

Never Miss Again With These 11 Shoot Soccer Drills



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1. Combination passing and shooting in pairs

Set up:

- 1 Goal
- 3 groups of 3
- 3 soccer balls per group
- Set up players 15 yard back from the goal

Instructions:

This is a fun shooting drill that works on combining passes and shooting first time.

This drill can be set up to either take shots from outside of the area or be put through on goal.

If you have a goal keeper you add a them into the goal to make it more realistic, if you don't you can add little gates in the corners of the goals and if a player scores between the gates they will get 3 points instead of one.

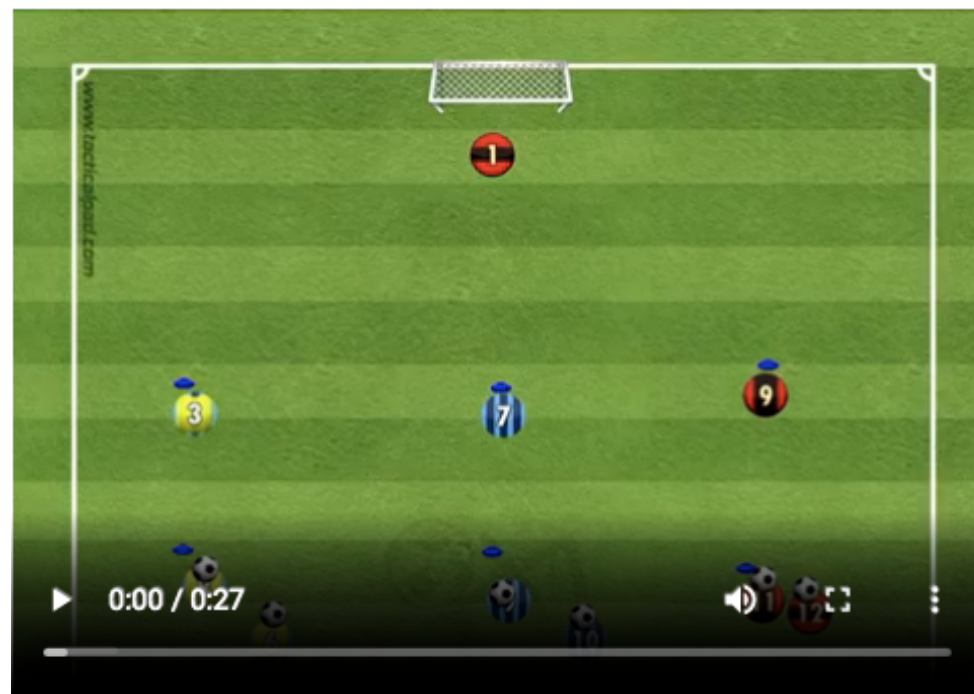
The team with the most goals/points will be the winning team. Rotate round the stations so each team has opportunities to shoot from different areas.

Coaching points:

- Communicate with your team mate as to where you want the ball to be set
- If you cannot take your shot first time make sure your first touch is out of your feet so you are then able to take your shot.
- Keep your head up before you take your shot so you have a picture in your head of what you are trying to do

Questions that can lead to coaching points:

- How does your team know where to pass you the ball?
- If I cannot take my shot first time what can I do instead?
- How do I know where the goalkeeper is?



2. 3v3 halfway line shooting game

Set up:

- 2 goals
- 2 teams of 3 with 1 GK per team
- 15 yard x 10 yard area

Instructions:

This is a small sided game that would be perfect to use after a shooting from distance soccer session.

Divide your players into 2 equal teams and set up your area with a clear halfway point (you may have to adjust the size of the playing area so it appropriate for the age group you are coaching).

