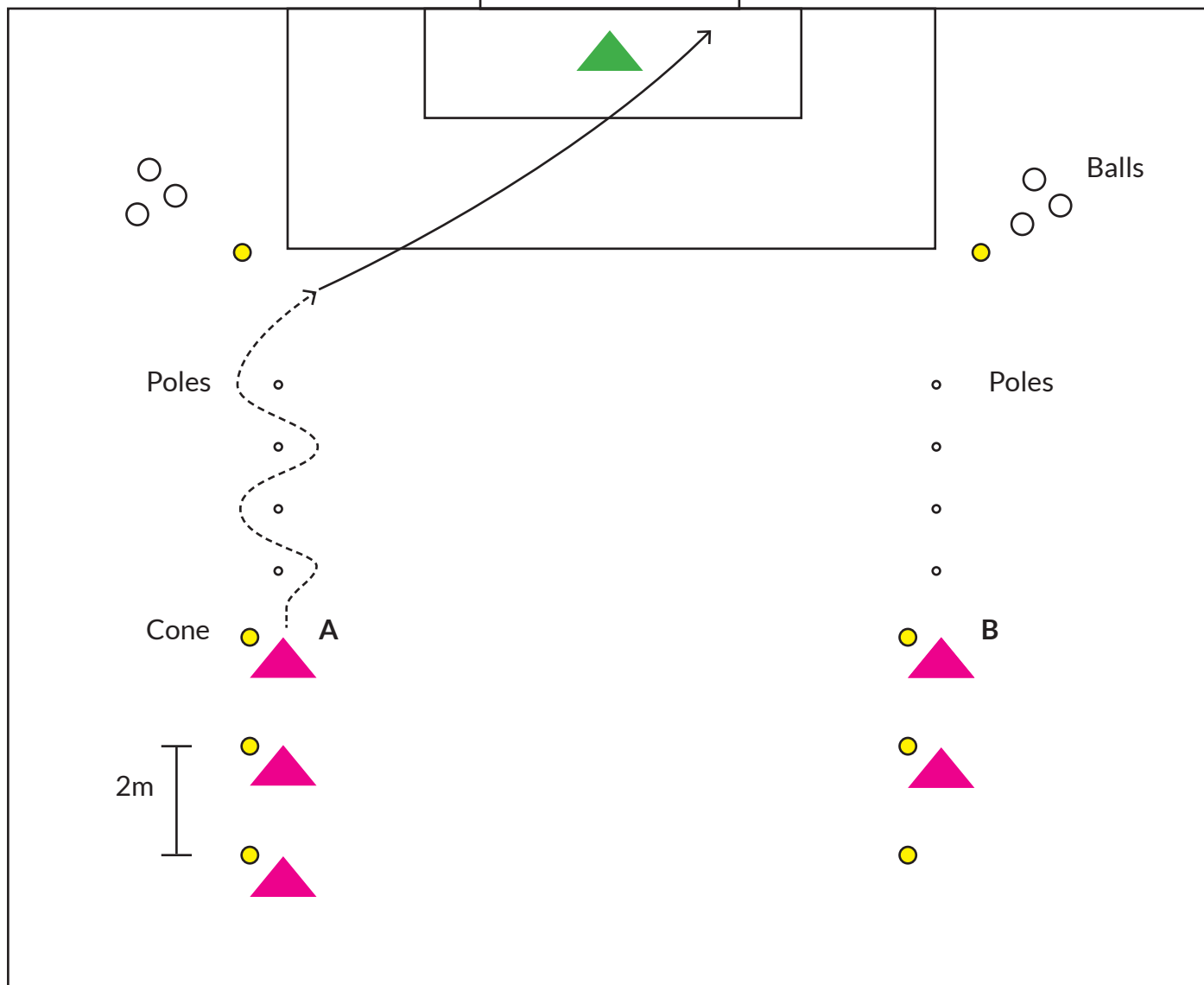


Shooting Drill 1 - Station 1



Station a "Coach" behind the goal as a ball collector



Drill

- + Load up the cones (2 metres apart) - Each player starts with a ball
- + A starts, dribbling through the poles
- + After the last pole, they have two more touches to get their shot off
- + Player shoots and then collects a new ball on the way to the back of the opposite queue
- + At that point B starts

