

FOOTBALL ACADEMY

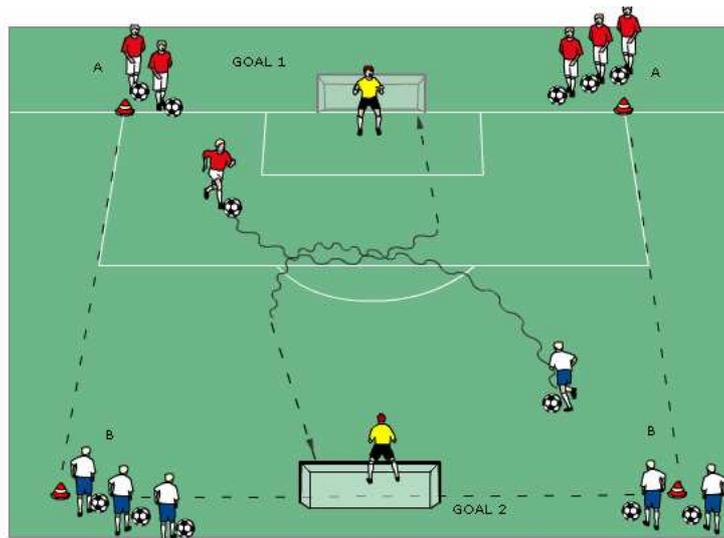
UEFA A & B

SHOOTING SESSIONS



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FOCUS ON: Dribbling

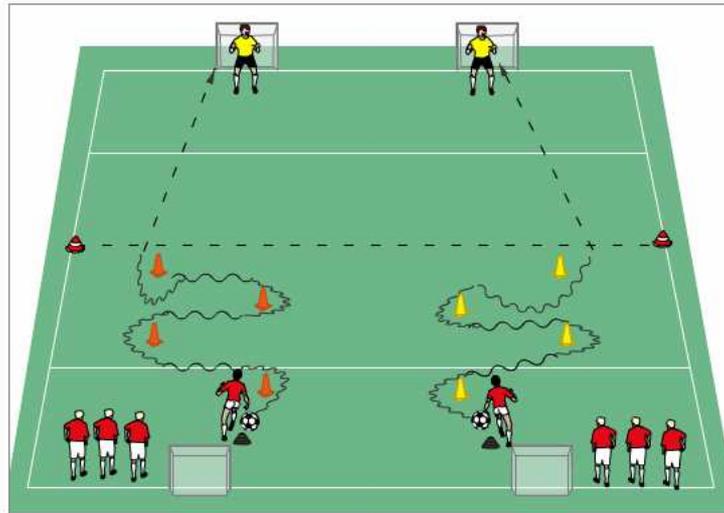
1. Dribbling around opponents

Description

- Field is twice the size of the penalty box and has two goals with goalkeepers
- Place starting cones on both sides of each goal, five yards away
- Divide players into two teams: Team A line up next to Goal 1, Team B next to Goal 2
- The first two players take off at the same time, run around each other in the middle and shoot at the goals they started from. They line up on the other side of the goal. For the next round, do the same sequence on the other side

Variation

- After dribbling around each other, shooters have just one more touch (fast finishing)



2. Slalom Dribbling

Description

- Set up two goals side by side, 15 yards apart
- Using two cones, mark out a shooting line 16 yards in front of the goal
- Using four cones, create a staggered slalom course 20 yards from the goals (goals 1m apart)
- Place a starting cone three yards from each slalom course
- Players form two teams and line up at the starting cones; each one has a ball
- At the starting signal, the first two players dribble through the slalom and shoot from the shooting line

Variations

- After the slalom, players cross paths and shoot at each other's goals
- Players have to dribble through a straight slalom course



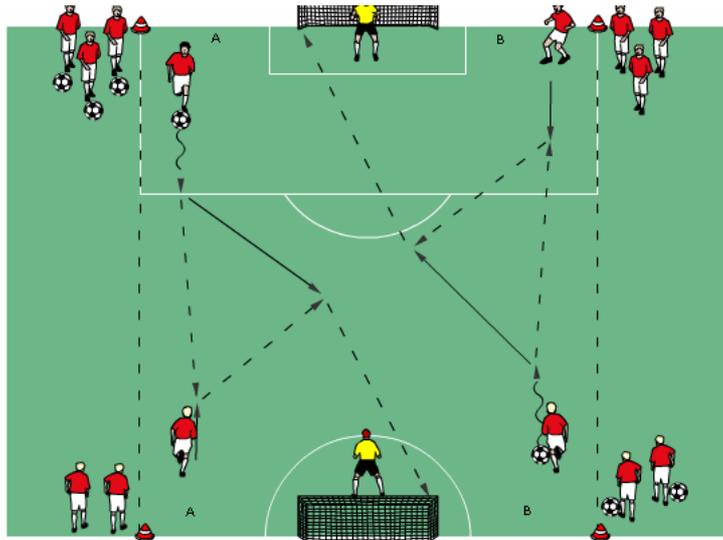
3. Slalom / opponent dribbling

Description

- Field is twice the size of the penalty box and has two goals with goalkeepers
- Using two cones mark out a shooting line 14 yards in front of each goal. Place a starting cone on each sideline
- Using three cones, create a staggered slalom course from each starting cone to the middle
- Players form two teams and line up at the starting cones; each one has a ball
- At the starting signal, the first two players dribble through the slalom, pass each other in the middle and shoot from the shooting line

Variation

- Use the right foot and first round and left during the second



FOCUS ON: Passing

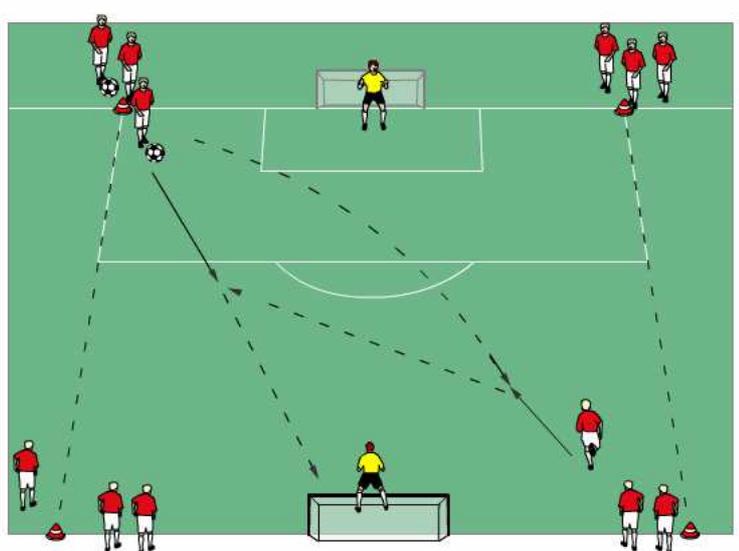
1. Rebound pass

Description

- Field is twice the size of the penalty box and has two goals with goalkeepers
- Place starting cones on each side of each goal, 15 yards away
- Divide players into two teams: team A lines up at the starting cones on the left side, Team B on the right
- At the starting signal, the first two players dribble a short distance and pass to their team-mates, who drop the ball back. The first two players then finish on the second touch, Afterwards, players switch roles and positions

