

# Soccer Shooting Drills



## Soccer Graphics

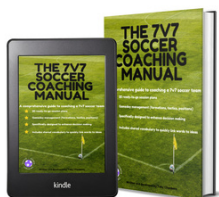


I created these graphics using the Tactics Manager from SoccerTutor. It is a fantastic resource to create, share and organize your soccer sessions and team tactics

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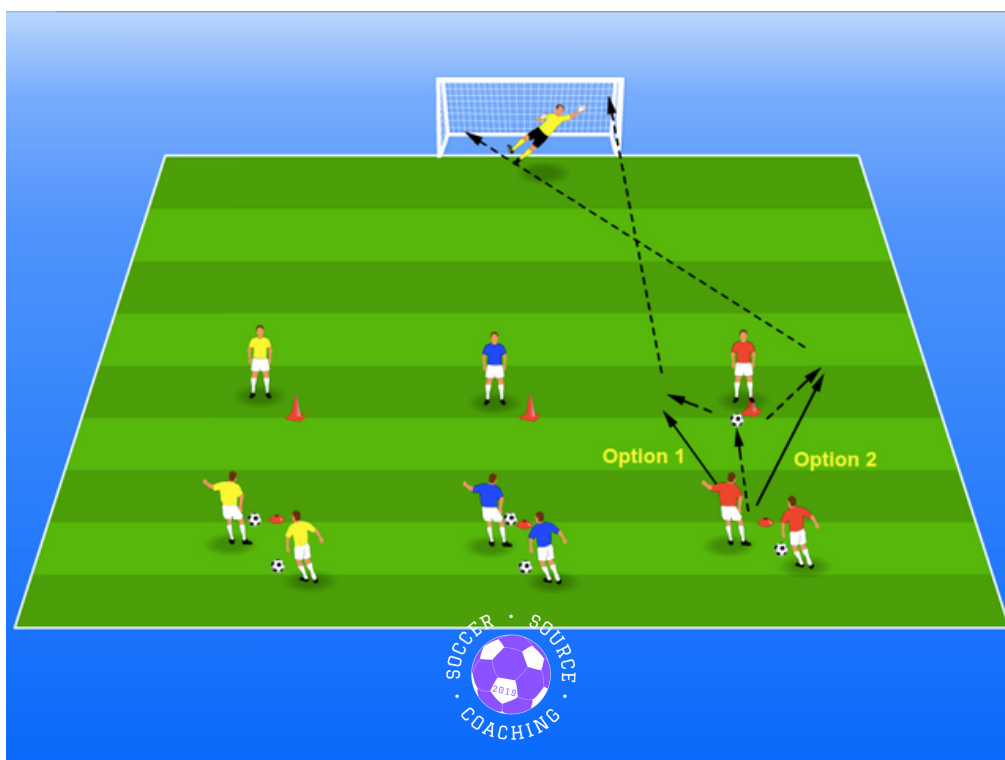
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## The 7v7 Soccer Coaching Manual



This is every coach's guide to developing a 7v7 soccer team. It includes 20 session plans with diagrams, coaching points, and progressions. Game day tactics and management are also included

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## Combination of passing and shooting in pairs

Set up:

1 Goal  
 3 groups of 3  
 3 soccer balls per group  
 set up players 15 yards back from the goal  
 Instructions:

This is a fun shooting drill that works on combining passes and shooting the 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 goalkeeper you add 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.

Once the previous team has taken a shot then the next team can begin their combination pass.

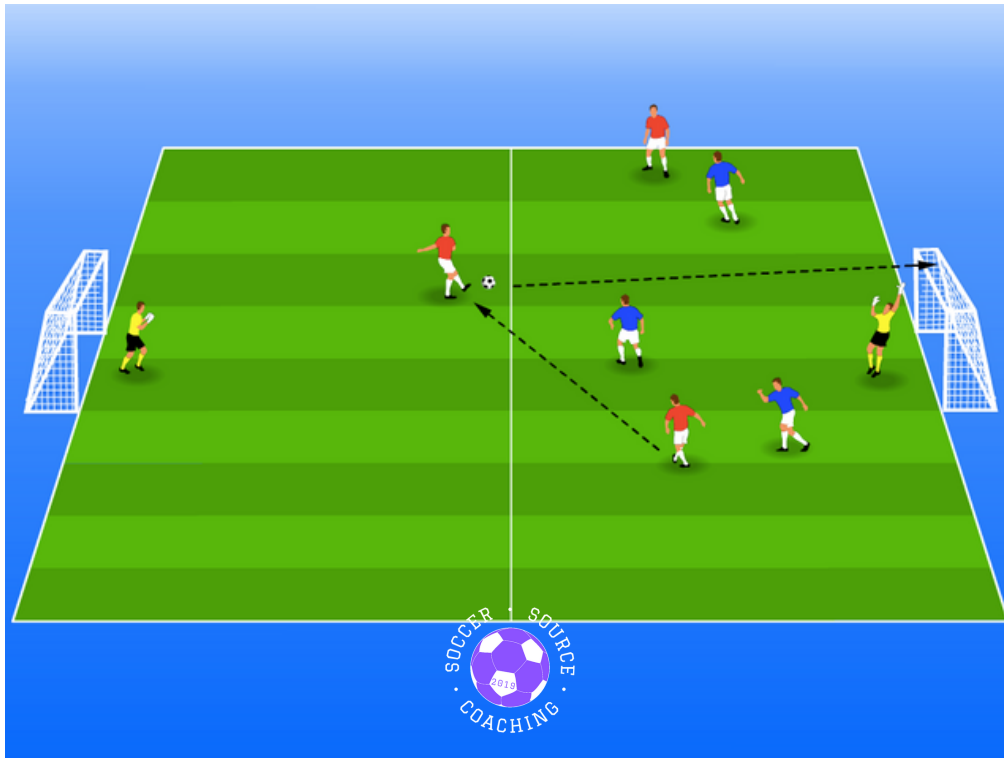
Rotate around the stations every 5 minutes so each team has opportunities to shoot from different areas.

