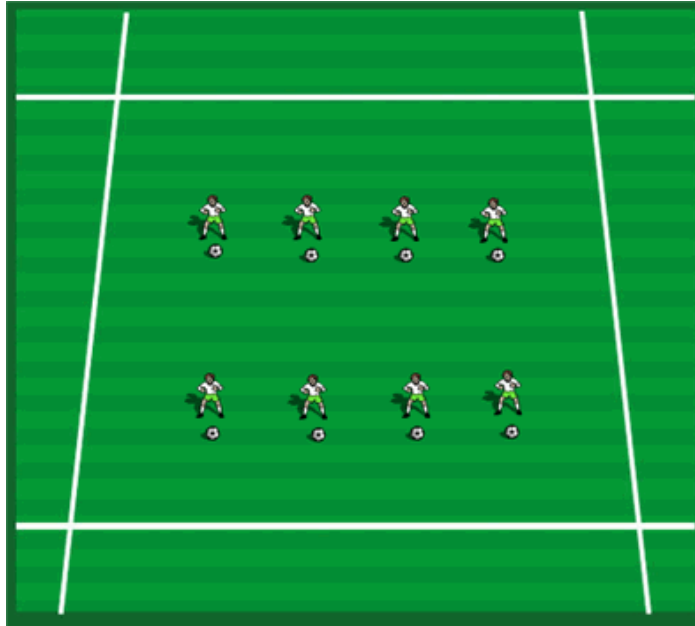
Checking and Dummying: Bouncing side to side in one movement, with feet wider apart, as fast as possible, throwing a dummy with the upper body, good for the dribbling movement dropping the shoulder one side and moving to the other side.

An introduction to improving touch on the ball.

Ball familiarity

1. Using different techniques to control the ball.

a) Simple juggling of the ball to improve foot control, how many times can they keep it up with BOTH feet? Make it a competition between the players.

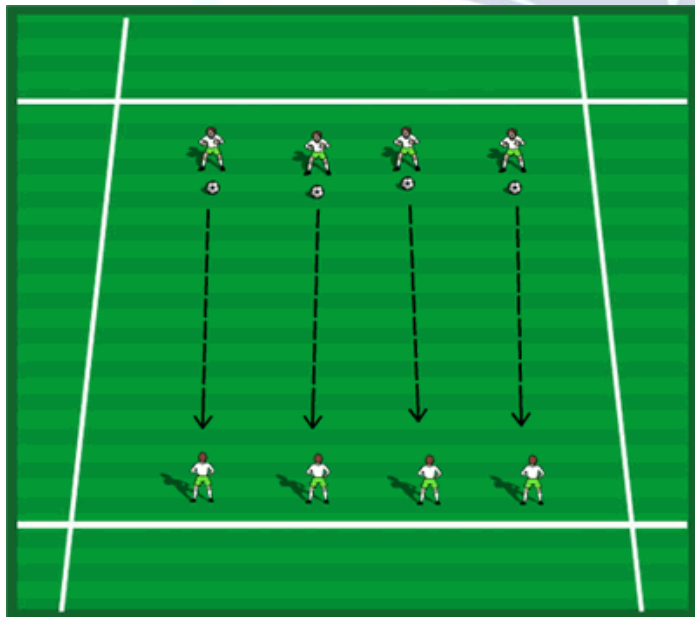


b) Using the inside and the outside of the feet and moving side to side. Move the ball with the inside of the foot then the outside to bring it back but with the same foot. Use a cutting motion.

c) Inside and outside of the foot, roll the ball to the outside (on top of the ball contact), cut it back with the inside and roll the ball to the inside and cut it back with the outside of the foot.

2. Moving a yard or so either side, back and forth maintaining control of the ball, this is great for acquiring a good touch on the ball and improving co-ordination.

3. Remind them to keep their head up not just looking at the ball all the time, even asking them to look around the area when they are doing this, or the coach can hold up so many fingers and they must call the number out as they work.



1, Simple passing in two's back and forth, first two touches, then one touch where possible. The coach can dictate the distance between them.

2. Ask the players to look to "each other's eyes" as they pass and NOT at the ball to see if they can keep possession between them.

3. This will be difficult at first, but it helps to teach them to look up and not down at the ball during games and hence helping their "Awareness" development as players.

4. They should be able to see their ball in the "peripheral vision".

5. Using both feet to pass the ball.

6. Competitive: Count how many

passes they can get in between them during a given time.

Shooting and Finishing themes

Start with VERY Basic and FUN ideas.

For small-sided game situations emphasizing Shooting see the SSG section.

VARIOUS FUN SHOOTING PRACTICES

SESSION 1: A 2 v 2 TO GOAL



Finishing, receiving, defending, passing, goalkeeping.

Use the penalty area and a regulation size goal. Two teams with two players are inside the penalty area. The coach is standing inside the D with a group of balls and dictates the service into the box.

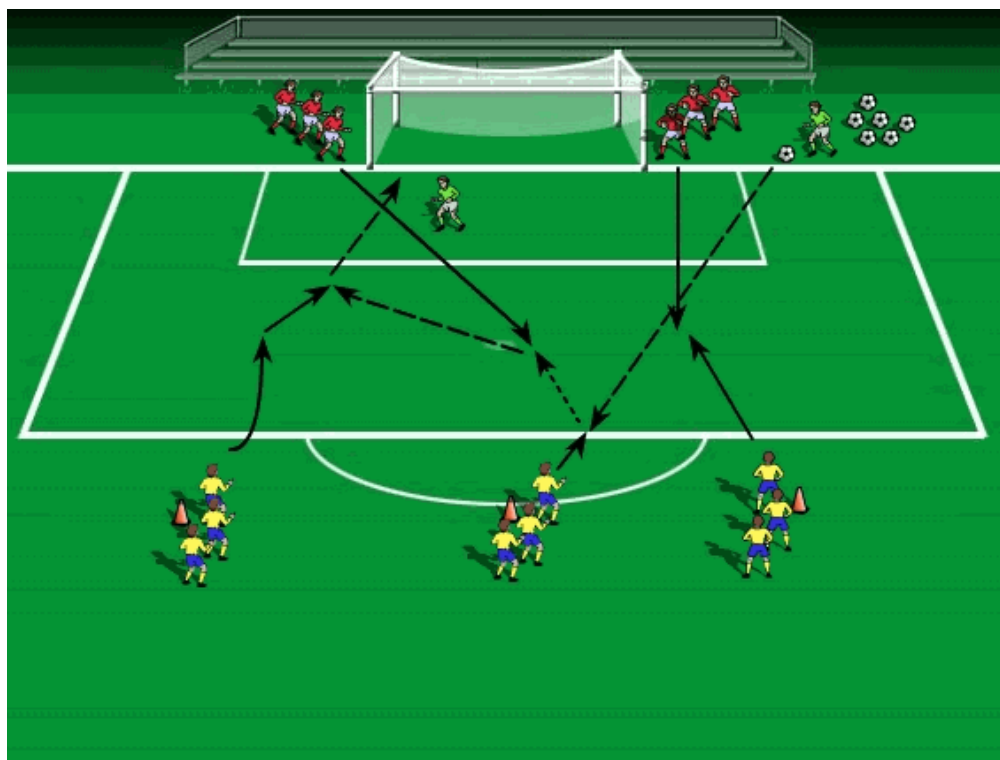
1. The coach serves the ball into the penalty area and both teams compete for the ball and try to score.
2. If the team on defense wins possession, they can go to goal as well.
3. If the goalkeeper makes the save or the ball goes outside the penalty area, the play is done.
4. Have the resting teams on the sides of the penalty area keeping the balls re-circulated.

