

Shooting From Distance Session Plan



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5% discount code: **AFL-RMTD**

Link: <https://amzn.to/3nIQf7V>

Link: <https://shop.soccertutor.com/coaching-software?acc=ee57acedb6ffd923f44727b05792682a>

Soccer shooting warm up

Time: 10 minutes

Set up:

- 15x20 yard area
- 1 goal
- 1 soccer ball per 2 players

Instructions:

Create your area and set up your goal in the middle of the 15 yard line. There should be 1 soccer ball per 2 players and 2 defenders in your area.

The players must keep the ball away from the defenders.

If the defenders win the ball to get a point they must score a goal.

If they can score in 3 touches or less they will get 3 points, however if they score a goal in 4 touches or more they will only get 1 point and if a player is able to score in the corner they will get a bonus point

Coaching points:

- Use your laces or inside of the foot depending on how far away from the goal you are
- Aim for the corners
- Keep your head up so you know where the goal is

Questions that can lead to coaching points:

- What part of the foot should we be using? does that change depending how far away the goal is?
- Where should you be aiming when shooting?
- Where should head be looking?



Soccer shooting session technical activity

Time: 30 minutes

Set up:

- 15x20 yard
- 1 soccer ball per player
- 1 goal
- 4 cones

Instructions:

Create your area with the goal in the middle of the 20 yard line and set up 2 cones 7 yards either side of the goal.

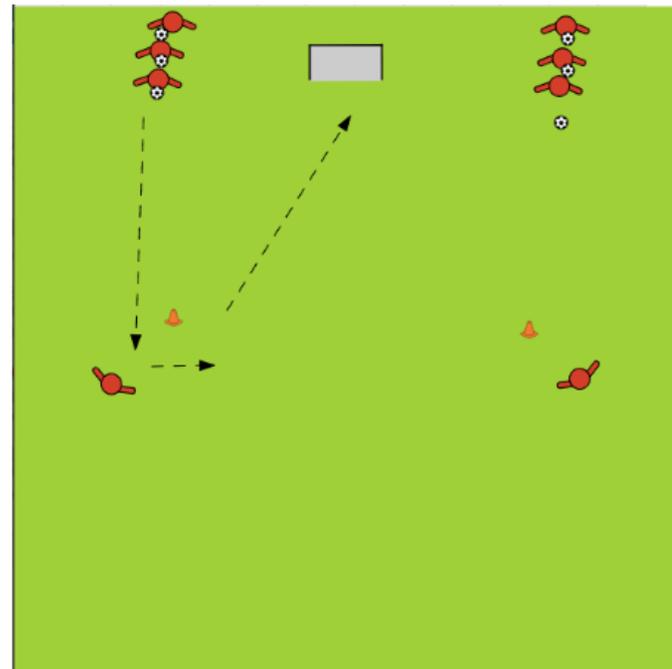
Opposite those cones set up a cone 10 yards back.

The player taking the shot will stand on the cone 10 yards back from the goal and the ball will be passed to them from the players on the cones either side of the goals.

The player with the ball will pass the ball to the player taking shot and they will take a back foot touch behind the cone they are standing on, inside and taking a shot with the inside of their foot.

Then the player that made the pass will become the next player taking the shot and the player taking the shot will collect their soccer ball and join the line that he received the pass from.

Rotate players so they are able to practice shooting with both feet.



Shooting technical activity variation

Instructions:

Instead of players passing the person directly opposite them they will now pass to the players who are standing diagonally from them.

Players will still be taking back foot touch however the touch will take them forward and around the outside of the cone.

They will then take a shot with their laces trying to shoot back across goal.

Players will follow their pass to continue the rotation.

After the player collects their soccer ball they will join the line that they received the pass from.

Rotate sides, so all players will have an equal opportunity to shoot with either foot.

The passes will now come diagonally so now the players' first touch will take them wide to strike the ball across goal. Rotate the lines round again.

The players will not follow their pass however; they will still move to the cone opposite their line and join the same line after they took their shot.