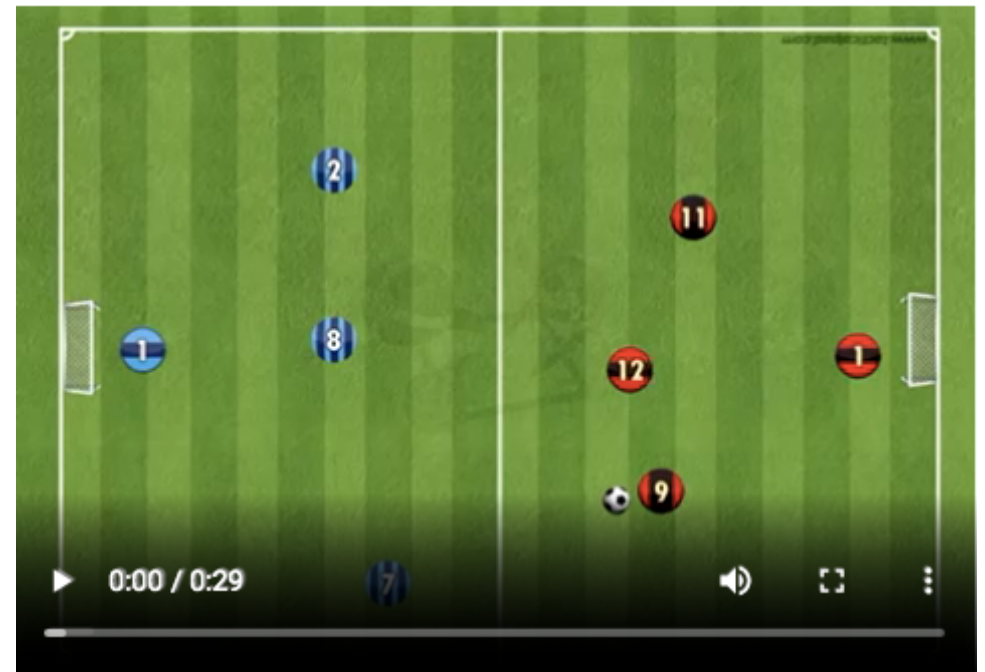
This will be like a normal game of soccer however if a player scores a goal from behind the halfway line then that goal will count as double.

Coaching Points:

- Take your shot early if you get the opportunity
- Keep your head to assess when/where/how to take the shot
- Scan the area so you able to find positions that you could from

Questions that can lead to coaching points:

- When should I shoot?
- How do I know when to shoot?
- If I do not have the ball what should I be looking to do?



3. Heading shooting drill

Set up:

- 1 goal
- 1 goal keeper
- 2 teams of 4
- 4 soccer balls per team

Instructions:

Set you teams up about 10 yards back from the goal with the team nominating 1 player to be the server and the other 4 players standing behind the cone 10 yards away.

The teams will alternate taking turns to head the ball to try and score a goal with a ball that is thrown into them from the server.

The team that scores the most goals in the time limit or gets to a set number of goals will be the winner.

When working on heading drills it is important that you teach the correct heading technique.

Coaching points:

- Use your neck muscles as well as your momentum to get power the ball
- Aim for the corners
- Make contact with the soccer ball using your forehead

Questions that can lead to coaching points:

- How can I generate power on the ball with my head?
- Where should I be aiming my header?
- What part of the head should I be trying to make contact with the soccer ball?



4. Shooting outside the box

Set up:

- 1 goal
- 1 goal keeper
- 2 teams of 4
- 15 x 20 yard area

Instructions:

Set up the area as if it was the keepers area in a game a soccer (the size may vary depending on what age group your are coaching).

Set up 2 teams either size of the goal, these players will pass the ball into the striker on the edge of the area. The strikers will then have a touch to set themselves then shoot, with the player who passed the ball becoming the striker.

You can vary this by asking players to take their first touch inside or outside as this will change the way in which they take their shot. you can then introduce defenders to pressure the player taking the shoot. Click here for the full shooting session plan.

Coaching points:

- Scan the goal to see where the goal keeper is and where you want to place the ball
- Check off the cones to create space for yourself
- Make sure your first touch is out of your feet
- Strike the ball with your laces for power or place the ball using the inside of your foot

Questions that can lead to coaching points:

- What should I be doing before I receive the ball?
- How can I create space for myself?
- What should my first touch help me to do?
- How should I shoot the ball?