Progression: The serves can come from anywhere outside the penalty box. Use the extra players for this.

A goal must be scored in eight seconds or less.
Both teams have a two-touch maximum.

Coaching Points: The players must be willing to work on both sides of the ball.
Receive the ball sideways on.
Close the shooter quickly.

SESSION 2: A 3 v 2 TO GOAL



Finishing, receiving, defending, passing, goalkeeping.

Use the penalty area and a regulation size goal. Two lines of defenders stand on both sides of the goal. Three lines of attackers stand five yards out from the top of the penalty box.

The coach or server stands on the end line, between the 6 and 18, with a group of balls.

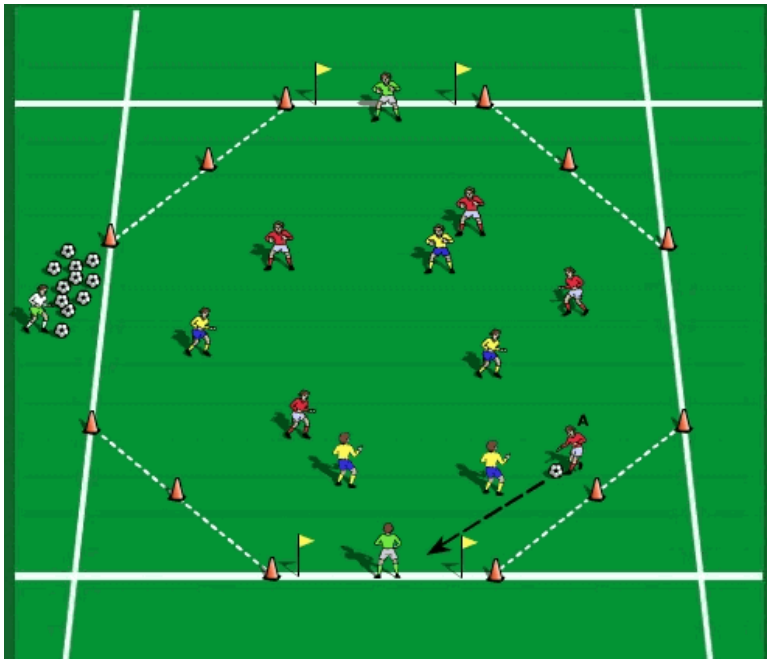
1. The coach serves the ball into the penalty area.
2. The first defender in each line, (2 total), leaves the post to meet the three attackers (1 from each line), at the top of the box.
3. The three attackers try to score a goal, and the two defenders are trying to prevent the goal from being scored.

4. The play is over when the goalkeeper has possession, or the ball travels outside the penalty area.

Progression: Two of the three attackers must touch the ball.
The goal must be scored after an overlapping run is made.
The attackers have five seconds to score.

Coaching Points: Pressure the ball first and cut down the shooter's angle.
The Goalkeeper must communicate with the defenders.
Get the shot off early.

SESSION 3: LOOK TO SHOOT



To develop the mentality to shoot – small-sided game.

30 x 30-yard grid. Teams are arranged in a 6v6 format. Flags are placed at opposite ends to create goals. Goalkeepers are positioned in each goal. Cones are placed to make the sidelines on a diagonal towards the goal. A supply of balls is placed with the coach at the side of the playing area.

1. Both teams compete for possession of the ball. Teams must score as many goals as possible in the designated period.

2. Players are encouraged to shoot at every opportunity

3. Players may pass or dribble to create shooting opportunities.

4. The diagonal sidelines create a playing area where there are NO bad angles to shoot.

If a ball leaves the playing area the coach passes the next ball quickly to maintain a high

tempo.

5. In the above diagram player (A) can be seen striking a shot on target.

Progression: Add a touch restriction for all players.

Coaching Points: Shoot early and often.

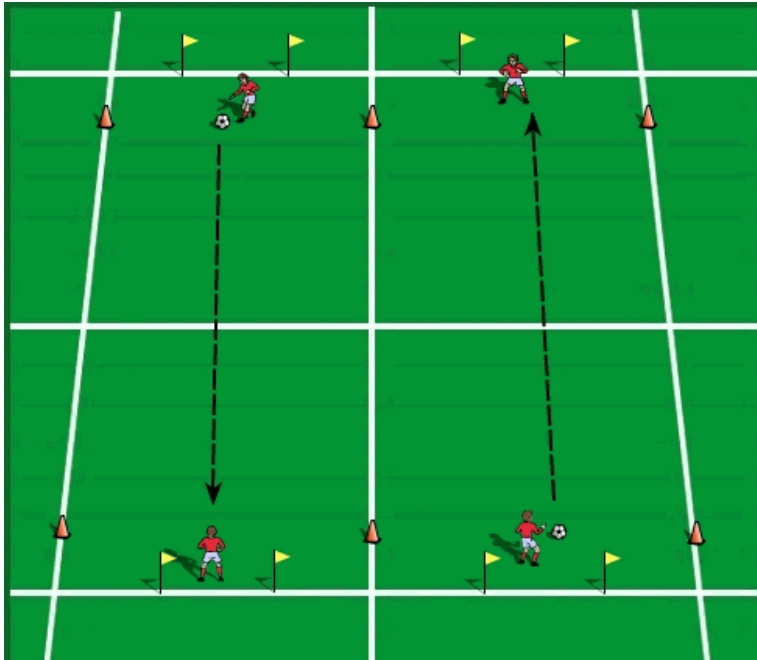
Take chances – don't pass the responsibility to others.

Strike the ball with the laces.

Strike through the ball – land on the kicking foot.

Accuracy before power on all shots.

SESSION 4: SAVE IT, SHOOT IT



Correct mechanics of shooting from distance

Players are arranged in pairs. 10 x 20-yard grid with two flags (or cones) placed at each end to create a goal. One ball for each pair. Two cones are placed 2 yards from the goal line on either side of the grid as shown. Repeat grid set up to accommodate the entire team.

1. Players begin at opposite ends of the grid.
2. Player must strike the ball back and forth attempting to get every shot on target.
3. Points are awarded for scoring in the opponent's goal. Players have two touches – one to save the ball, one to shoot.