Variation

- Players shoot directly



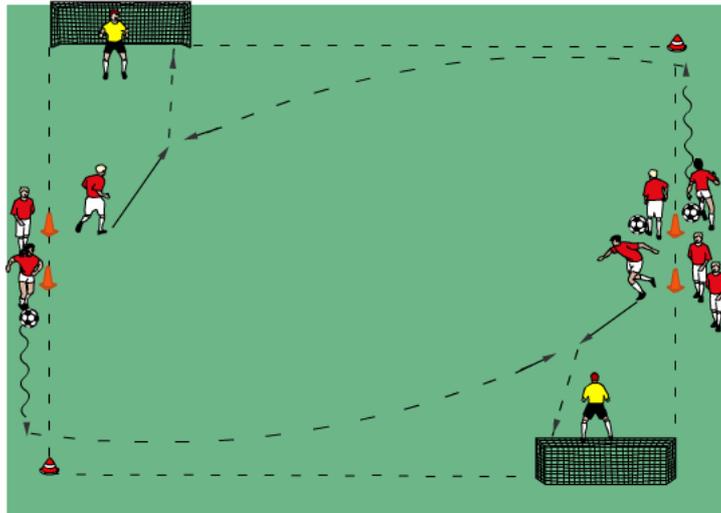
2. Flighted ball

Description

- Setup is same as for Exercise 1
- Divide players into two teams, which line up at diagonally opposite starting cones, each of the players at two of the cones has a ball
- The first player from one team plays a diagonally flighted ball to his team-mate, who lets the ball bounce back to the passer, who finishes directly
- Afterward, players switch roles and positions while the first player from the other team starts

Variation

Easier version: the first player controls the pass from his team-mate and shoots on the second touch



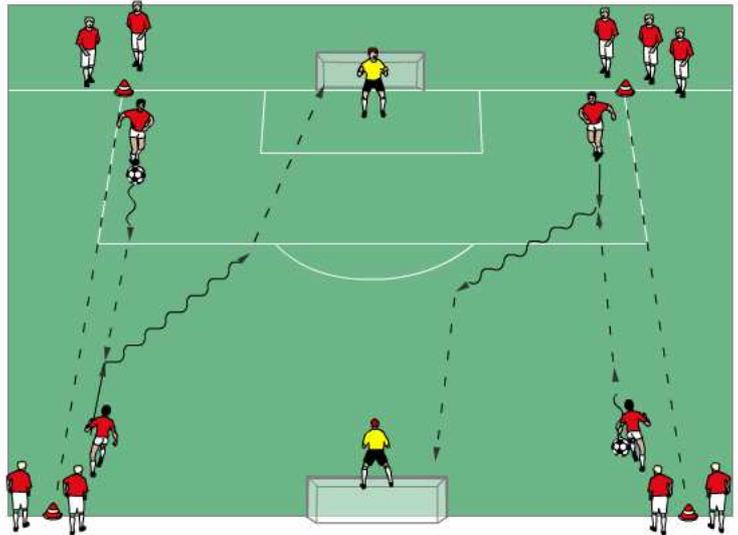
3. Crossing and scoring on crosses

Description

- Field is twice the size of the penalty box and has two goals with goalkeepers
- Place two cones in a row 16 yards in front of each goal (cones 3 yards apart)
- Divide players into two teams, which line up at opposite starting cones. Each of the players at the cones farther away from the goals has a ball
- The first two players dribble a short distance and cross in front of the goal to their team-mates, who try to finish directly. Afterwards, players switch roles and positions

Variation

- All shots must be headers or volleys
- Players start out crossing a stationary ball, then work up to crossing while dribbling



FOCUS ON: receiving and control the ball

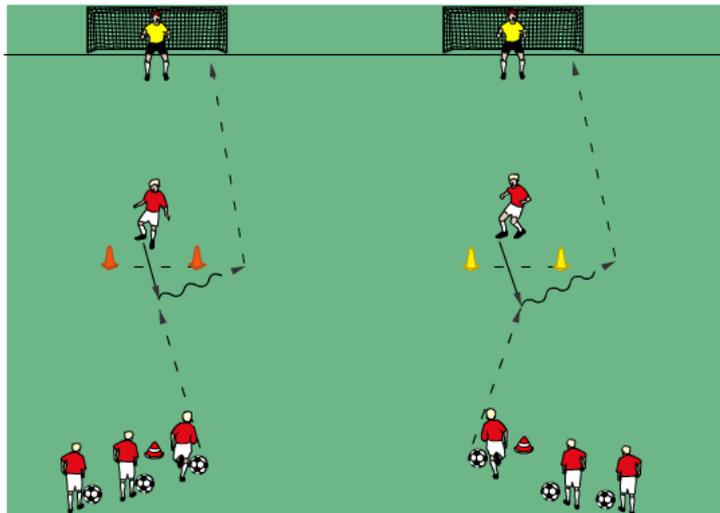
1. Receiving and controlling ground balls from the front

Description

- Field is twice the size of the penalty box and has two goals with goalkeepers
- Place starting cones on both sides of each goal
- Using two cones, mark out a shooting line in the middle of the field
- Divide players into two teams, which line up at opposite starting cones
- The first two players play hard passes on the ground to their teammates, who control the ball while taking it forward and shoot from the shooting line
- Afterward, players switch roles and positions

Variation

- Players pass through small goals (this forces them to pass more accurately)