5. 1v1 shooting ladder drill

Set up:

- 1 goal
- Players must be in pairs
- 1 soccer ball per pair

Instructions:

set up your players in pairs along the edge of the area, pairs should be 5 yards apart from other pairs with 1 ball in their pair.

The defender in the pair will start with the ball and pass to their partner who will become the striker. After the pass is made it will become a 1v1 scenario with the striker trying to shoot and score a goal.

If they score in the corners the goal will be worth 3 goals if they score but not in the corners it will be worth 1 goal.

After each pass swap the defender and attacker, at the end of the round whoever has the most points will be the winner.

The winners will move up 1 and the losers will move down one.

This is a great fun competitive shooting game.

Coaching points:

- Use a skill or a move to beat the defender or create a space for you to take a shot
- Shoot as soon as you think you can score
- Aim for the corners when taking your shot

Questions that can lead to coaching points:

- How can I create space for myself to score?
- When should I try and shoot?
- Where should I be aiming when I take my shot?



6. 4v2 shooting rondo (win the ball then shoot)

Set up:

- 5 x 5 yard area
- 6 players (2 defenders)
- 1 goal 15 yards away from the area

Instructions:

Set up your rondo and ask 2 of your players to be defenders. Every time the possessing team completes 10 consecutive passes they get one point.

However the defenders can score a point by stealing ball and taking a shot at the goal.

If they score in under 5 seconds of winning it back they get 3 points if they score after 5 seconds they get 1 point. The team with the most points is the winner.

Swap the defenders round so everyone has a turn shooting at the goal.

Coaching points:

- Work as a pair to close down passing angles to make it easier to pressure the player on the ball
- Scan the area so you know where the goal/team mate/ opposition are.
- Shoot as early as possible

Questions that can lead to coaching points:

- What makes it easier to win the ball back?
- How do you know where everyone/ the goal is?
- When should you shoot?



7. 1v1 transition shooting drill

Set up:

- 20 x 15 yard area
- 2 teams of 4
- 1 goal
- 1 soccer ball per player

Instructions:

Line up your 2 teams in 2 separate lines each with the soccer ball.

An attacker from the first team will dribble up and take a shot on goal as soon as the shot has been taken they will become the defender with the next player starting to dribble from the next line.

You can vary the kinds of shots the players take by introducing incentives, for example if you want players to take shots further out you can give them 3 points if they score a goal when the defender is in front of them and the opposite if you want them finishing from a closer range.

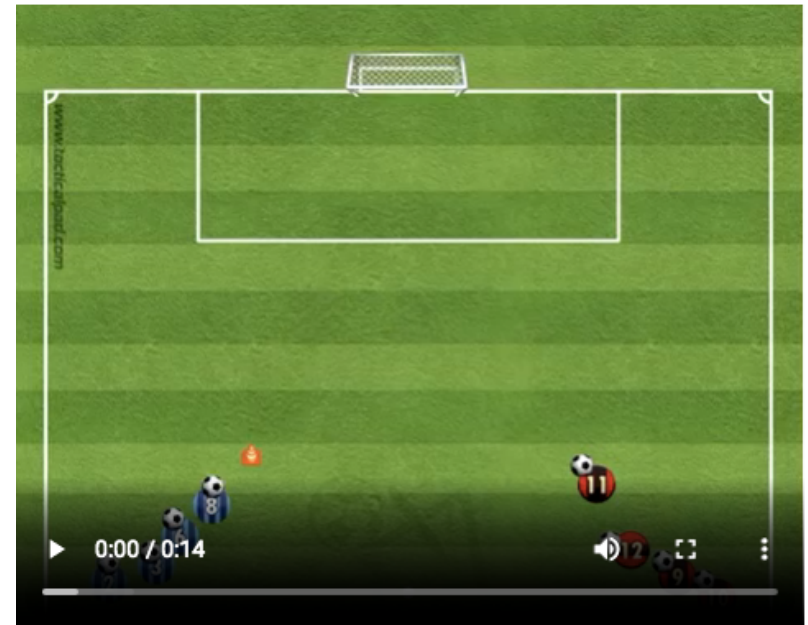
If you want players aiming their shots in the corners then you can make small gates in the corners of the goal. They can get 3 points if they score and it goes through the gate.