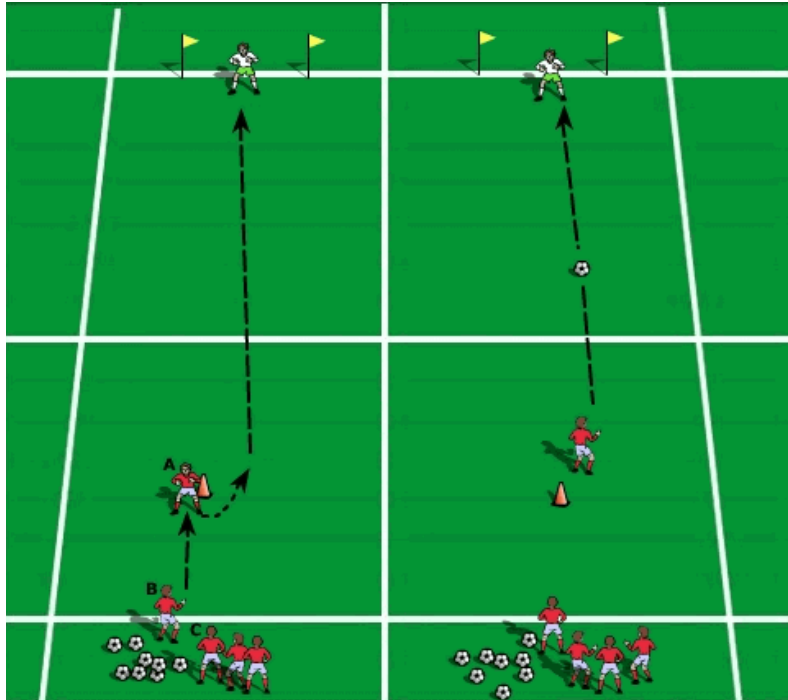
4. Players may use their hands to save the shot.

Progression: Players cannot use their hands to save shots that are traveling lower than chest height.

Competition – first player to score 10 goals wins.

Coaching Points: Strike the ball with the laces. Follow through – land on the shooting foot. Non-kicking foot must be in line with the target.

SESSION 5: SPIN AND SHOOT



Turning quickly to shoot on goal.

10 x 20-yard grid. Five players plus a goalkeeper per grid. Flags are used to create a goal at one end of the grid. Players are positioned at the opposite end of the grid as shown.

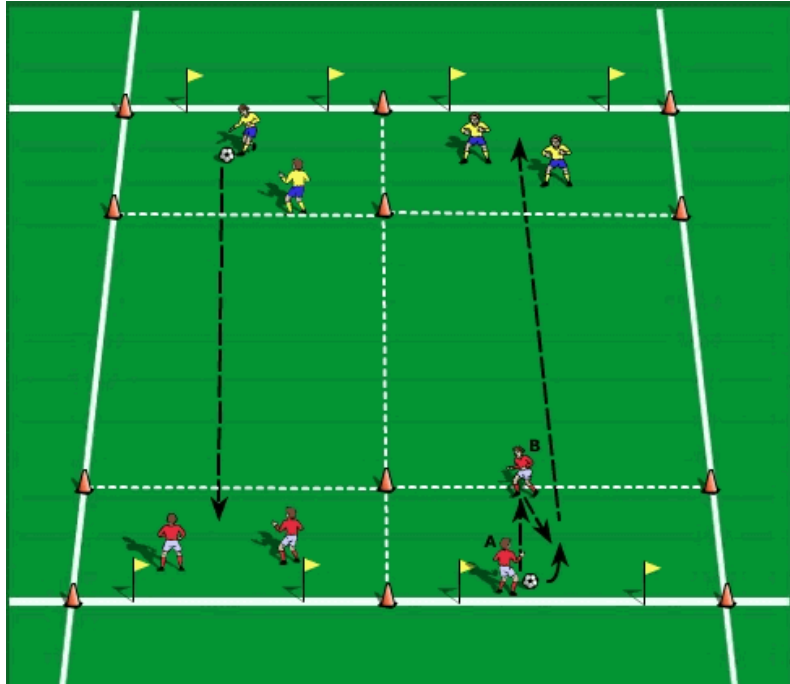
A cone is situated 4 yards from the group of players. A supply of balls is placed next to the players.

1. Player (A) begins at the cone as shown.
The cone acts as a stationary defender.
2. Player (A) receives a pass from (B).
3. Player (A) must spin around the cone with one touch and shoot on the next touch.
4. Player (B) jogs to the cone to receive a pass from (C) to repeat the sequence.
5. Player (A) joins the back of the line.
6. Play is continuous for a designated period.
7. Rotate the goalkeeper often to avoid fatigue.

Progression: Players must use a different surface of the foot to turn each time – inside, outside etc.

Coaching Points: Strike the ball with the laces. Strike through the ball – land on the kicking foot. Spin around the cone quickly.
Accuracy before power.
Non-kicking foot must be in line with the target.

SESSION 6: WORKING IN PAIRS



Combining with a teammate to create a shooting opportunity.

10 x 25-yard grid. Four players per grid with one ball. Flags are used to create a goal at each end of the grid. Players work in pairs and are positioned at opposite ends of the grid as shown. Cones are placed to create a 5x10 yard area on both sides of the grid. Repeat set up to accommodate the entire team.

1. Players (A) and (B) pass the ball around inside the coned area.
2. After completing 3-4 passes one of the players must run to the 5-yard line to receive a pass from his partner.
3. In the above diagram player (B) runs to the line. Player (A) passes the ball to (B).
4. Player (B) must lay the ball off to (A) with one touch for a shot at the opponent's goal.
5. The sequence is repeated by the team (yellow) at the opposite end of the

grid. Players may use their hands to save shots.

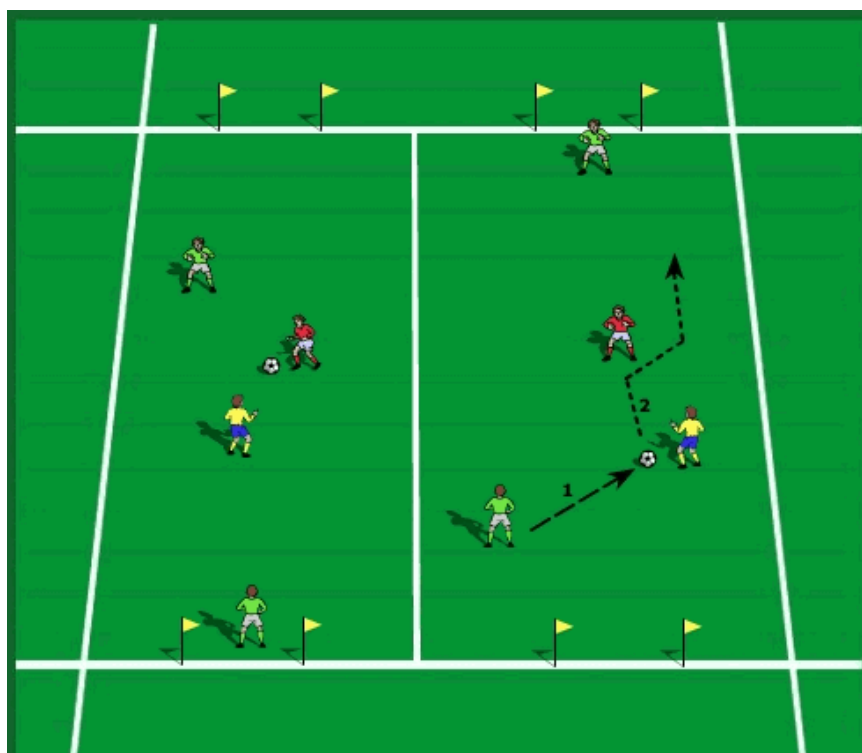
6. Players must score as many goals as possible in a designated period.