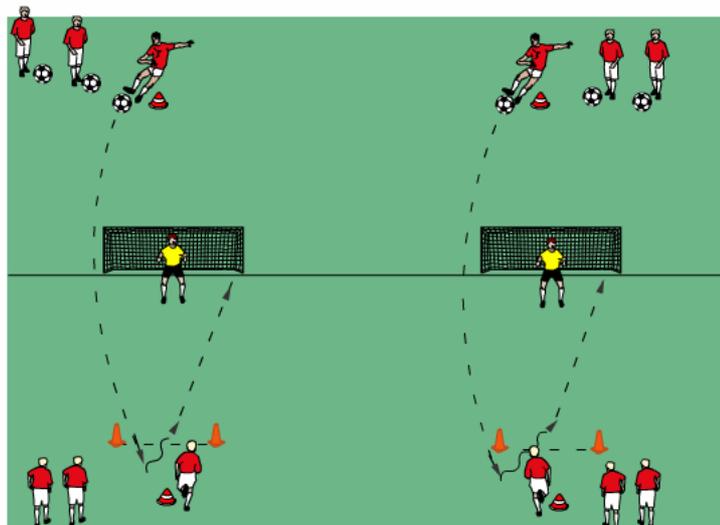
2. Receiving and controlling ground balls while turning

Description

- Set up two goals side-by-side, 15 yards apart
- Mark out a two-yard-wide goal 20 yards in front of each goal and place a starting cone 15 yards beyond it
- Players from two teams and line up at the starting cones; each one has a ball. One player without a ball stands two yards behind each small goal
- The players in the middle signal for passes by sprinting to the small goal, then take the ball around them and finish

Variation

- Players receive and control the ball with the inside / outside of the foot
- Players do a body fake to the left before taking the ball to the right, and vice versa



3. Receiving and controlling high balls from the front

Description

- Set up two goals side by side, 15 yards apart
- Place starting cones five yards behind and 20 yards in front of each goal. Using two cones, mark out a shooting line 16 yards in front of each goal
- At the starting signal, the first two players play flighted balls over the goals to their team-mates in front of the goals, who control the ball while taking it forward and shoot directly from the shooting line

Variation

- The flighted ball must not be allowed to bounce before it is received



COMPETITIVE SPRINTING AND SHOOTING

1. Direction – decision – shot

Setup

- Divide the players into two teams (A and B)
- The first player from each team stands at the inside corner of a triangle of cones
- Place two balls about 20 yards in front of a goal with goalkeeper
- The coach stands between the balls

Sequence

- Starting signal: if the coach steps away from the goal, players run around the front cone to the ball (Path 1). If the coach steps toward the goal, they run around the rear cone to the ball (Path 2)
- The first player to touch the ball (= 1 point) is allowed to shoot at the goal and scores another point if successful



2. catch – sideways run – shot

Setup

- A goalkeeper stands in the goal
- Divide players into two teams (A and B)
- Players stand at the starting cones
- Place three poles (one-yard intervals) in front of each starting cone
- Two players with one ball stand between the poles
- Place another ball about 20 yards in front of the goal

Sequence

- The players between the poles head the ball directly back and forth
- When one of them catches the ball (Starting signal), the players at the starting cone run sideways between the poles and then to the ball
- The first player to touch the ball (=one point) is allowed to shoot at the goal and scores another point if successful



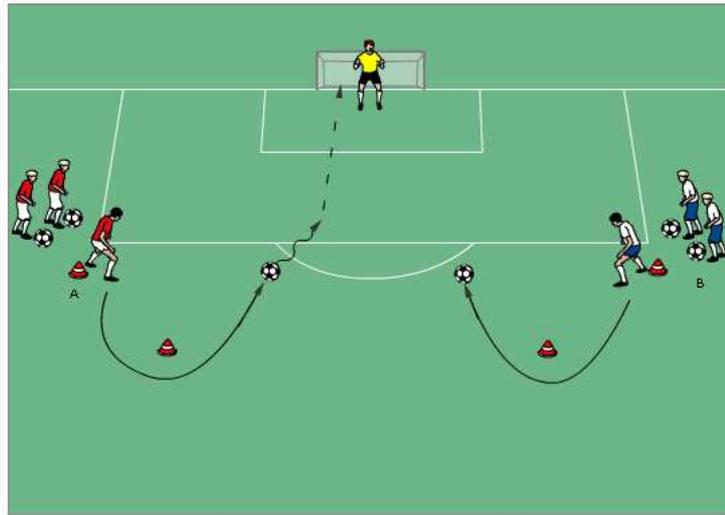
3. juggling – sprint – shot

Setup

- A goalkeeper stands in the goal
- Divide players into two teams (A and B)
- The first player from each team stands in a 3 yard wide goal
- Place two balls about 20 yards in front of the goal
- The coach has another ball and stands in front of the small goals

Sequence

- As long as the coach is juggling, players run sideways from cone to cone
- When the coach drops the ball (starting signal), players run to the balls
- The first player to touch the ball (= one point) is allowed to shoot at the goal and scores another point if successful



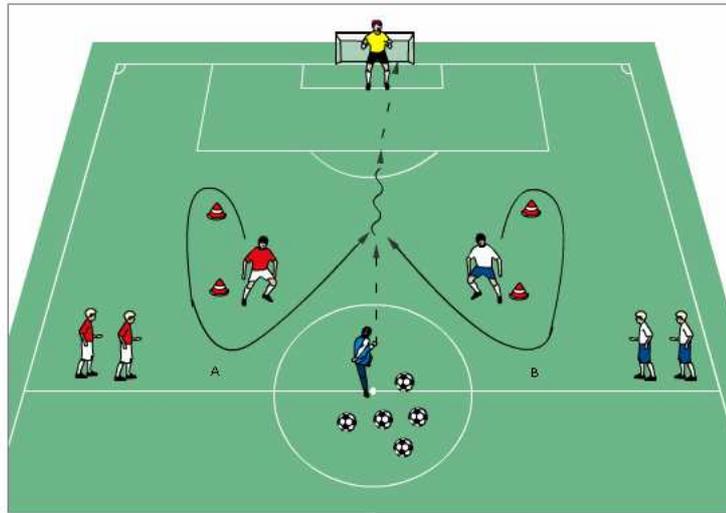
4. Head start – sprint – shot

Setup

- A goalkeeper stands in the goal
- Divide players into two teams (A and B)
- Players stand at the starting cones
- Place two additional cones behind and inside the starting cones
- Place two balls about 20 yards in front of the goal