The team with the most goals/points at the end of a full rotation will be the winning team.

Coaching points:

Communicate with your teammate as to where you want the ball to be set  
 If you cannot take your shot the 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 the first time what can I do instead?  
 How do I know where the goalkeeper is?



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## 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 shooting from a distance soccer session.

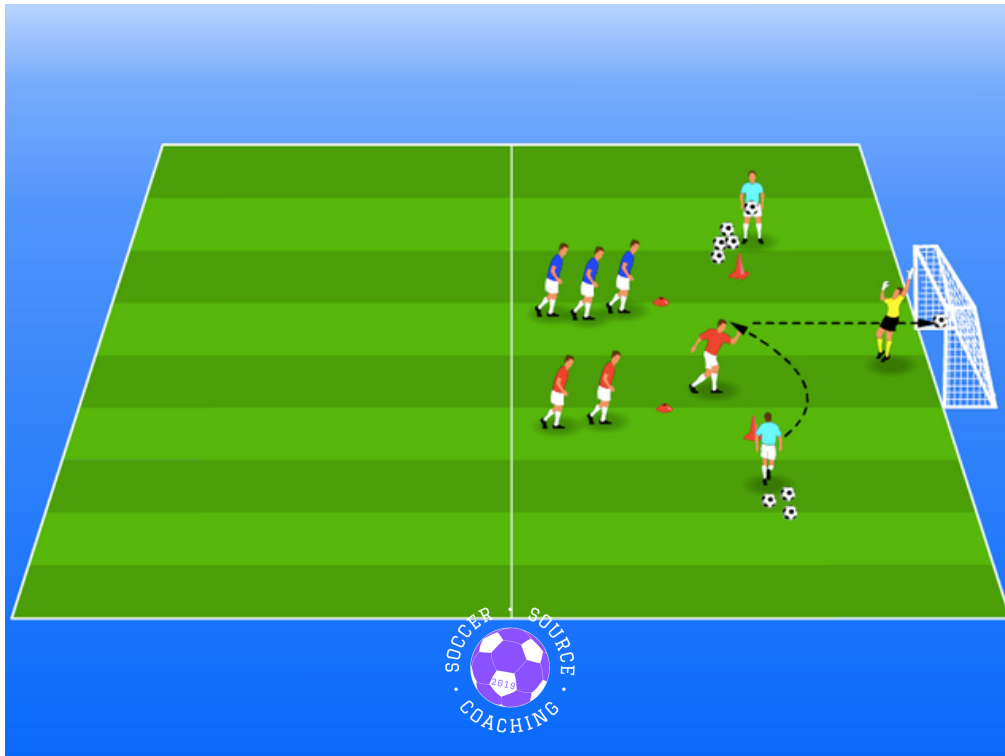
Divide your players into 2 equal teams and set up your area with a clear halfway point (you may have to adjust the size of the playing area so it is appropriate for the age group you are coaching).

This will be like a regular game of soccer however if a player scores a goal from behind the halfway line then that goal will count as a 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 are 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?



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## Heading shooting drill

### Set up:

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

### Instructions:

Set your 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.

Once the keeper has made a save or the header goes past the byline the next team may go.

### Coaching points:

Use your neck muscles as well as your momentum to get power the ball

Aim for the corners

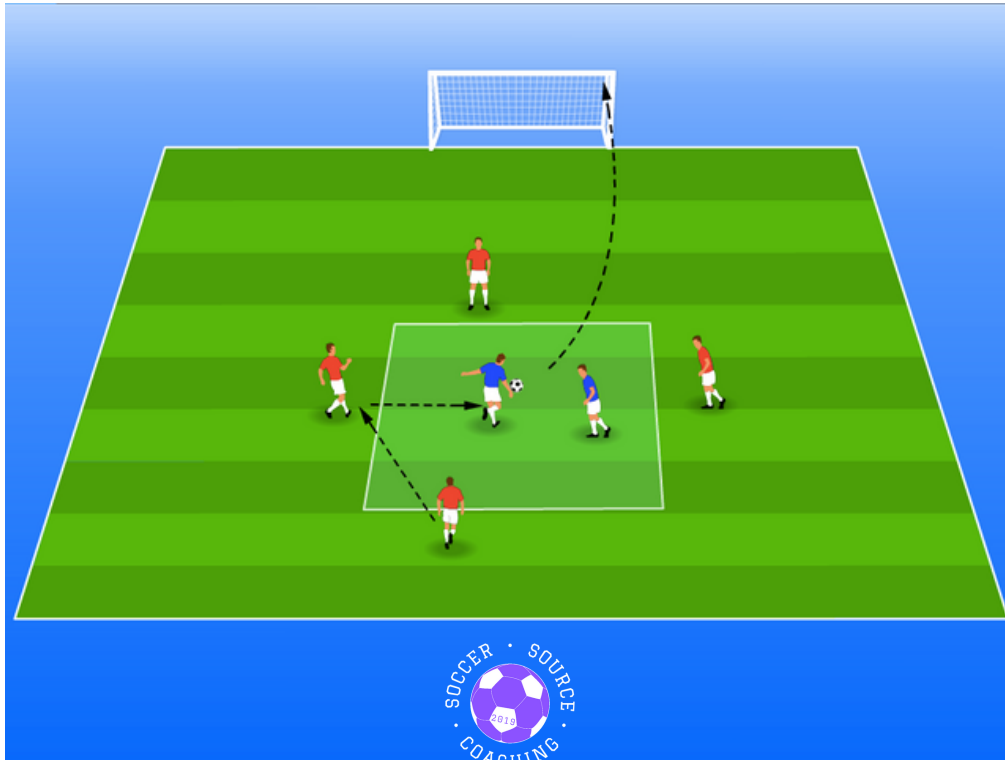
Make contact with the soccer ball using your forehead

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?