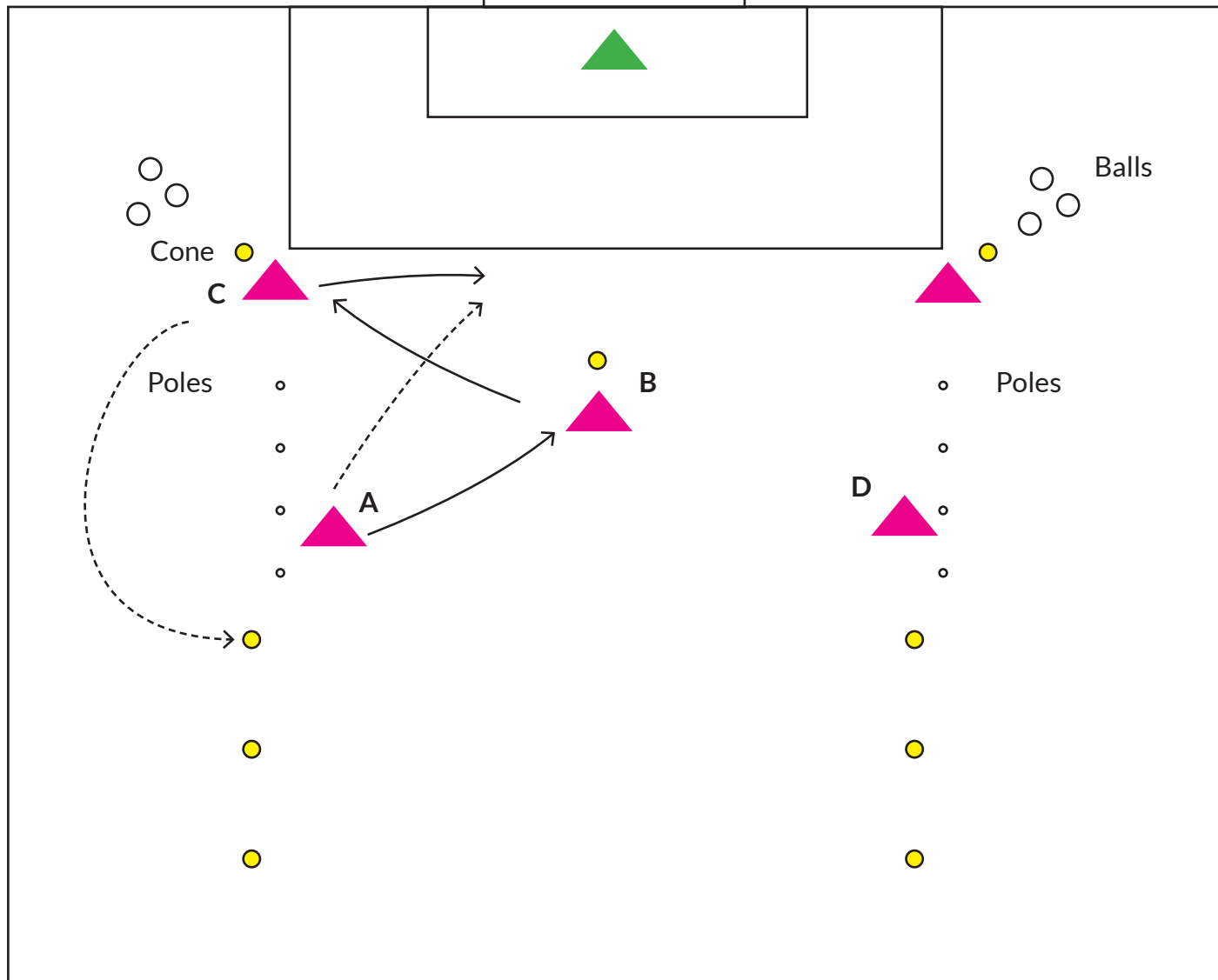
Coaching Points

- + Ask which foot would you be better off using from each side (Whic one opens the goal up)
- + Where should we be looking to place the ball (Ask the keeper where is hardest)
- + Power or precision (Precision i.e. make sure the keeper has to make a save)

Shooting Drill 2 - Station 1



Station a "Coach" behind the goal as a ball collector



Drill

- + A plays to B, B plays to C and C sets for A to take a one-touch finish
- + B follows his pass to where C is. C Goes to the back of the queue.
- + A goes to the cone that B was on
- + D passes in to the middle cone and the process repeats on the other side