Sequence

- Round 1: Team A gets a head start, i.e. the first player from A gives the starting signal for B by taking off toward the ball. Round 2: Team B gets a head start
- The first player to touch the ball (=one point) is allowed to shoot at the goal and scores another point if successful



5. Pass – run – shot

Setup

- A goalkeeper stands in the goal
- Divide players into two teams (A and B)
- The coach has several balls and stands in the middle
- Players stand at the starting cones, facing each other
- Place another cone two yards in front of each starting cone

Sequence

- Starting signal: the coach plays a ball toward the goal
- Players run around both cones (Direction as shown) and then to the ball
- The first player to touch the ball (=one point) is allowed to shoot at the goal and scores another point if successful



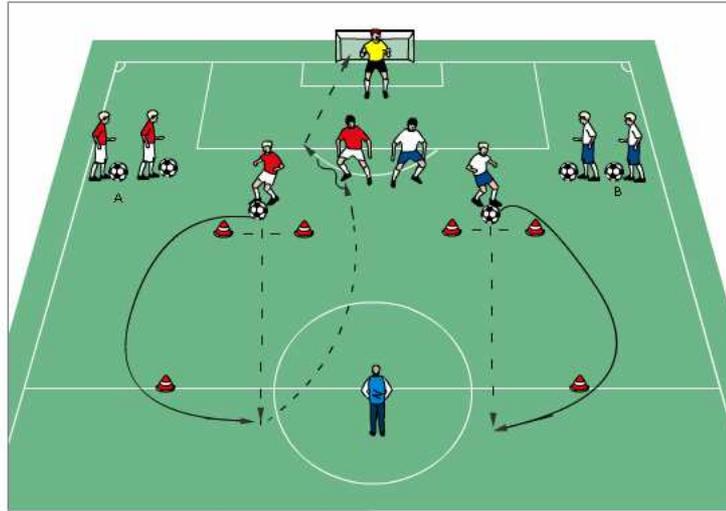
6. Raise arm – pass – shot

Setup

- A goalkeeper stands in the goal
- Divide players into two teams (A and B)
- Players stand behind small goals with one ball each

Sequence

- Starting signal: the coach raises one arm
- Players pass through the small goals, run around them and then race to the balls
- The first player to touch the ball (=one point) is allowed to shoot at the goal and scores another point if successful



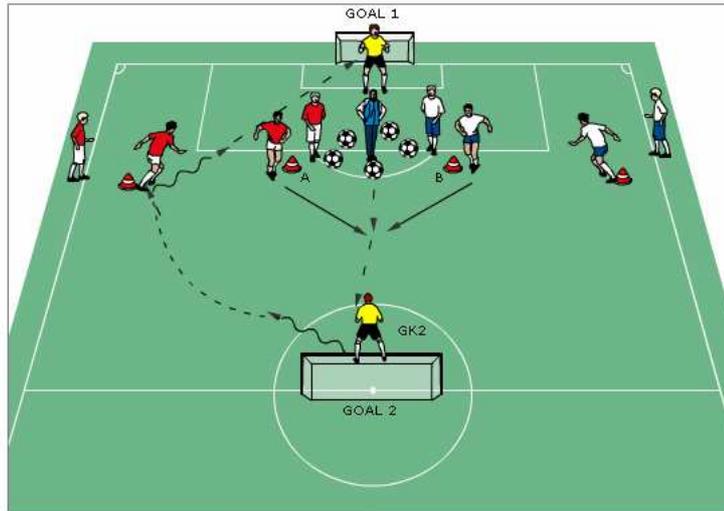
7. Ball drops – pass – shot

Setup

- A goalkeeper stands in the goal
- Divide players into two teams (A and B)
- The first player from each team has a ball and stands in front of a small goal, facing away from the main goal (see diagram)
- Mark out a goal line beyond the small goals
- Another player from each team stands at the penalty box

Sequence

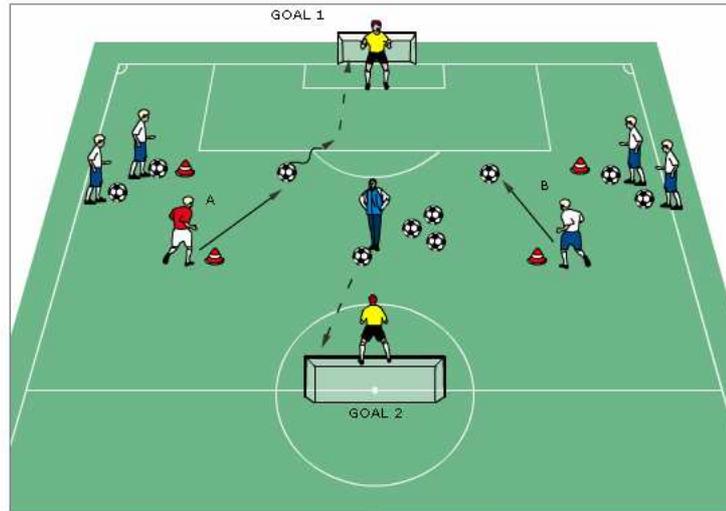
- Starting signal: the coach drops the ball
- Players pass through the small goals and across the goal line, run around both lines then race to the balls
- The first player to touch the ball (= one point) is allowed to pass to his team mate in front of the goal, who finishes and scores another point if successful



8. Pass – back pass – shot

Setup

- Set up two goals with goalkeeper (50 yards apart)
- Divide players into two teams (A and B)
- The coach has several balls and stands in the middle
- The first player from each team stands next to the coach
- Another player from each team stands at a corner of the penalty box



9. Shot – sprint – shot

Setup

- Set up two goals with goalkeepers (50 yards apart)
- Divide players into two teams (A and B)
- The coach has several balls and stands in the middle
- The first player from each team stands next to the coach
- Place two balls about 20 yards in front of goal 1

Sequence

- Starting signal: the coach shoots at Goal 2
- The first two players run to the balls at Goal 1
- The first player to touch the ball (= one point) is allowed to shoot at the goal and scores another point is successful