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## 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 the ball and taking a shot at the goal.

Only the possessing player who gave the ball away can go in to pressure the defending to win it back.

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.

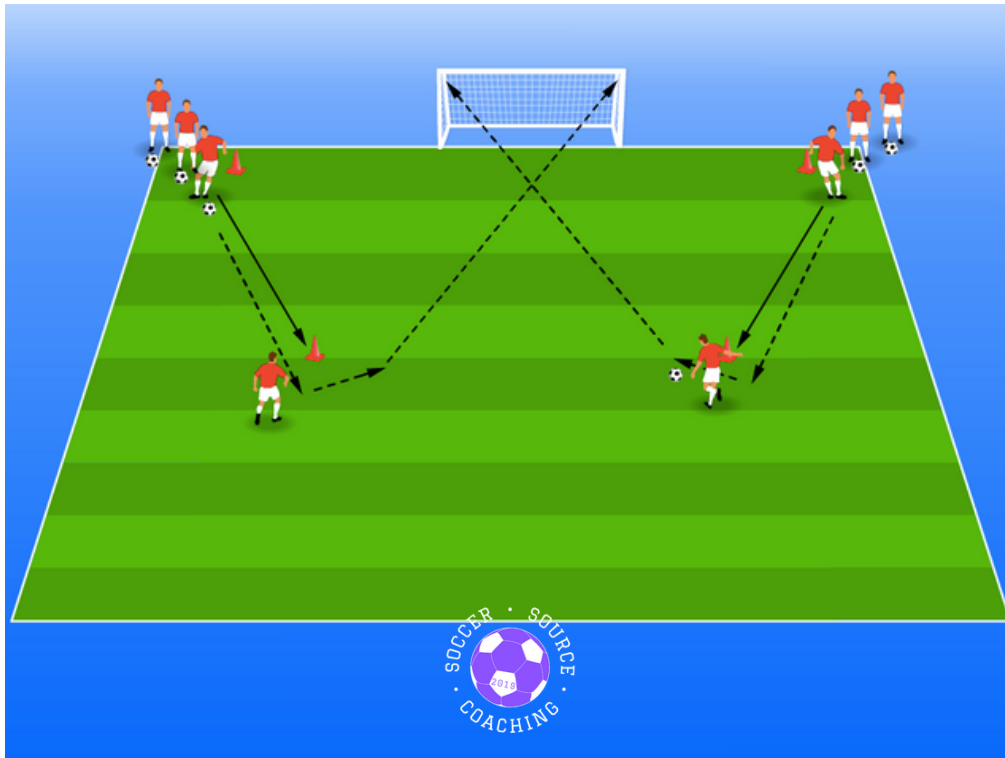
Swap the defenders around so everyone has a turn shooting at the goal.

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/teammate/ 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?



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## Shooting outside the box

Set up:

1 goal  
 1 goalkeeper  
 2 teams of 4  
 15 x 20-yard area  
 Instructions:

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

Set up 2 teams on either side of the goal, these players will pass the ball to the striker on the edge of the area.

The strikers will then have a touch to set themselves and 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 how they take their shot.

You can then introduce defenders to pressure the player taking the shoot.

A goalkeeper could be used for this soccer shooting drill or you can place 2 cones, half a yard on the insides of the posts.

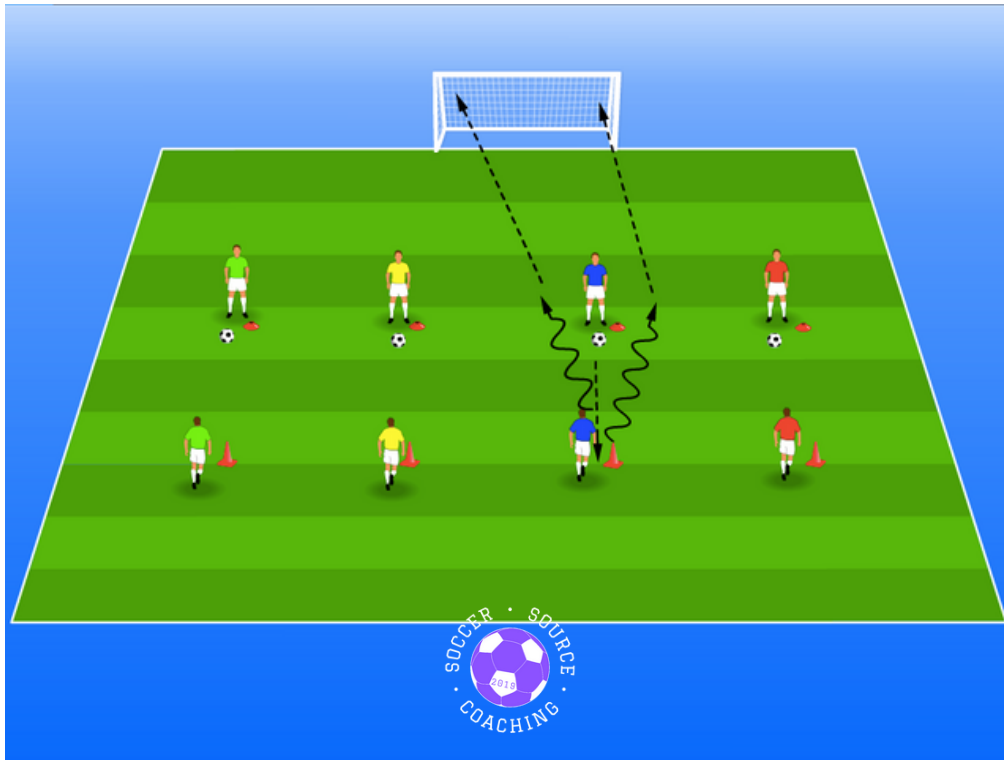
If a player scores through the gate they will get 3 points instead of 1.