Progression: All passing must be one touch. All shots on goal must be one touch no preparation touch.

Coaching Points: Strike the ball with the laces. Strike through the ball – land on the kicking foot. Passing must be sharp and accurate. The layoff must be at a slight angle.

Accuracy before power on all shots.

SESSION 7: 1 v 1 STANDOFF



Dribbling, shooting, and attacking play.

10 x 25-yard grid with flags to create mini goals at each end.

Four players per grid, two acting as goalkeepers, two as field players
Repeat set-up to accommodate entire team.

1. Players compete in a 1 v 1 battle for possession of the ball.
2. The goalkeeper of the player in possession can come out of the goal to support his teammate.
3. Goalkeepers cannot

score.

4. After 2-3 minutes the players rotate so that the goalkeepers get a chance to act as field players.

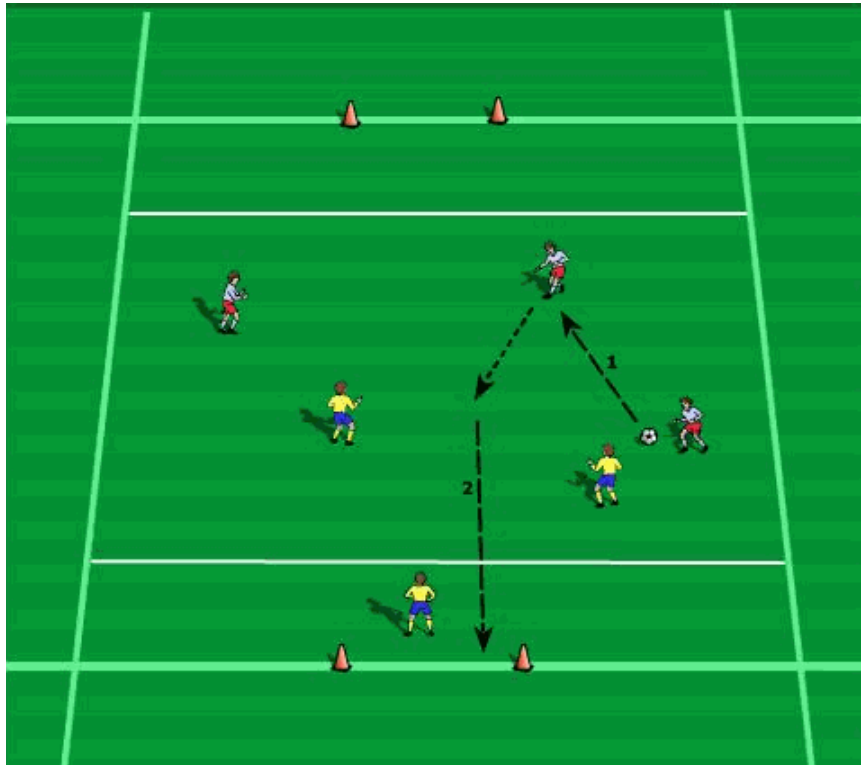
Progressions:

Goalkeepers can score on a first time shot.

Coaching Points: Shoot early and often.

Encourage attackers to take chances in 1 v 1 situations close to goal. Changes of speed and direction to beat defender.

SESSION 8: THREE v THREE PASS IT, FINISH IT



Passing, Receiving, Finishing.

20 x 30-yard grid with a 4–5-yard area designated as an end-zone.

6 players

Cones to make mini goals.

1. 3 v 3 game. Each team can designate a goalkeeper who can use their hands inside the end-zone area.

2. Goalkeepers must become outfield players when their team is in possession.

3. Goals are awarded for 5 consecutive passes or for shooting the ball into the mini goals

Progressions:

Can only score with inside of the foot.

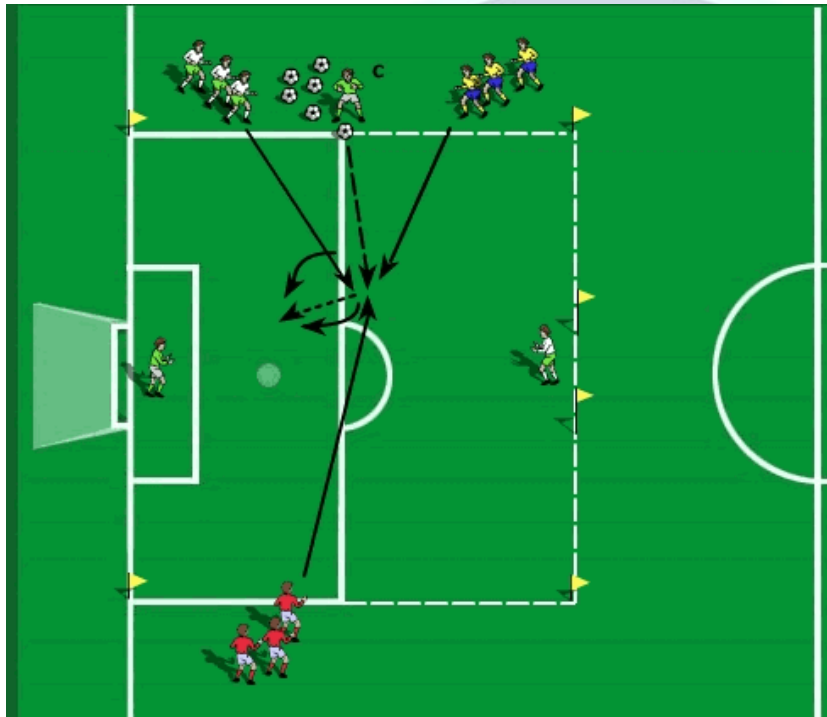
Reduce the size of the mini goals and play with no goalkeepers.

Coaching Points: Lock your ankle, keep the ball on the ground when passing.

Receive the ball and take it into space with the first touch away from defenders.

Try to pass the ball into the corner of the goals.