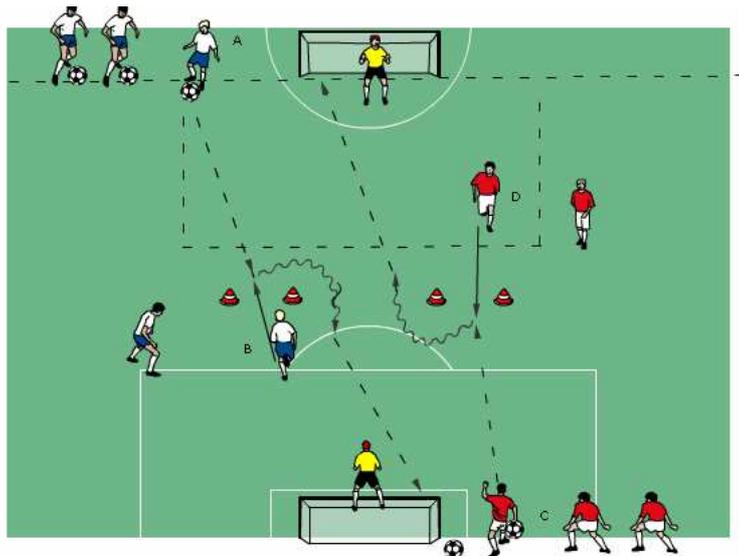
10. Receive – sprint – shot

Setup

- A goalkeeper stands in the goal
- Divide players into two teams (A and B)
- Players stand at the starting cones
- Place two additional cones behind and outside the starting cones
- Two players with one ball stand between the starting cones
- Place two more balls about 20 yards in front of the goal

Sequence

- The players between the starting cones pass directly back and forth
- When one of them stops the ball with the sole of the foot (starting signal), the players at the starting cones run around the rear cones then to the ball
- The first player to touch the ball (=one point) is allowed to shoot at the goal and scores another point if successful



Fast Track to the goal

ON TWO GOALS WITH GOALKEEPERS

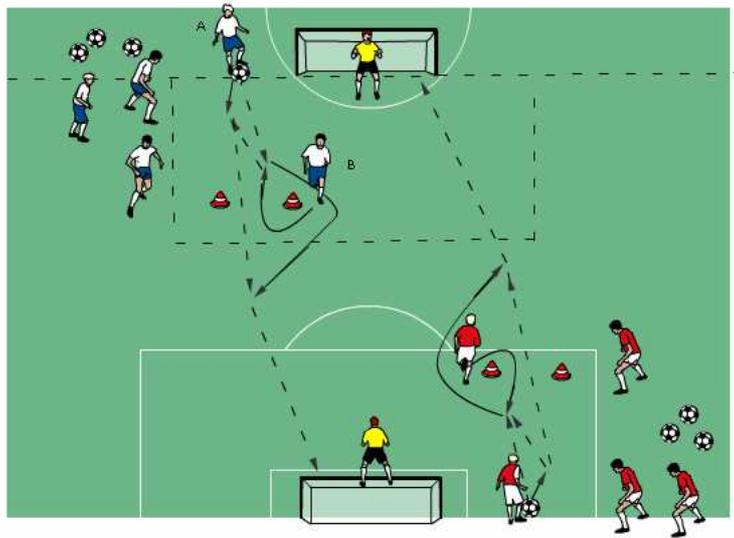
1. Receiving, controlling and shooting

Setup

- Mark out a 40-yard field and set up two goals with goalkeepers
- Mark out two penalty boxes
- Set up two small goals between the boxes, in line with the goal posts
- B and D stand behind the goals on the 18-yard lines
- The other players lie up next to the goals, diagonally across from each other; each one has a ball

Sequence

- B executes a countermovement, then moves through the small goal toward a ground ball from A
- B receives the ball with the outside of the foot (variation: inside), takes it back toward the middle and shoots as quickly as possible
- C and D execute the same sequence on the other goal
- Afterwards, players switch positions



2. Direct pass and shot

Setup

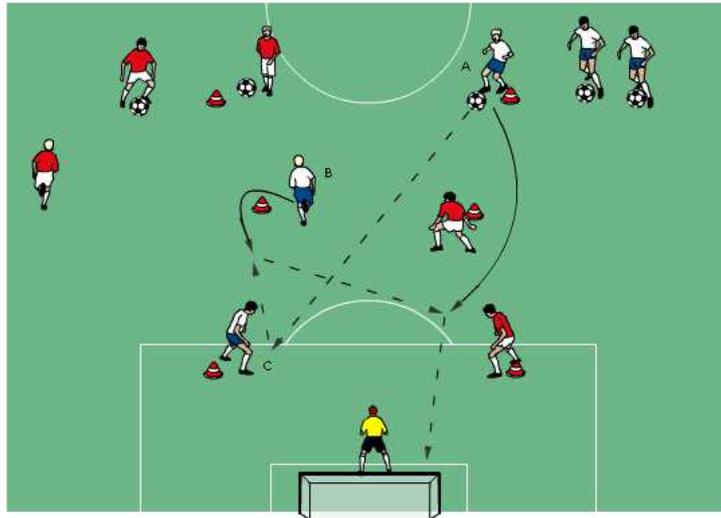
- Same as previous, except the small goals are inside the penalty boxes

Sequence

- B executes a countermovement, then moves through the small goal toward a ground ball from A
- B drops the ball directly back to A, turns around and runs past the small goal toward the big one
- A plays an easy pass through the small goal into B's running path
- B shoots no later than the second touch
- Players switch positions

Note

- All movements should be extremely dynamic



ON ONE GOAL WITH DIAGONAL PASSES

1. Three-player combination and shot

Setup

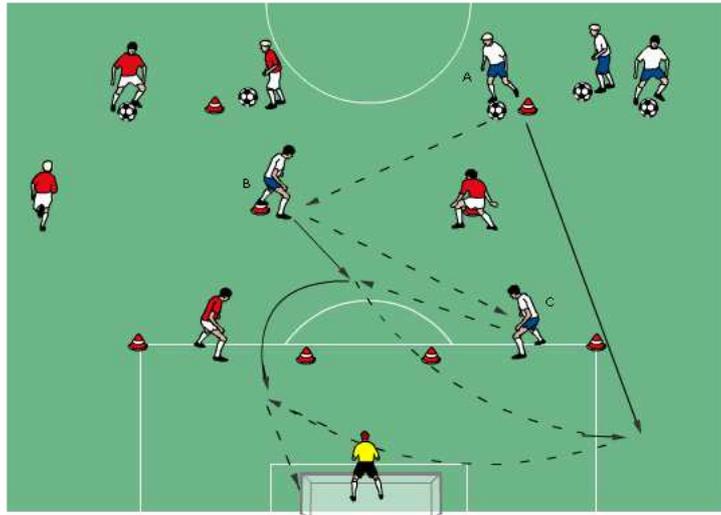
- A has a ball and stands about 25 yards in front of a goal with goalkeeper
- B stands on the other side, about 20 yards in front of the goal
- C stands near the corner of the penalty box

Sequence

- A passes to C and runs toward the goal
- C lays the ball off to B
- B passes into A's running path
- A shoots
- Sequence repeats on other side

Note

- Encourage one-touch passing!