The winning team will be the team that has accumulated the most points/ scored the most goals.

Coaching points:

Scan the goal to see where the goalkeeper 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?



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## 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 the attacker scores in the goal they will get 3 points.

If the defender is able to steal the ball and dribble past the cones that the attacker started on then they will get 1 point.

0 points for both players if the ball goes out of bounds.

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

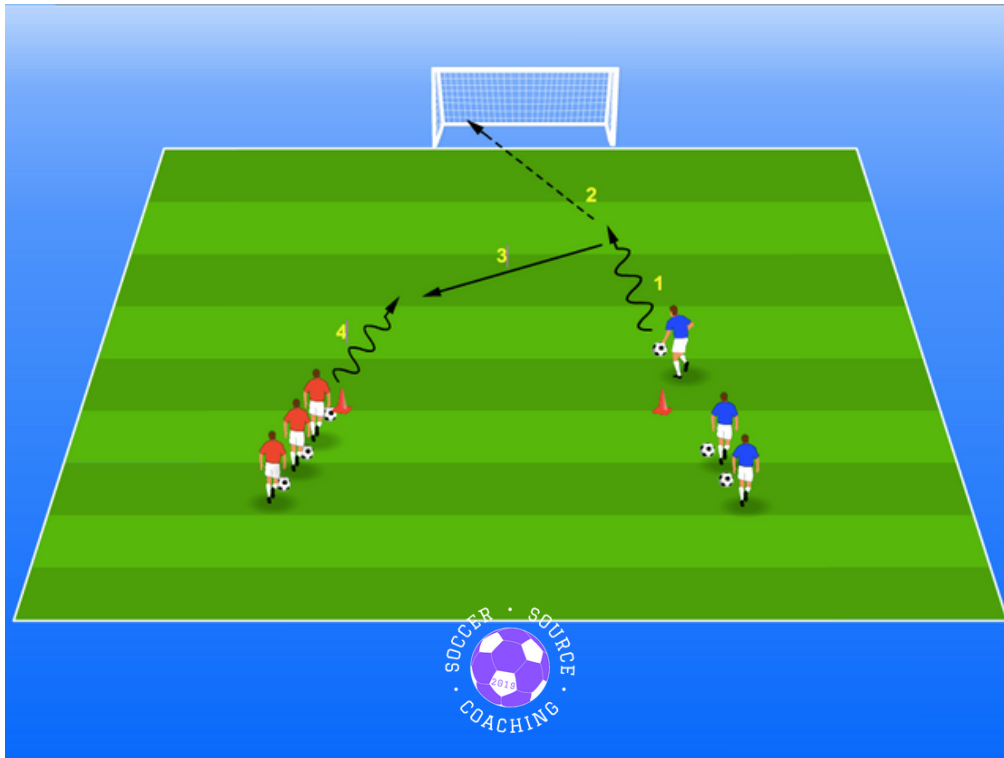
Aim for the corners when taking your shot

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?



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## 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 a 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 to finish 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.

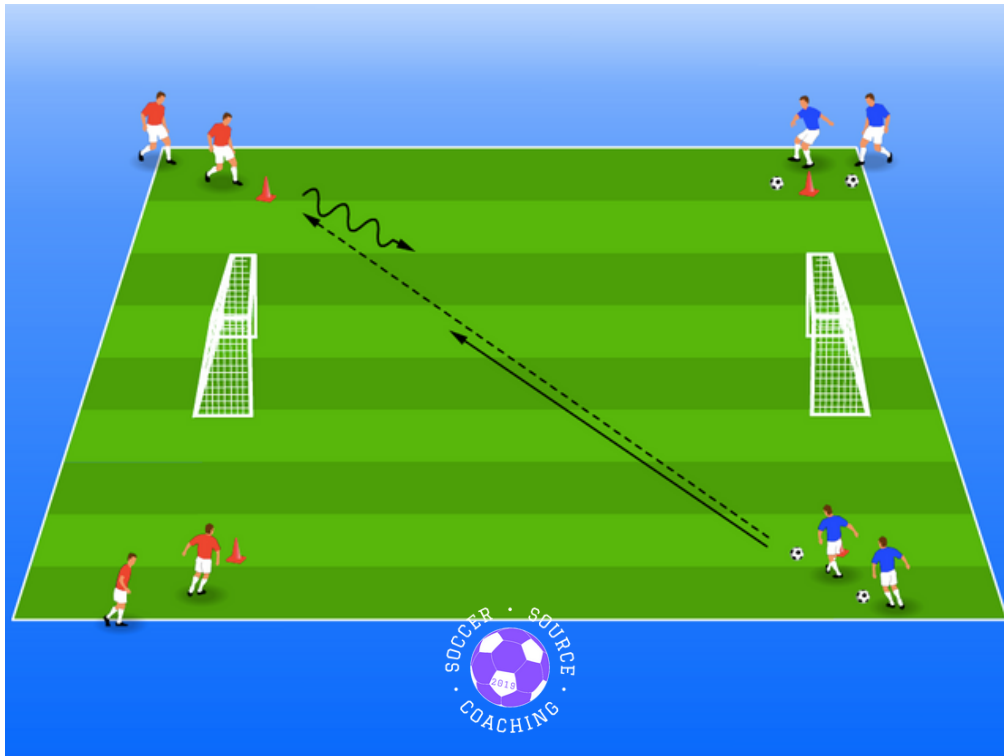
They can get 3 points if they score and it goes through the gate.