SESSION 9: ONE v ONE v ONE



Finishing, dribbling, breakaways

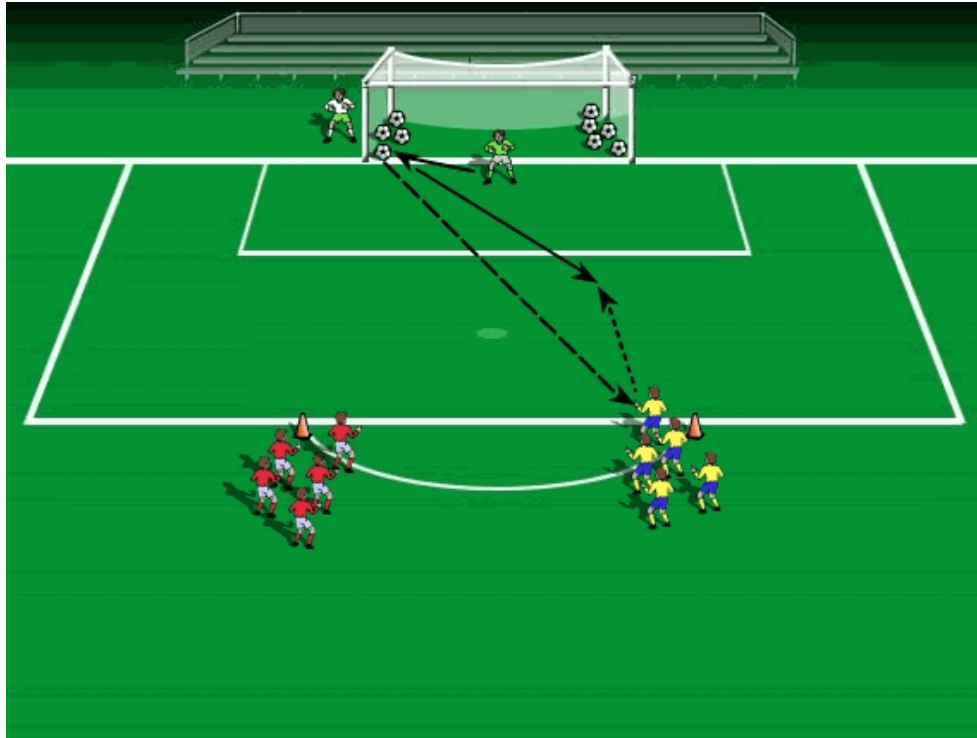
Make a 36x44 yard grid with a regulation size goal at both ends of the grid. All players including the coach stand in the middle of the sideline. Split the team into three different colors. All balls are with the coach.

1. The coach serves the ball out into the middle of the grid. Representatives from each color compete to win the ball.
2. The player with the ball can go to either goal or is defended by the other two players.
3. (It is always 1 attacker versus 2 defenders) If the ball is stolen, that player now becomes the attacker and goes to either goal. The players compete until a goal is scored, the balls go out of the area, or until 1 minute has elapsed.

Progression: Make it 2 v 2 v 2

Coaching Points: Change the point of attack by switching goals.
Take people on and make them commit.
Get the shot off early.

SESSION 10: BREAKAWAY GAME



Finishing, dribbling, breakaways

Use the penalty area. The balls are placed in the side of the net and easily accessible for the goalkeepers. All players are at the top of box on either side of the

1. The goalkeeper starts the exercise by distributing the ball to the first person in line at the top of the box.
2. As soon as the ball has touched the attacker for the first time, the goalkeeper can leave his/her goal line and close the shooter.
3. The attacker has five seconds to score.
4. The goalkeeper allowing the fewest amounts of goals wins. Keep track of the goals.

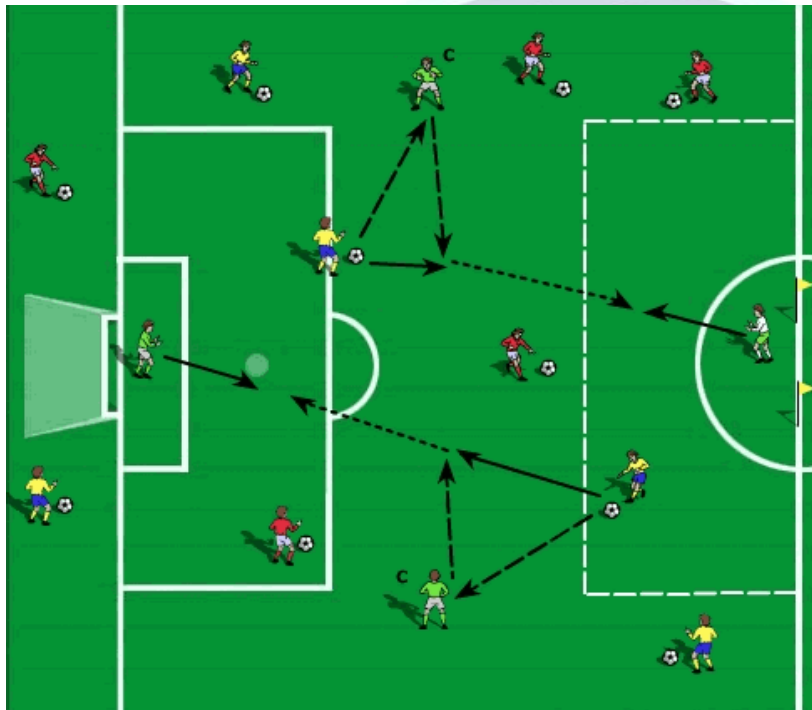
5. The team or individual with the most goals wins. Alternate the goalkeepers every time.

Progression: The goalkeeper must find the attackers chest. The attacker had three seconds to score.

Coaching Points: The goalkeeper must react to an errant touch by the attacker.

The attacker's first touch must be out at a 45-degree angle away from the body. If the goalkeeper's feet are moving, shoot quickly.

SESSION 11: WALL PASS TO GOAL



Finishing, dribbling, passing, breakaways

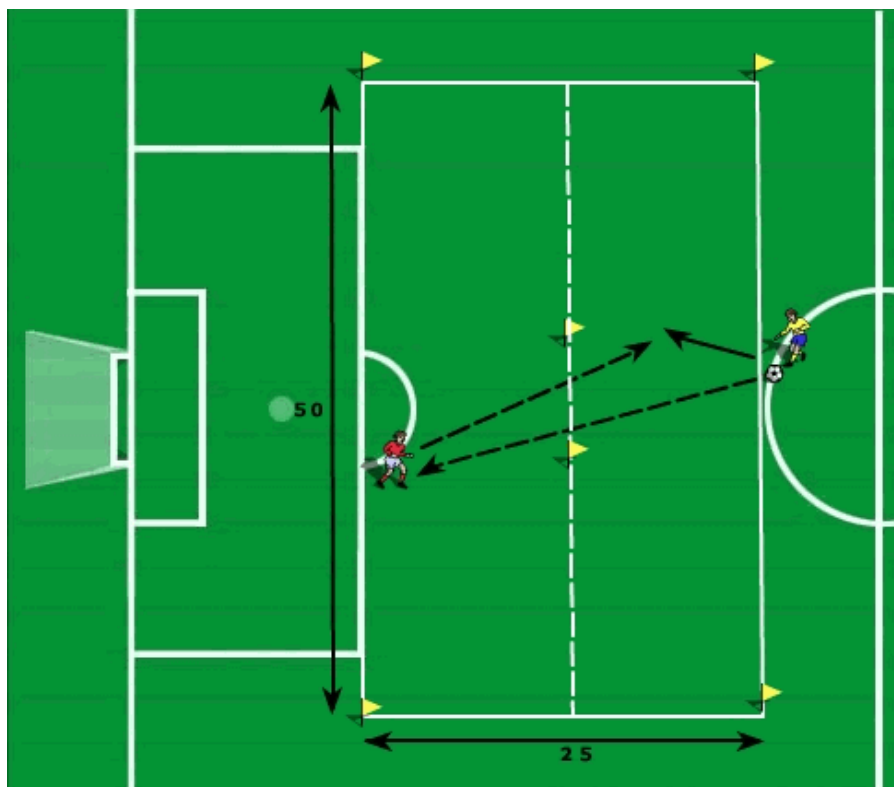
Set up a 55x70 yard field with a regulation size goal at each end. Divide your team into two different colored teams. Every player has a ball, and the coach stands anywhere in the middle of the field.