2. From middle to wing and back

Setup

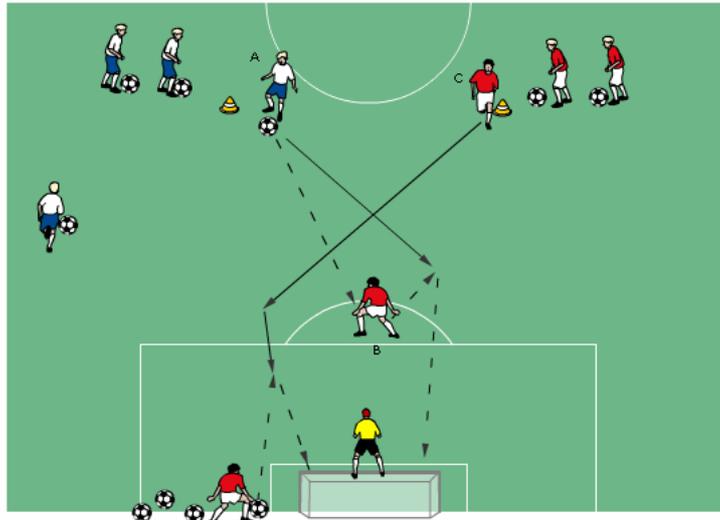
- A has a ball and stands about 25 yards in front of a goal with goalkeeper
- B stands on the other side, about 20 yards in front of the goal
- C stands near the opposite corner of the penalty box

Sequence

- A passes to B and runs onto the wing
- B uses C for a wall pass, passes into A's path and runs in front of the goal
- A crosses in front of the goal to B
- B finishes on the cross
- The second group repeats the same sequence on the other wing

Variation

- A dribble to the endline and plays a ground ball back to B. This forces B to move more slowly toward the goal



ON ONE GOAL WITH TWO FORWARDS

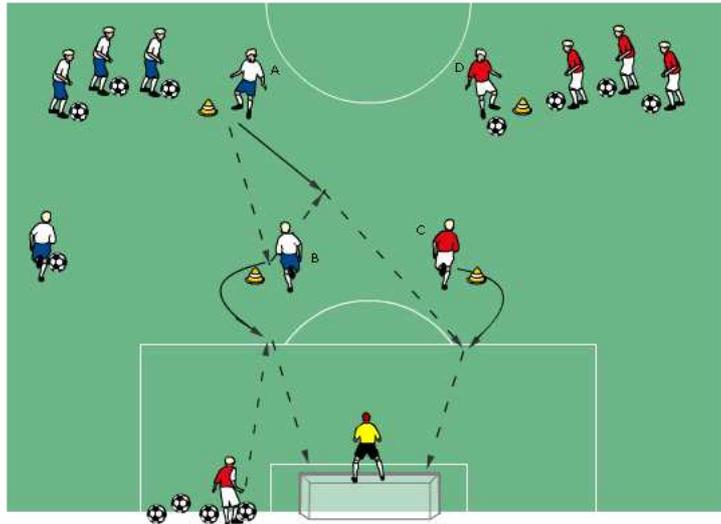
1. First or second ball 1

Setup

- B stands 16 yards in front of a goalkeeper
- A and C stand 25 yards in front of the goal; one of them has a ball
- A passer with a number of balls stands next to the goal

Sequence

- A passes to B
- A and C run toward the goal, crossing paths in front of B
- B lays off to either A or C, who shoots
- The other shooter continues on: if the first shot is deflected, he tries to score on that; otherwise he receives a throw-in and finishes with a header or volley



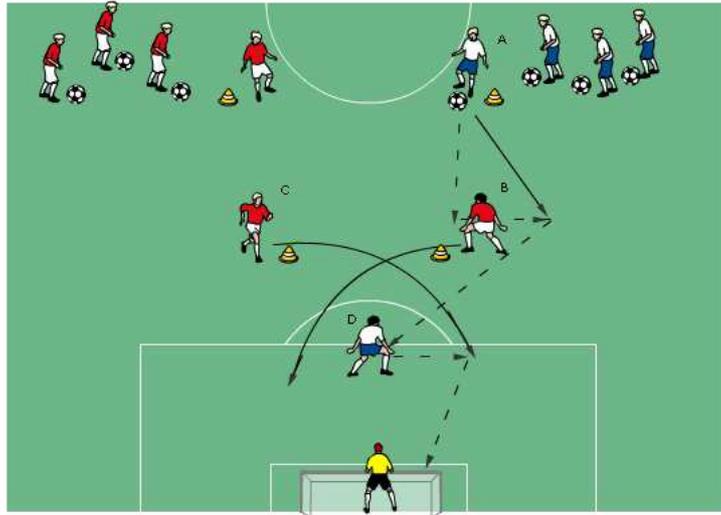
2. First or second ball 2

Setup

- B and C stand about 20 yards in front of a goal with goalkeeper
- A stands 25 yards in front of the goal
- A passes with a number of balls stands next to the goal

Sequence

- B and C run toward A
- A passes to B and runs after the pass
- B drops the ball back
- B and C turn around and start toward the goal
- A passes into C's running path, and C shoots
- B continues on and finishes, either on C's deflected shot or on a throw-in from the passer