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 goalkeeper  
 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?





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## 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.

Both players will go at the same time

If the attacker can score they will get 3 points, however, if the defender can steal the ball they can score in the opposite goal for 1 point.

Each round will last 3 minutes.

There will be 4 rounds so every team gets a chance to score and pass from different positions.

**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**

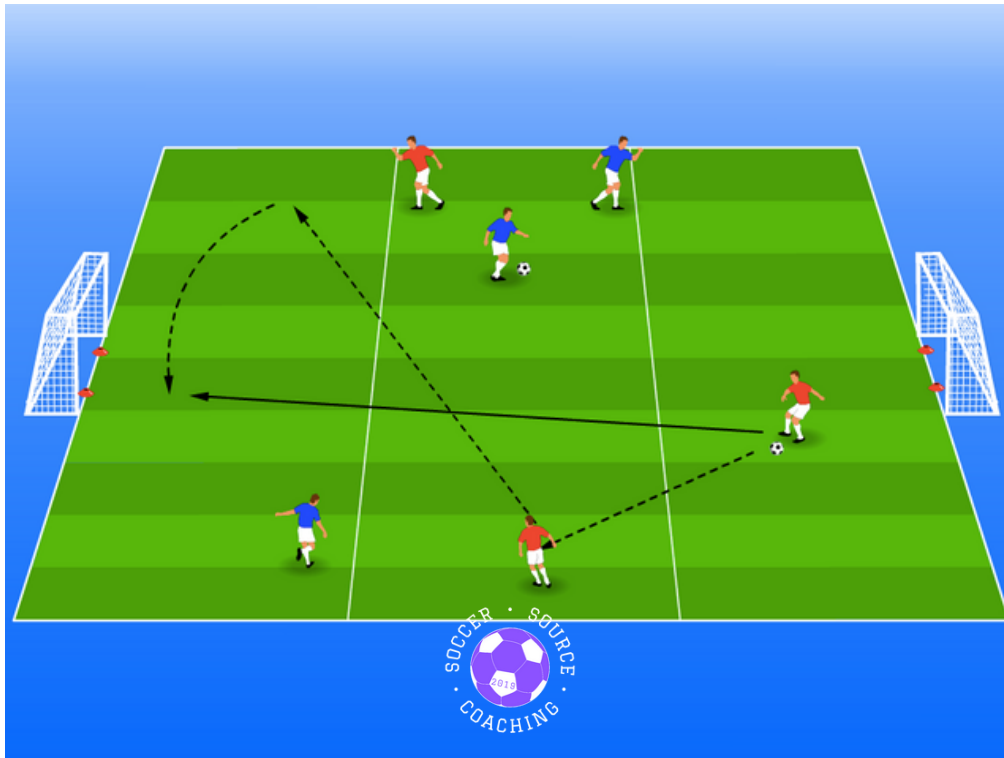
**Keep your head up so you know where the defender and the goal are**

**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 are?**



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## Combination and shooting drills in soccer

**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 is for the teams to score as many goals as they can within 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 combine passes to go forward and create opportunities to shoot on goal.

Add cones to the inside of the goal posts to create gates.

If the player can score a goal through the gate it will be worth 3 points instead of 1.