1. The players dribble around the field and soon as they make eye contact with the coach, they play the ball in, get it back and go to the goal.
2. The coach must dictate the players' run and lead him/her to the goal. Everything is done at game speed. Every few seconds a player should be shooting on goal.
3. The team with the most goals wins the game.

Progression: The player must chip or drive the ball into the coach's hands.
The attacker had three seconds to score.

Coaching Points: The dribbling must be sharp and game realistic.
Identify the goalkeeper's starting position.
Communication, communication, communication.

SESSION 12: LONG DISTANCE SHOOTING



Shooting, receiving.

Make a 50x25 yard grid and place a goal on the midway line in the middle of the grid. Use flags or cones as the goal so the ball can travel through the goal and to the other side. Place a player on each end line with a group of balls. There are only two players per grid.

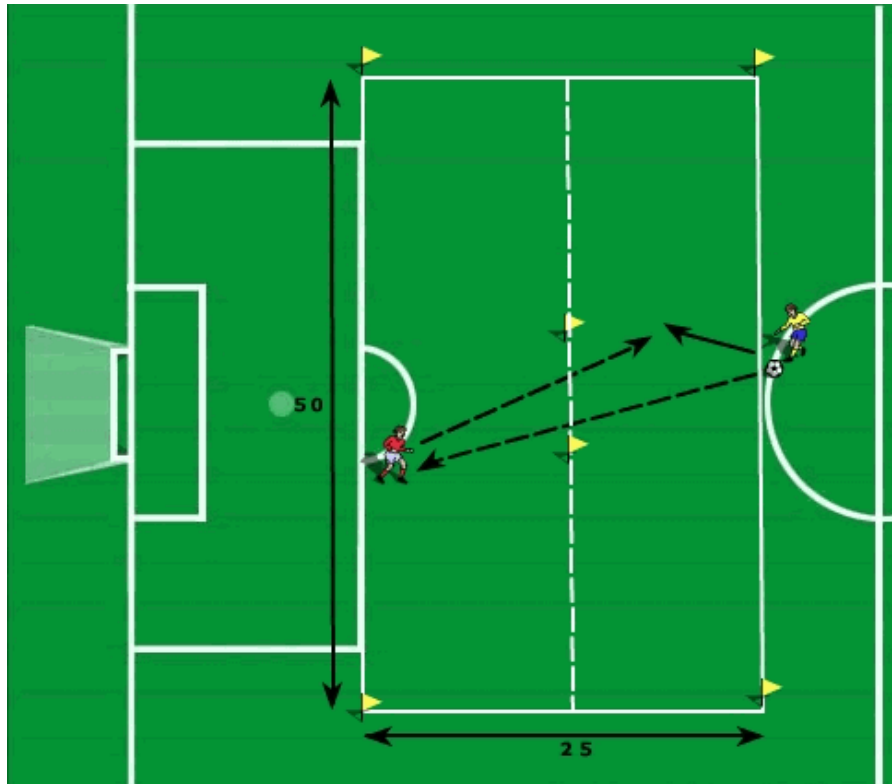
1. The play begins by one of the players shooting the ball through the goal and to the other player.
2. That player must control the ball and play it back through the goal in no more than two touches. A player receives a point for every goal scored.
3. However, a player is deducted a point if they fail to shoot through the goal or if they fail to control the shot before it goes over the end line.
4. The first player to score ten points wins the game.

Progression: Decrease the size of the goal.
The players must hit a moving ball.

Coaching Points:

Use the inside of the foot to shoot for accuracy.
The receiver must start centrally behind the goal.

SESSION 13: WORLD CUP



Shot stopping, breakaways.

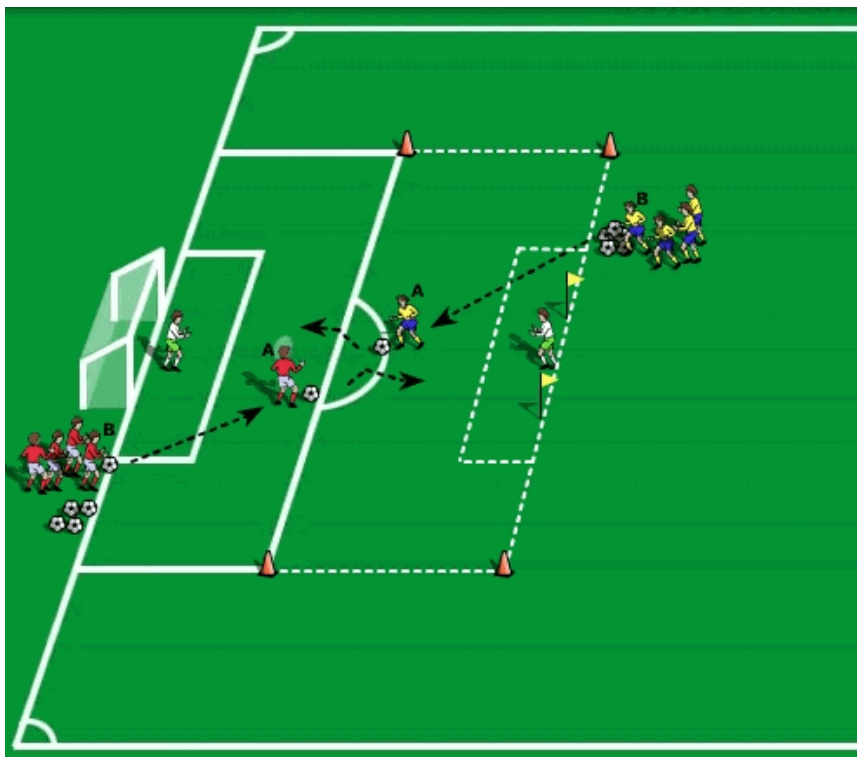
Use the penalty area and a regulation sized goal. The goalkeeper is in goal and all remaining players are inside the penalty area. The coach has a group of balls and stands on the side of the penalty box.

1. The coach serves balls into the box, sometimes more than 1 at a time, and the players try to score.
2. The last person to touch the ball before it goes in the net is credited for the goal.
3. The first player to score three times is declared the winner.
4. Start a new game and play again.

Progression: First time finishes from the coach counts as 2 points.
Add another 18x44 yard grid with a regulation goal.

Coaching Points: Attack the ball.
Get the shot off as quickly as possible.

SESSION 14: BREAKAWAY 1 v 1



To develop confidence in 1v1 situations with the goalkeeper

36 x 44 yards (two 18-yard boxes). Players are divided into two groups and positioned as shown. Goalkeepers are in each goal. A supply of balls is placed next to each group of players.

1. The first players in each group (A) dribble towards each other.
2. At the 18-yard line the players must exchange balls and continue a breakaway with the goalkeeper.
3. Players join the opposite group after each shot.
4. The next players in line (B) repeat the sequence.

After exchanging balls players must attack at speed to make the goalkeeper commit. Players are encouraged to place the ball into the corners of the goal – accuracy before power. Play is continuous for a designated period. Rotate the goalkeepers to avoid fatigue.

Progression: Must attempt a shot within 3 seconds of the ball exchange to encourage faster play.

Coaching Points: Accuracy before power.