ON ONE GOAL WITH SHORT PASS COMBINATIONS

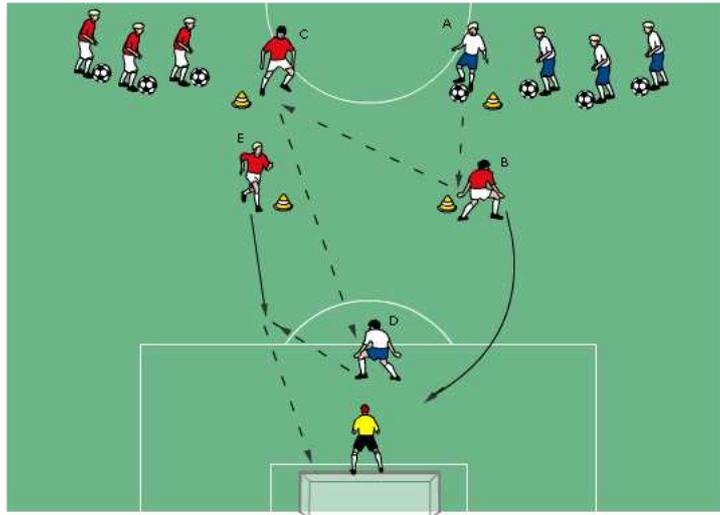
1. Double setup

Setup

- A stands 25 yards in front of a goal with goalkeeper, with a ball
- B and C stand 20 yards in front of the goal
- D stands near the edge of the

Sequence

- A passes to B and shows for a back pass onto the wing
- B drops the ball back and runs in front of the goal
- A passes to D; meanwhile C runs diagonally in front of the goal
- D lays off to C
- C shoots
- If the shot is deflected, B tries to score
- Each player moves to the next position
- Sequence repeats on the other side



2. Four-pass combination

Setup

- A and C stand 25 yards in front of a goal with goalkeeper; A has a ball
- B and E stand 20 yards in front of the goal
- D stands near the edge of the penalty box

Sequence

- A passes to B
- B passes directly to C, who passes to D
- D lays off to E, who shoots
- Each player moves to the next position
- Sequence repeats on other side

Variation

- B runs in front of the goal. After E shoots, another player crosses in front of the goal, and E and B try to score



Shooting 1

Objective: Learning to shoot with instep

Number of players: 6 – 12

Area/Field: 1/3 of Field

Time: 15 – 20 minutes

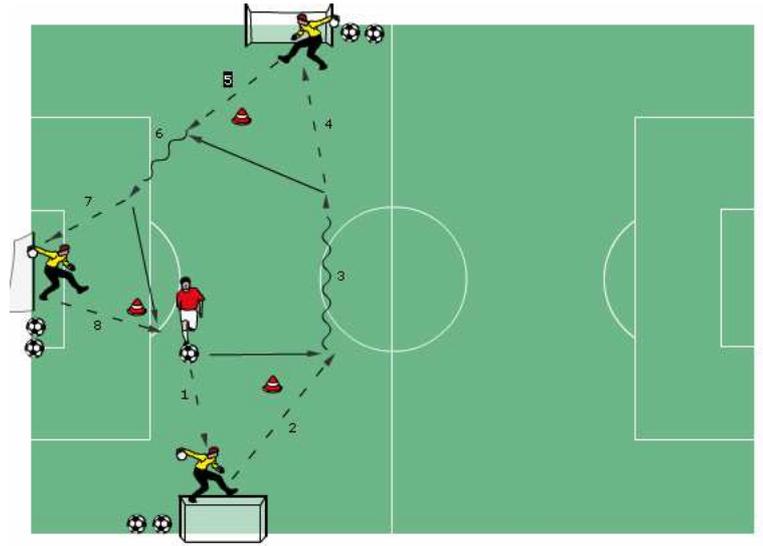
Equipment: Goal, supply of balls

Organisation: Two feeders on outside of box. Cross balls to players on top of 18 yard box who shoot on goal

Instructions: Put extra players behind goals to retrieve balls

Let players cross from left and right

Coaching Points: Approach ball, don't wait for it
 Keep upper body over ball
 Keep eyes on ball
 Read flight of ball



Shooting 2

Objective: Improving shooting at goal

Number of players: 6 – 12

Area/Field: ½ field

Time: 30 minutes

Equipment: 3 cones, 3 goals, supply of balls

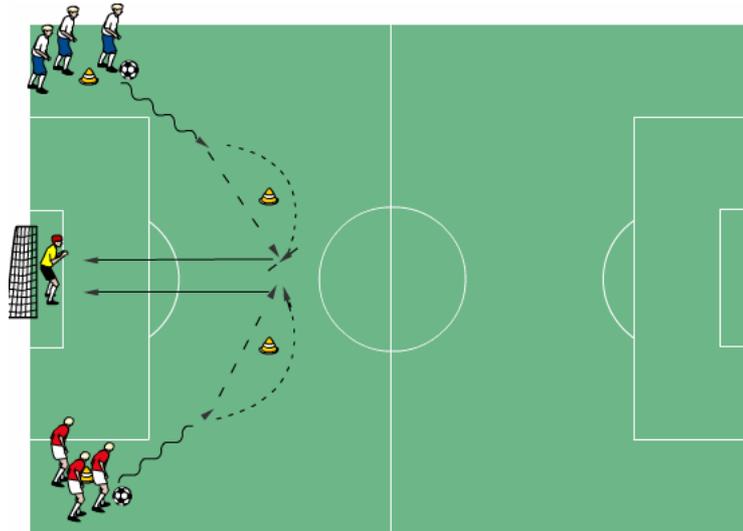
Organisation: Start with shot on goal, move to cone and receive ball from keeper. Dribble, shoot on goal, move around cone, receive ball from keeper, dribble and shoot on goal

Instructions: make sure keeper has supply of balls for continuation of drill

Let players cross from left and right

Coaching Points: look at keeper's position before shooting

Variation: Go clockwise and counter-clockwise



Shooting 3

Objective: Improving shooting on the turn

Number of players: 8 - 10

Area/Field: ½ field

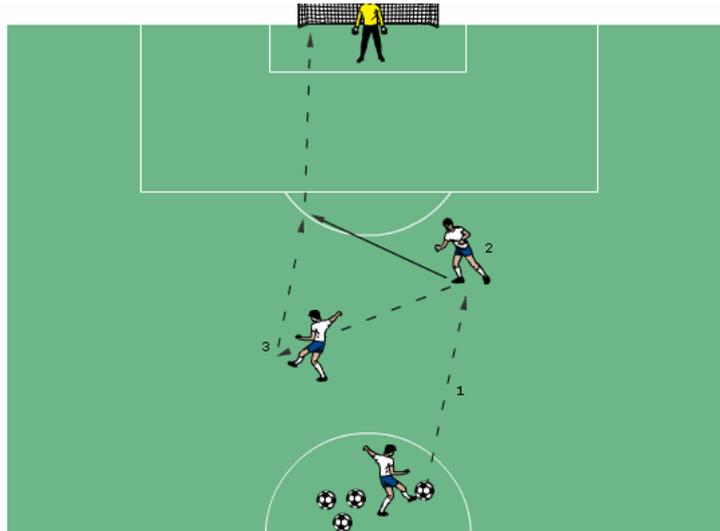
Time: 15 minutes

Equipment: 4 cones, goal, supply of balls

Organisation: players dribble from flank position toward cone. Approximately 5 – 6yards before cone pass to inside of cone and make run around outside. Turn around cone and shoot at goal