However, a different player must score every time though

At the end of the round, the team with the most points wins

**Coaching points:**

Scan the area to you know where your team and other teams' area

Move off the ball to try and help your teammates who are on the ball

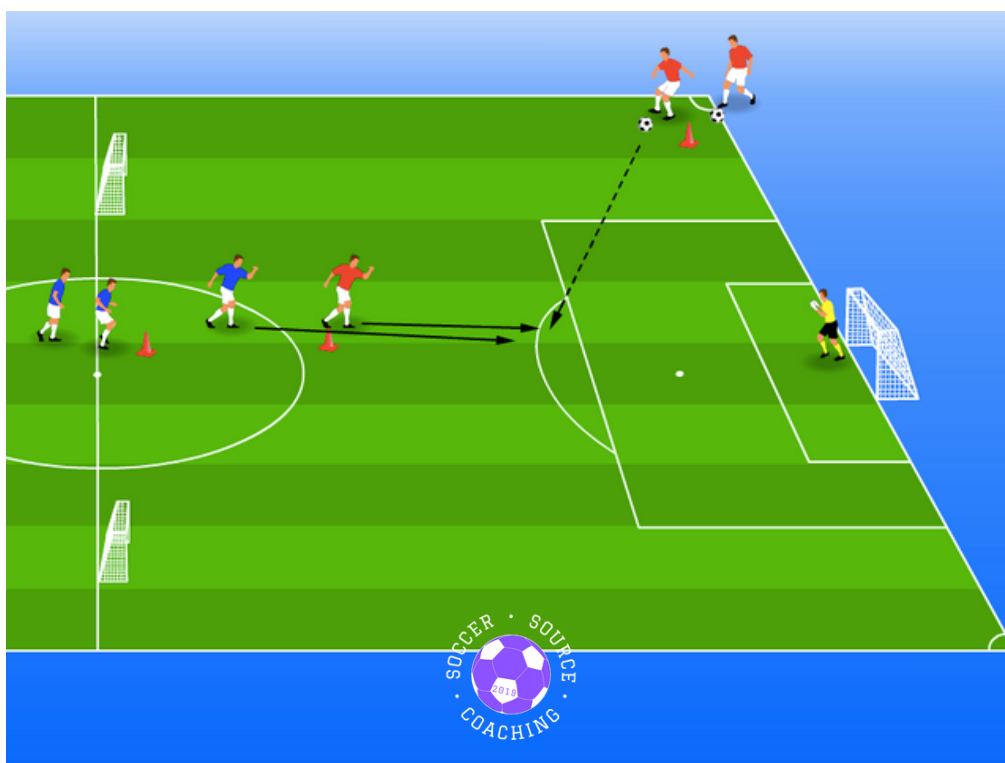
The first thought should be forwards

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 do not have the ball?

What should your first thought be when attacking?



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## Soccer shooting and finishing drill under pressure

### Set up:

1 big goal 2 smaller goals  
3 soccer balls  
15x20 yard area  
1 Goalkeeper  
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 standing on the halfway line.

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

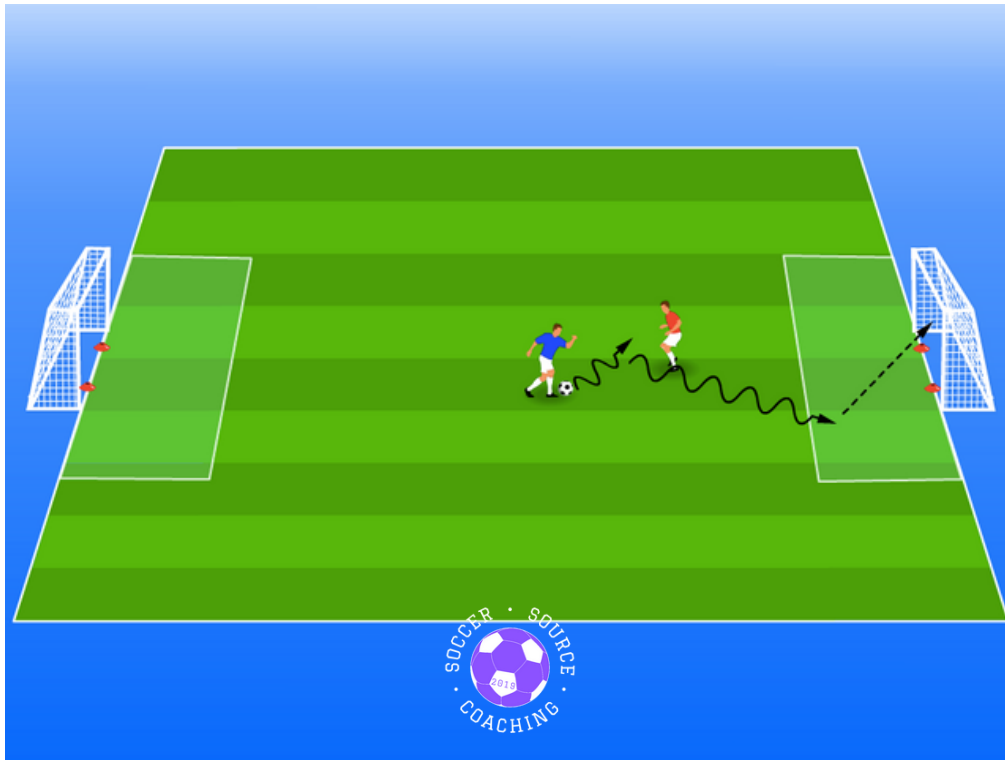
If the attacker scores in the goal they get 3 points and if they are fouled they 1 point.

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



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## Soccer 1v1 shooting drill for close range finishing

### Set up:

- 1 Soccer ball
- 2 goals + cones to make gates in the goal corners
- 10 cones (To mark an area around each goal)
- 10 x 15-yard area
- 2 players per area

### Instructions:

Set up your area with the goals on either side and create a 5 x 7-yard area around the goals.

There should also be a cone placed half a yard on the inside of each goal post to create 2 gates in the corners of each goal.

This will be a regular 1v1 however players can only finish from inside the opposition's area.

If they can score a goal inside the area, that goes between the gates in the corner of the goal then that goal will be worth 3 goals.

However, if they can score without scoring through the gates then it will be worth 1 goal.