Coaching points:

- Attack the goal quickly, don't let the defender recover
- Use a skill to create space for the shot
- Aim for the corners as this is the hardest place to reach as a goal keeper

Questions that can lead to coaching points:

- Why should you attack the goal quickly?
- How can you create space for yourself to shoot?
- Where should you be aiming when taking your shot?



8. 1v1 Shooting and finishing Drill

Set up:

- 2 Goals
- At least 1 soccer per 2 players
- 15 x 20 yard area
- 2 teams of 4

Instructions:

Create your area and divide your players into 2 teams, a team of defenders and a team of attackers.

The attackers will start with the ball and pass the ball to the attacker diagonally across from them, this will then become 1v1. If the attacker is able to score they will get 3 points, however if the defender is able to steal the ball they can score in the opposite goal for 1 point.

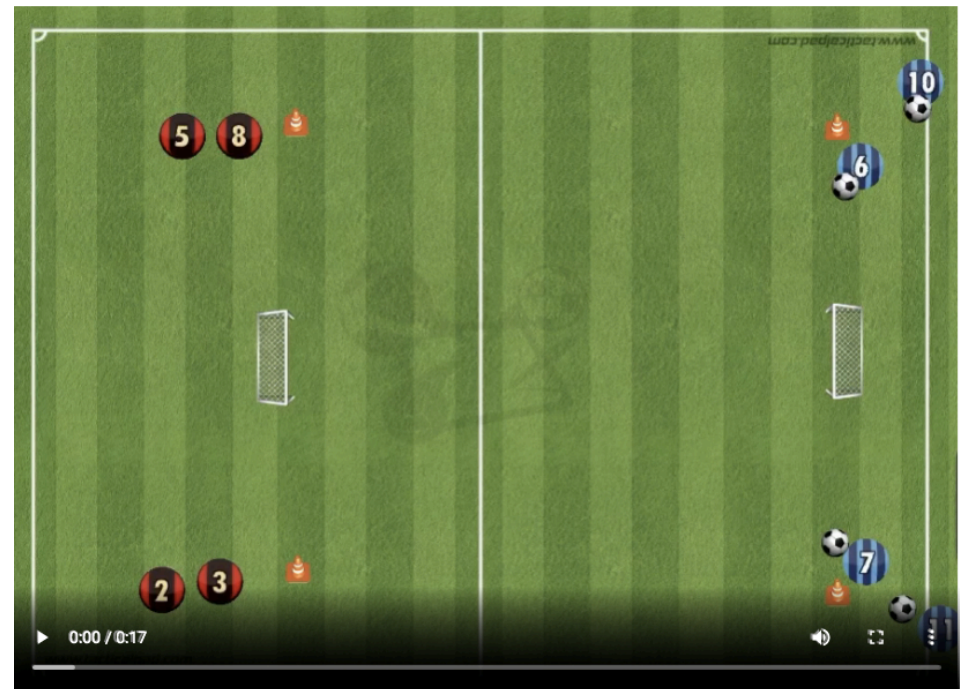
At the end of the round make sure you swap the defenders and attackers.

Coaching points:

- Be confident when dribbling towards the goal
- Use a skill that will enable you to take shot by cutting inside or going outside
- Keep your head up so you know where the defender and the goal is

Questions that can lead to coaching points:

- What should be thinking about as soon as we receive the ball?
- What can I use to create space for myself?
- How do I know where the defender and goal is?



9. Soccer shooting and finishing drill under pressure

Set up:

- 1 big goal 2 smaller goals
- 3 soccer balls
- 15x20 yard area
- 1 Goal keeper

Instructions:

There will be a defending team and an attacking team.

The attacking team will always have 2 players ready to feed the ball from the corner to the attacker who will be standing on the halfway line.

The defending team will start 5 yards back behind the attacker on the halfway.

As soon the ball is played to the attacker in front of the goal the defender can begin to pressure.