If the goalkeeper charges out – slot the ball under him or dribble around him.

Try to be deceptive with the shot.

SESSION 15: IMPROVING SHOOTING ON GOAL USING SIMPLE SHOOTING IDEAS



DEVELOPING GOOD TECHNIQUE FOR SHOOTING AT GOAL

WARM UP

As always with a ball each and stretching.

1. In two's shooting through the coned empty goals to each other. We are looking for accuracy and good technique. Have the players count the number of goals they score. Have a few rounds adding up scores each time.

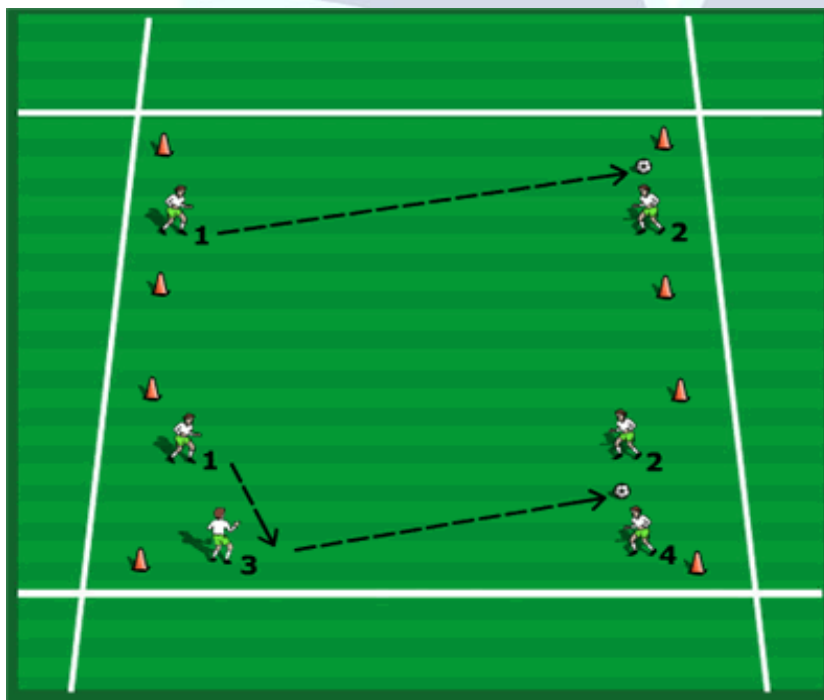
2. If you have the upright cones have them shooting to knock over the cones. Do it alternately per player on each side and count which team knocks the most cones over (competitive). Ensure players are all organized properly behind an end line, so they all shoot from the same distance.



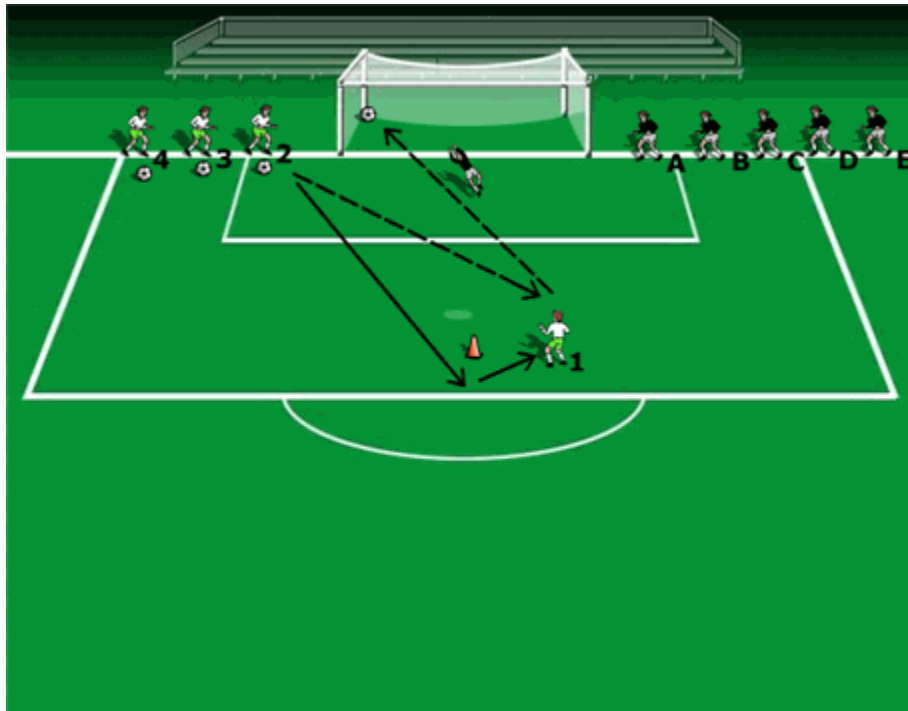
1. **Simple shooting practice.** Players are in twos 10 to 20 yards apart, distance depending on the age group you are working with. Each has a goal to defend, and they must score past each other. Keep it to two or three touches per shot. Focus on the technique of striking the ball and explain and demonstrate this to the players.
2. **Develop:** Have the players shoot with their stronger foot for a time then have them practice shooting with their weaker foot for a time.
3. **Conditions:** Work on side foot shooting, instep shooting, swerving the ball with the inside and outside of the foot etc.

4. **Competitive:** After two minutes of shooting have the winners play each other and the losers play each other.

5. **Develop:** Have two v two games so some passing and shooting is developed; encourage a one touch shot from a well weighted pass from their teammates.

