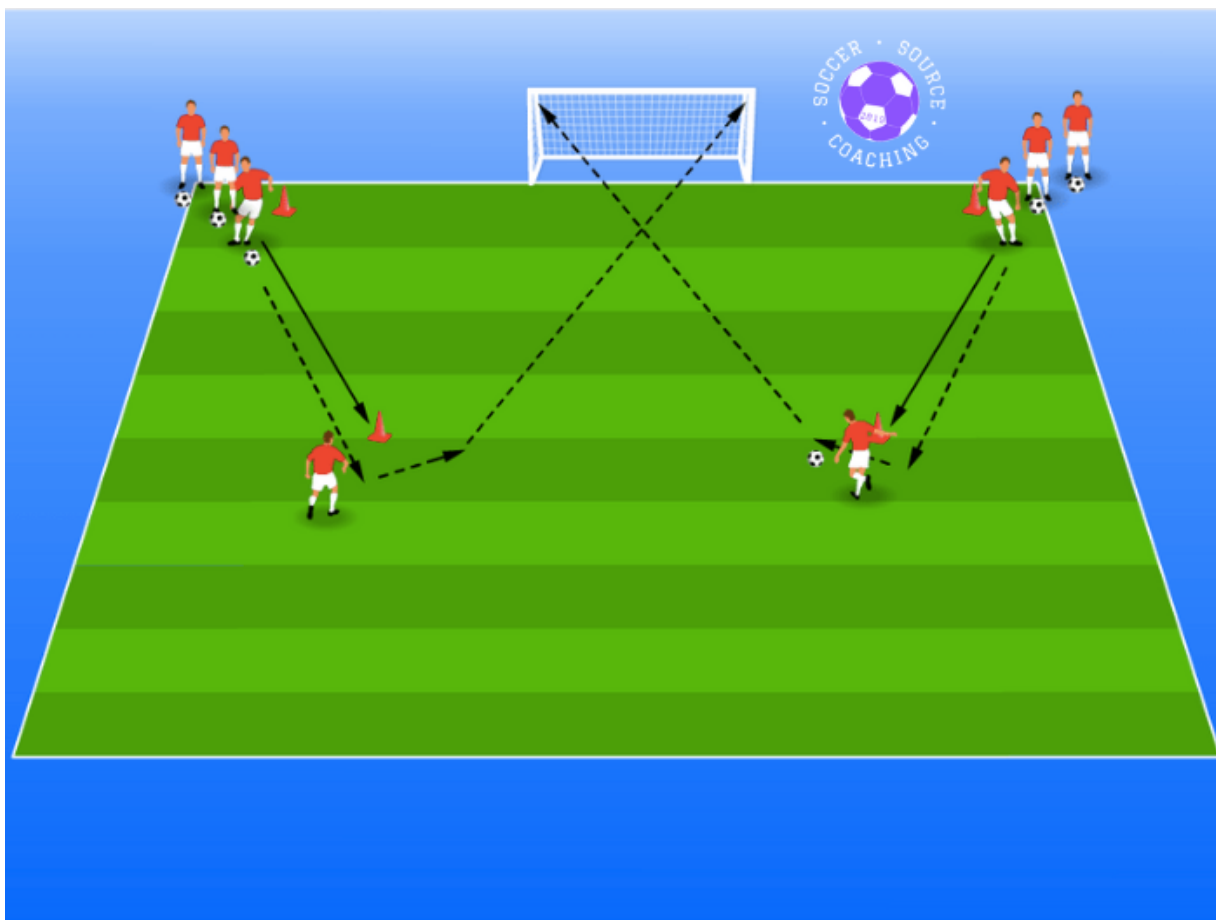


Shooting outside the box



How it works

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.

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

- 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?

Purpose

The purpose of this drill to work on different shooting techniques from outside the box

Set up

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

Beginner