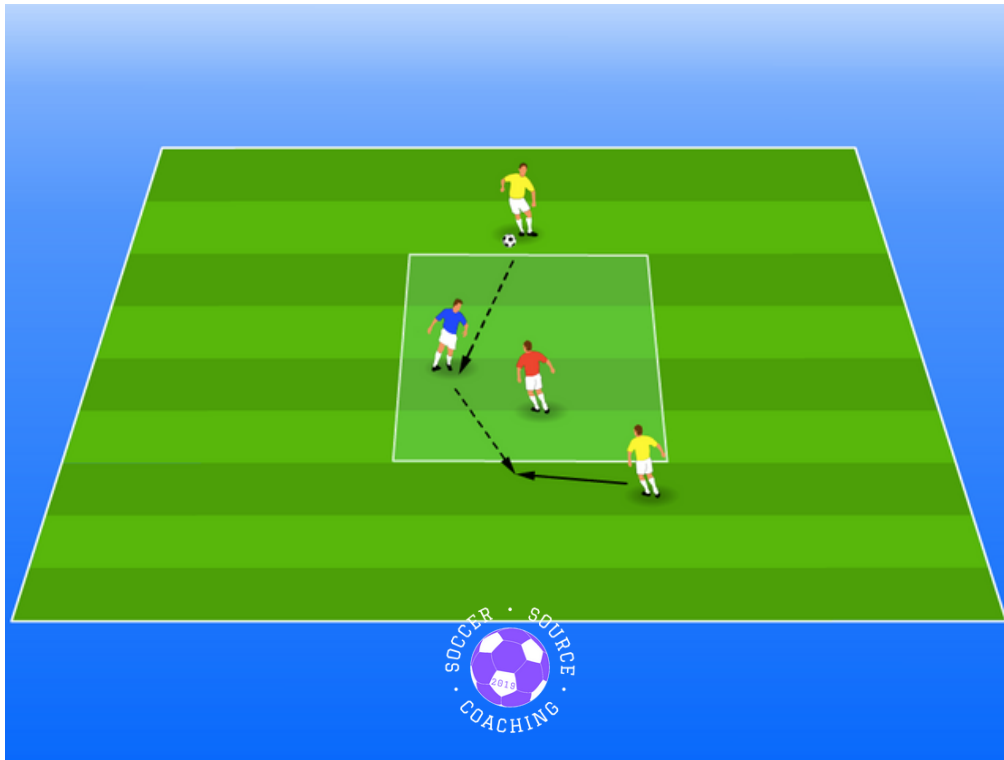
The player with the highest score at the end of the round will be the winner.

### Coaching points:

- Dribble with your head up to see where the defender is in relation to the goal.
- Use a quick skill and a change of direction to drive into the box.
- When you are inside the box use the inside of your foot to pass the ball into the corners

Questions that can lead to coaching points:

- What should you be doing while dribbling so you know where everything is?
- How can you get past the defender to create a goal-scoring opportunity?
- What part of your foot should you use to place the ball into the corners?



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## 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 from the other shooting drills in soccer, this drill will help the attacker how they can create space for themselves and find opportunities to shoot at goal.

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

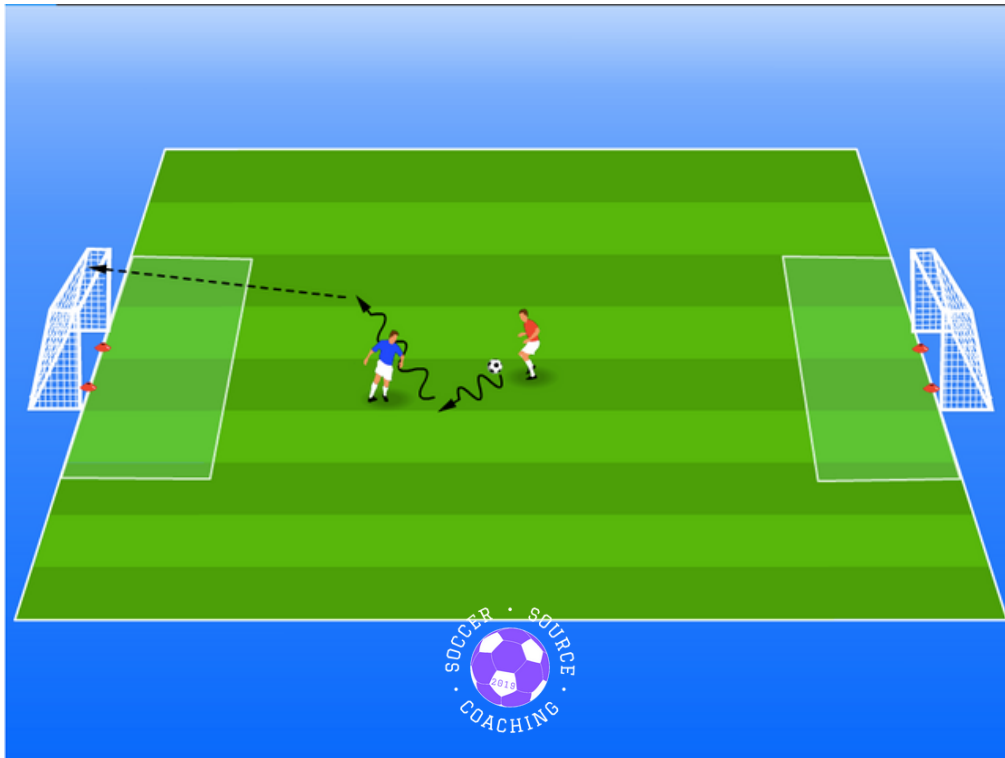
The roles will be reversed when the defender wins the ball, the defender will then become the attacker.

### Coaching points:

Check your shoulder so you know where the defender and your teammates 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?



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## Soccer 1v1 shooting drill for finishing from a distance

### Set up:

- 1 Soccer ball
- 2 goals + cones to make gates in the goal corners
- 10 cones (To mark an area around each goal)
- 10 x 15-yard area
- 2 players per area

### Instructions:

Set up your area with the goals on either side and create a 5 x 7-yard area around the goals.

There should also be a cone placed half a yard on the inside of each goal post to create 2 gates in the corners of each goal.

This will be a regular 1v1 however players can only finish from outside the opposition's area.

If a player can score a goal without the ball going through the gates from outside the opposition area the goal will be worth 1 point.