The attacker must try and score in the big goal, if the defender wins the ball they must score in the 2 smaller goals set up in the corners in line with the halfway line.

At the end of the phase the player who received the ball will collect the soccer ball and go to the feeder line and the player who played that pass will become the next attacker on the halfway line.

If the attacker scores in the goal they get 3 points and if they are fouled they 1 point.

If the defender scores in either of the 2 smaller goals they get 1 point.

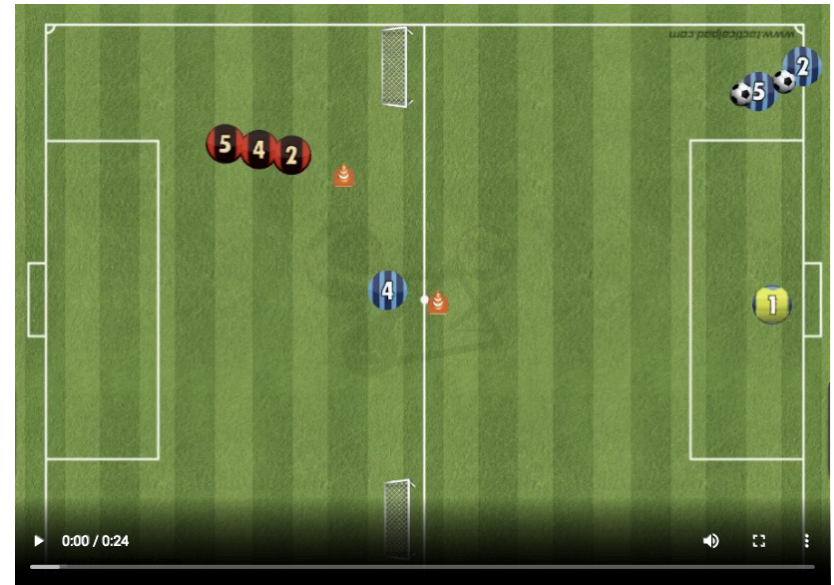
Coaching points:

- Dribble with your head up so you know how far away you are from the goal

- Big touch out of you feet to get away from the defender but smaller touches as you approach the goal
- Try to run across the path of the defender to protect the ball as you are dribbling

Questions that can lead to coaching points:

- Where should you looking when you are dribbling towards goal?
- What type of touches should you be taking and when?
- How can you protect the ball from the defender?



10. Shooting and combination drills

Set up:

- Create a 30x20 yards area
- Divide the area into 3 vertical sections
- 2 goals
- Divide your players up into teams of 3
- 1 soccer ball per team

Instructions:

The aim for the teams score as many goals as they can in the time limit, once they score in one goal they must try and score in the other goal.

The only rule is that to get from section to section players must pass the ball across sections, they can not dribble from section to section.

This should encourage players to think about their movement off the ball and combining passes to go forward and create opportunities to shoot on goal.

Progression:

Introduce a team that stays in the middle section and they will become the defenders.

The attackers are still performing the same task however they must be aware of the defenders in the middle

If they win the ball they can dribble out and choose a goal to score in.

Coaching points:

- Scan the area to you know where you team and other teams area
- Move off the ball to try and help your team mates who are on the ball
- First thought should be forwards

Questions that can lead to coaching points:

- What should you be constantly doing so you are aware of what is going on around you?
- Where should be trying to move when you don not have the ball?
- What should your first thought be when attacking?



11. Striker movement for shooting and finishing drill

Set up:

- Create a 5x5 yard square
- 4 players with 1 being a defender
- 1 soccer ball per group

Instructions:

Although this is different to the other shooting soccer drills, this drill will help the attacker on how they can create space for themselves and find opportunities to shoot on goal.

The aim for the attacker is to get the ball from one player from the outside to the other, if they do this successfully they will get 1 point.

The roles will be reversed when the defender wins the ball, the defender will then become the attacker.

Coaching points:

- Check you shoulder so you know where the defender and your team mates are
- Create space in 2 movements with your first movement going away from the striker and the second one towards the space

Questions that can lead to coaching points:

- How do you know what is going on around you?
- How can you create space for yourself?