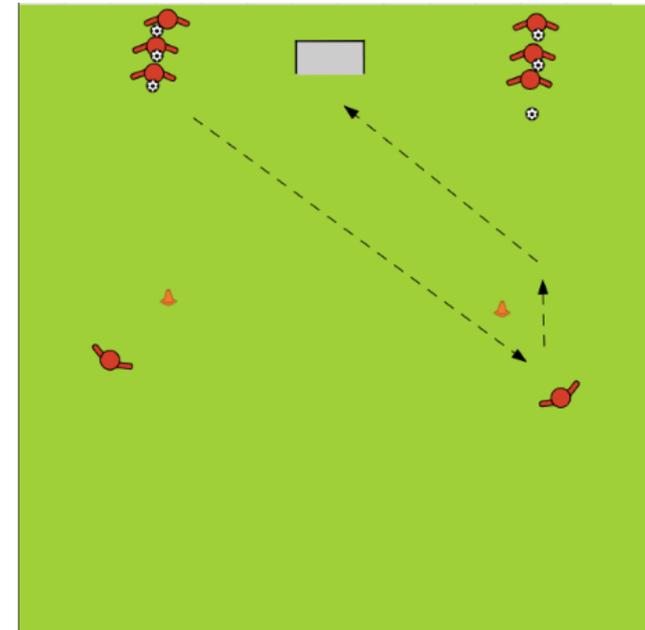
Rotate sides so players practice shooting with both feet.

Coaching points:

- Aim for the corners
- Look up to see where the goal is before you take your touch
- First touch should be out of your feet to give you enough space to take the shot

Questions that can lead to coaching points:

- Where should you be aiming when you are taking your shots?
- How do I know where the goal is?
- What should my first touch be like?



Shooting Progressions

Time: 20 minutes

Set up:

- 15x20 yard area
- 1 goal
- 1 soccer ball per 2 players

Instructions:

Keep the same area and set up.

Now the player playing the pass will become the defender and put the attacker under pressure.

The aim is to try and get a shot off as early as possible.

If the defender wins the ball they can turn and take a shot at goal.

Rotate sides, so all players will have an equal opportunity to shoot with either foot under pressure and defend.

This can be performed with the same variation as earlier.

When the passes now come diagonally the player playing the pass will still pressure the player opposite.

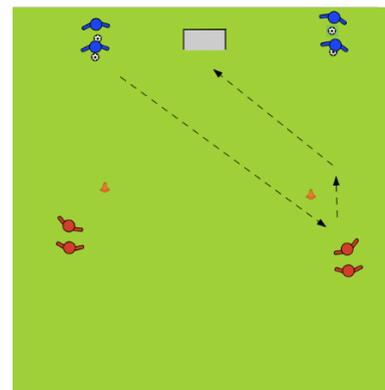
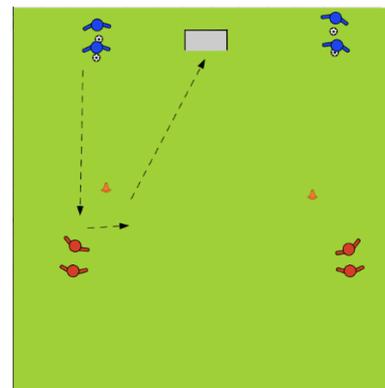
Coaching points:

- First touch is away from pressure
- Get the shot away as early as possible
- Aim for the corners

Questions that can lead to coaching points:

- Where should your first touch take you?

- What will happen if we do not shoot early enough? how much space will we have?
- Where is the hardest place for a goal keeper to save the ball?



Shooting Conditioned game

Time: 25 minutes

Set up:

- 15x20 yard area
- 1 soccer ball
- 2 goals
- 2 equally divided teams

Instructions:

Use the same set up as previous however remove the cones and place and another goal opposite the other goal.

This will create a wider and shorter field which will encourage players to shoot more frequently.

Coaching points:

- Allow players to play with little feed back
- Help correct individual errors with questioning if they are consistently making the same mistake.