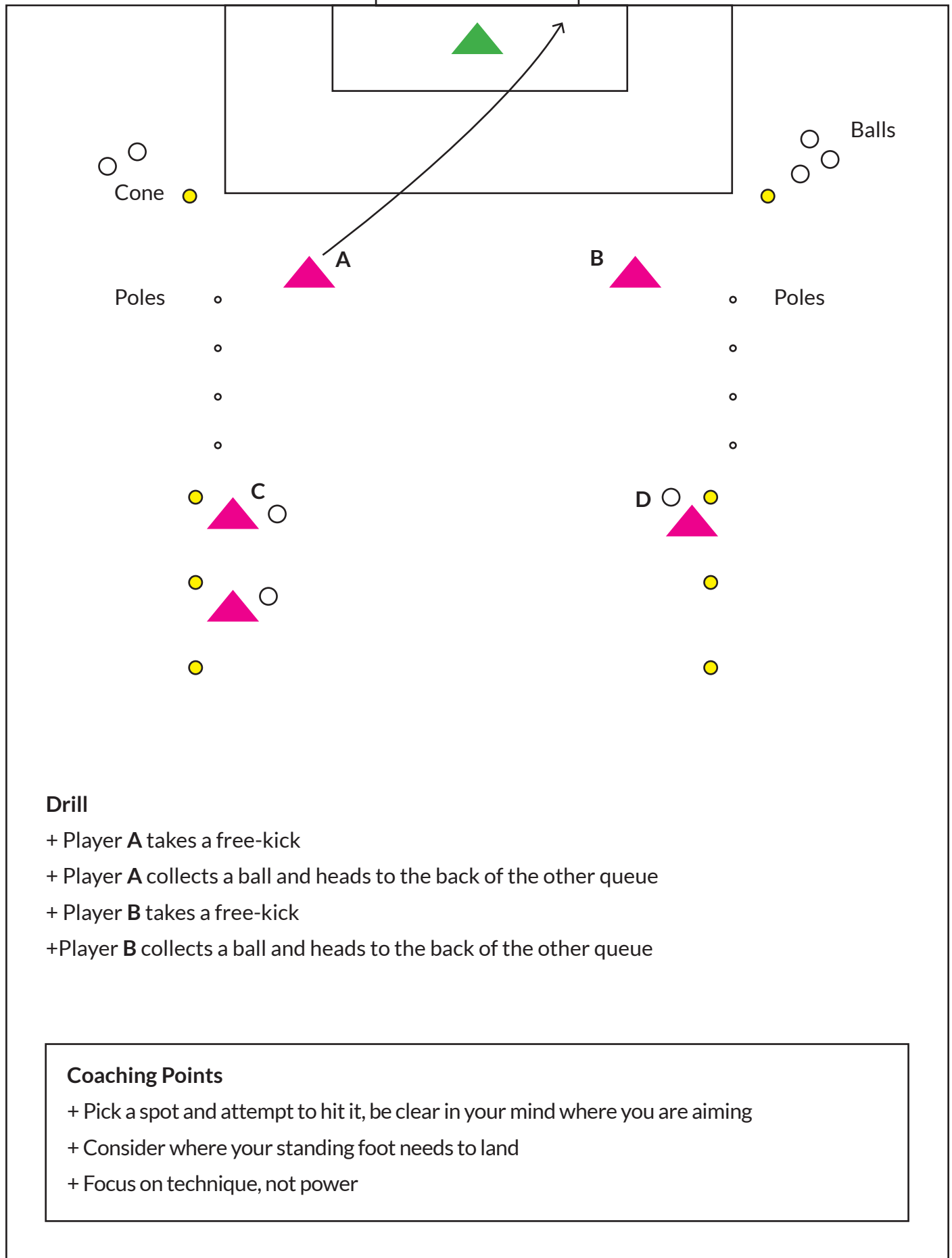
Coaching Points

- + Adjust your body before the ball arrives
- + Think about the weight of your pass
- + Which part of your foot might you use for a one-touch finish (i.e. pass it in)

Shooting Drill 3 - Free Kick - Station 1



Station a "Coach" behind the goal as a ball collector



Drill

- + Player **A** takes a free-kick
- + Player **A** collects a ball and heads to the back of the other queue
- + Player **B** takes a free-kick
- + Player **B** collects a ball and heads to the back of the other queue

Coaching Points

- + Pick a spot and attempt to hit it, be clear in your mind where you are aiming
- + Consider where your standing foot needs to land
- + Focus on technique, not power