However, if the player can score and goes through one of the gates in the goal. The goal will be worth 3 points.

The winner will be the player who has accumulated the most points at the end of the round.

### Coaching points:

Play with your head up so you can see where you are in relation to the goal and defender.

Use a variety of skills and body feints to give yourself a yard of space to get a shot off on goal.

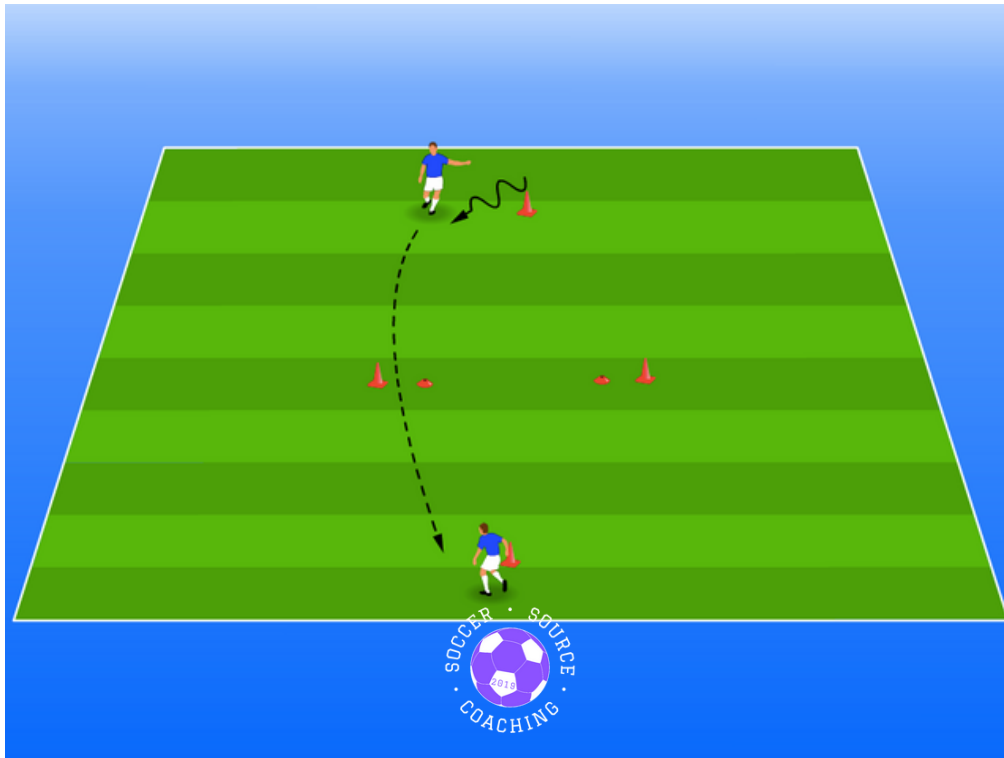
Try to use the inside of your foot for greater shooting accuracy and the laces of your foot for a more powerful shot.

Questions that can lead to coaching points:

How are you able to see where the goal, space, and defender are?

What can you use to help give yourself space to take a shot on goal?

What parts of the foot should you use to take shots from a distance?



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## Shooting in pairs opposite each other

### Set up:

1 soccer ball per pair  
4 large cones  
2 smaller cones  
2 players per goal  
Instructions:

To set your soccer shooting drill create a 5-yard goal with 2 smaller cones a half yard on either side, of the inside of the cones.

This will create a goal with 2 gates on each side of the corner.

On either side of the goal place 2 tall cones 7 yards back.

These will be the marker for the 2 soccer players as to where they will take their shots from.

The players should be able to take shots on goal, with their partner being able to collect the ball on the other side of the goal.

If a player can take a shot and score a goal between the gates the goal will be worth 3 points.

However, if they score a goal with the ball not going through the gates it will be 1 point.

0 points if they miss.

Encourage players to dribble up the cone and take a touch to the side before shooting.

### Coaching points:

Use both feet when shooting  
Lean forward when taking your shot to keep the ball low.  
Practice using different parts of the foot when shooting and finishing  
Questions that can lead to coaching points:

Do you get better at shooting just by using one foot?  
How can I keep my shot low when shooting?  
What different parts of the foot can I use to take shots on goal?



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## Soccer shooting and finishing circuit

### Set up:

6 soccer balls

1 goal

5 cones

4 players (2 players crossing the ball, 1 player shooting, 1 goalkeeper)

### Instructions:

This is a fun and intense soccer shooting drill, where the players will finish from a variety of different scenarios that could occur in a game of soccer.

After each shot, the player will always run back around the first cone placed 5 yards back from the edge of the area.

This is going to be the order and setup of how the drill works:

The first cone and soccer ball will be placed 5 yards back from the edge of the area. The player will dribble their ball towards the goal and take a 1v1 with the goalkeeper.

The cones will be placed on the edge of the area to take a shot from a distance

A cross will come in from the right corner for the player to attack the penalty spot.

A cross will come in from the left corner for the player to attack the penalty spot.

The ball will be thrown from the right side of the edge of the 6-yard box

The ball will be thrown from the left side of the edge of the 6-yard box.

Swap the players' around so everyone has a chance to shoot.

The player scoring the most goals is the winner of the round.

### Coaching points:

Keep your eye on the ball as the crosses come in and time your run accordingly

Before making your runs, scan the area so you know where you want to put the ball in the goal

Aim for the corners

Questions that can lead to coaching points:

How can you make the best possible connection with the ball as the cross comes in?

What should you do before you begin making your run?

Where is the hardest part of the goal for the goalkeepers to reach?