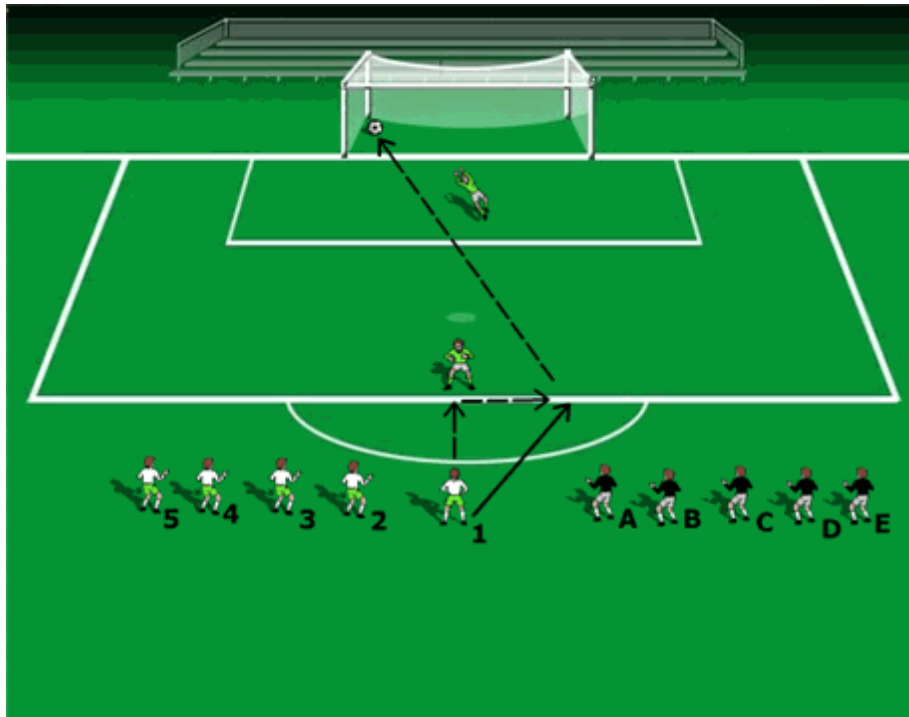


SESSION 16: ONE TOUCH FINISHING



1. 70% of all goals are scored with one touch so it is important to practice this technique regularly. (1) runs around the cone at pace to receive the pass from (2). Go left then right varying the call to keep the players concentrating. Each player except the one running has a ball to serve. Player switches sides each time. One touch finishing.
2. This is continuous practice with lots of work for the keeper also. As soon as a pass has gone in call the next player to start their run.
3. **Develop** – Vary the service with easy passes to begin so we get a lot of goals then chip it in for volleys, half volleys, headers, diving headers, and so on (players can throw the ball in to maintain accurate service if needed to ensure strikes on goal). Working on a positive attitude to score, accuracy and/or power, correct shot selection, awareness of rebounds. Have players counting the number of goals they score (competitive).

SESSION 17: FUN PRACTICES WITH ONE OR TWO TOUCH FINISHING

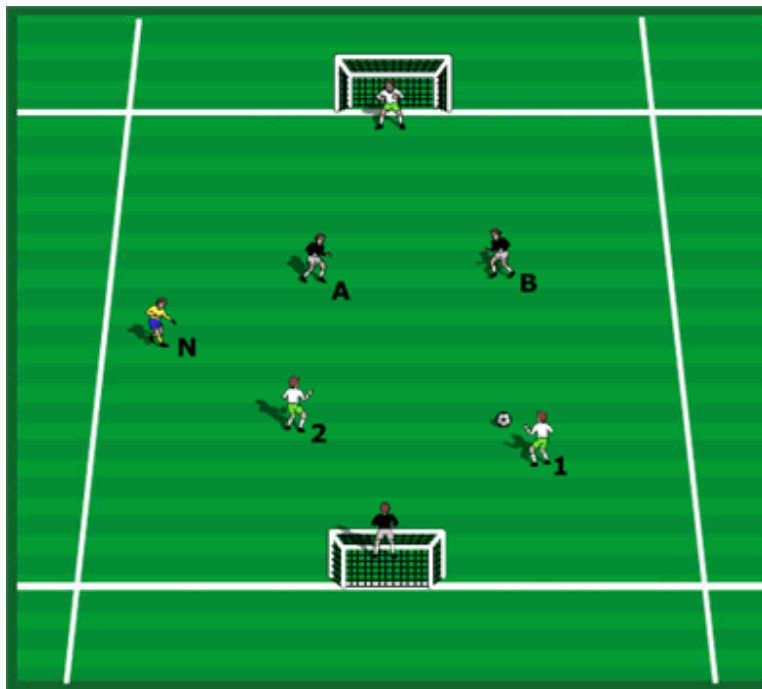


1. (1) plays a 1 – 2 with the coach and shoots at goal with a one touch finish. Go right and left. The coach can use different layoffs with degrees of difficulty as the players improve their finishing technique.

2. **Develop** – The coach changes position with the server who faces the goal a) throw the ball over the players shoulder for volleys and half volleys b) throw from the side for side volleys and half volleys c) throw off at an angle so the player chases down the ball and shoots. The player turns around (now back to goal). The coach passes to the player's feet that must receive and turn and shoot quickly. Serve to feet, control, and turn, chest control and turn, thigh control and turn.

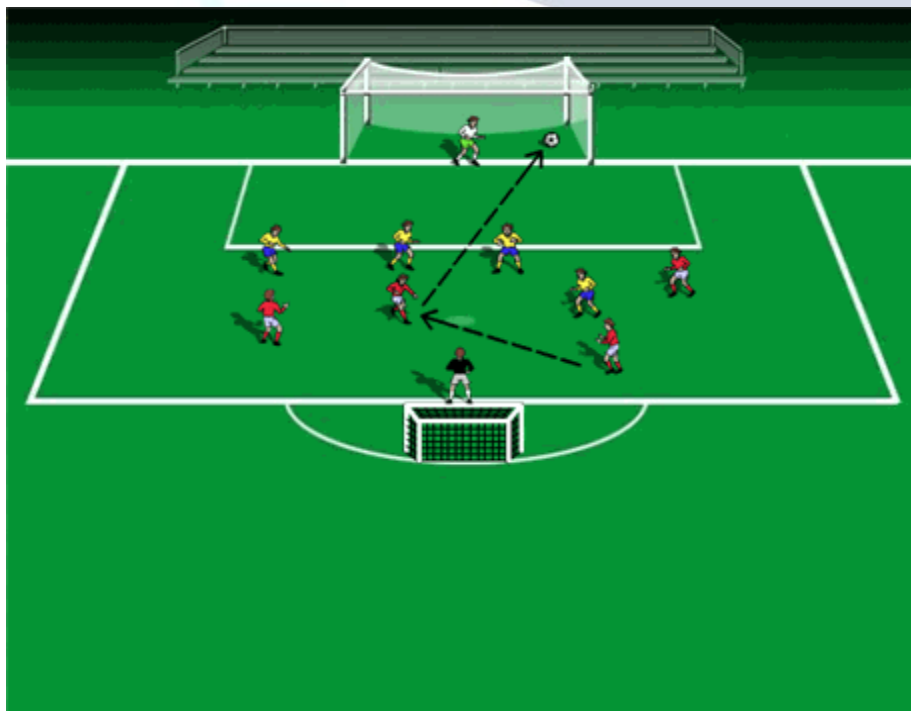
3. **Develop** – In two's (1 v 1's), make it competitive have players turning and the first to the ball has the shot, variations of service, down the side, between the players, in the air, players in various stances, sitting, lying down so they must get up off the ground and get the shot in first. Do the same with them facing the goal, there are many variations you can use for this, and it helps their sharpness and composure in finishing.

SHOOTING GAME PLAN WITH KEEPERS



It can be a 2 v 2 plus 1 with keepers or a 3 v 3 with keepers. Use big goals so there is a big target to hit, and it is easier to gain success.

SESSION 18: IMPROVING SHORT AND SHARP FINISHING IN THE BOX QUICK ONE AND TWO TOUCH FINISHING IN THE BOX



Coaching Points

1. **Quality of Passing** - Concentrate on the weight, timing, and angle of the pass. Under hit the pass to draw the receiver to the ball and into a position to shoot and get free of the defender. This technique is used to allow the receiver to hit a one touch shot at goal. Weight of pass must be light to allow this. This is the opposite to what coaches normally tell a player (do not pass the ball short or under paced because it can be intercepted). Above, a short under hit pass draws the player towards the ball to get free from the defender and, half turned with a side on stance, hit a one touch shot.
2. **Positioning and Crossing Technique** - (creating width to cross).
3. **Balance in Attack** - (near post / far post / middle of goal). Positioning from crosses, timing of runs (late and fast), changing of positions to move defenders, angles of runs, contact on the ball.
4. **Finishing Technique** – Position of the feet to receive. One touch finishing