Instructions: Let players shoot from left and right
Play the ball so it is ready to be shot on goal

Coaching Points: Look at goalkeeper's position while turning
Follow ball for rebounds



Shooting 4

Objective: Improving shooting after 1 – 2 combination

Number of players: Groups of 3

Area/Field: ½ field

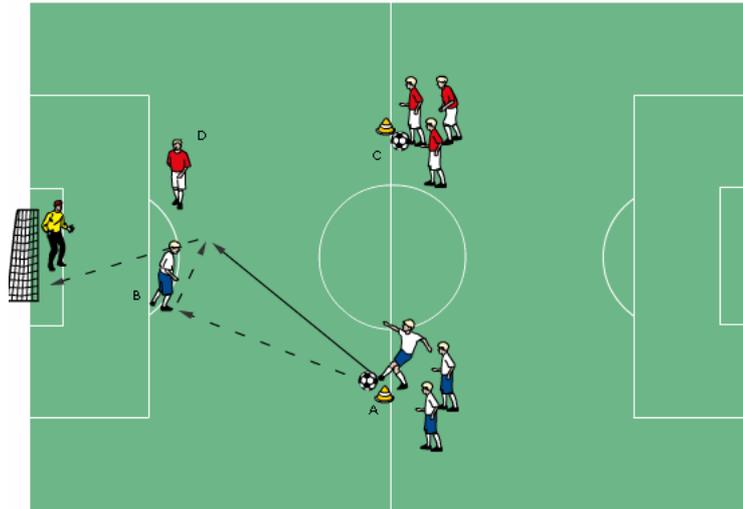
Time: 10 – 15 minutes

Equipment: Supply of balls

Organisation: Player 1 passes to player 2. Player 2 plays 1-2 combination with player 3. Player 2 turns to goal and finishes pass from player 3

Instructions: Let players switch positions after every shot

Coaching Points: Play one touch
Turn quickly and finish
Shoot ball as played (no extra touches)



Shooting 5

Objective: Improving shooting after long passes

Number of players: 8 - 10

Area/Field: $\frac{1}{2}$ field

Time: 15 – 20 minutes

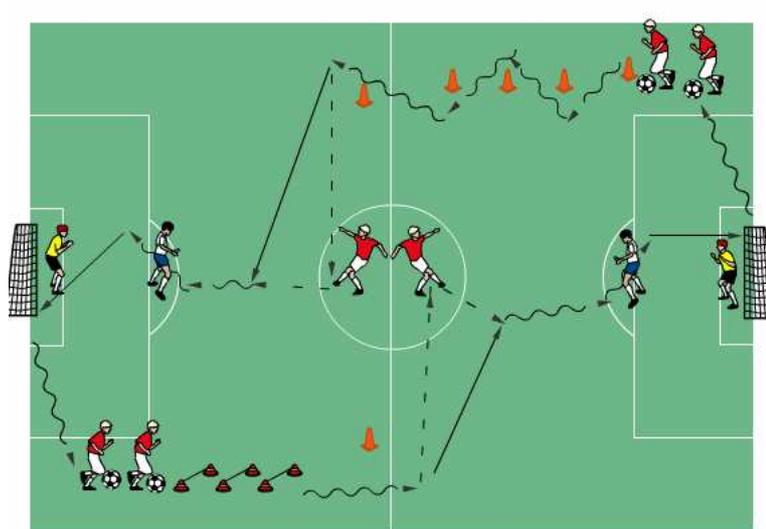
Equipment: Supply of balls

Organisation: Player A plays long ball to player B. Follow pass and finish wall pass with shot on goal

Instructions: Player C passes to player D

Coaching Points: Sprint/fast run to follow pass
Strike ball at full speed

Variation: Let player B pass to player D who lays off ball to player A



Shooting 7

Objective: learning to finish when fatigued 1

Number of players: 8 - 12

Area/Field: full field

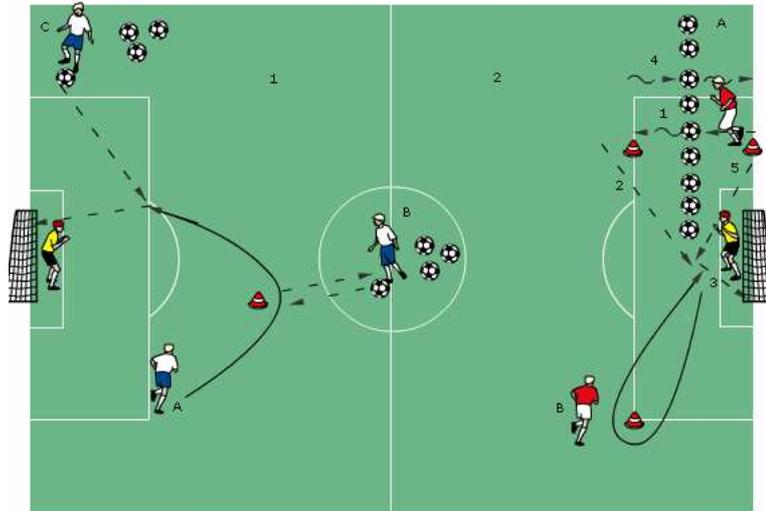
Time: 15 – 20 minutes

Equipment: 6 cones, 3 hurdles, 2 goals

Organisation: Players start dribble and hop over hurdles. At $\frac{1}{2}$ field they play a wall pass with player in midfield. Players receive, dribble on, take on defenders and shoot

Instructions: Let players start at same time
If players don't score they become defenders

Coaching Points: Make accurate pass into run



Shooting 8

Objective: learning to finish when fatigued 2

Number of players: 8 - 12

Area/Field: full field

Time: 10 – 15 minutes

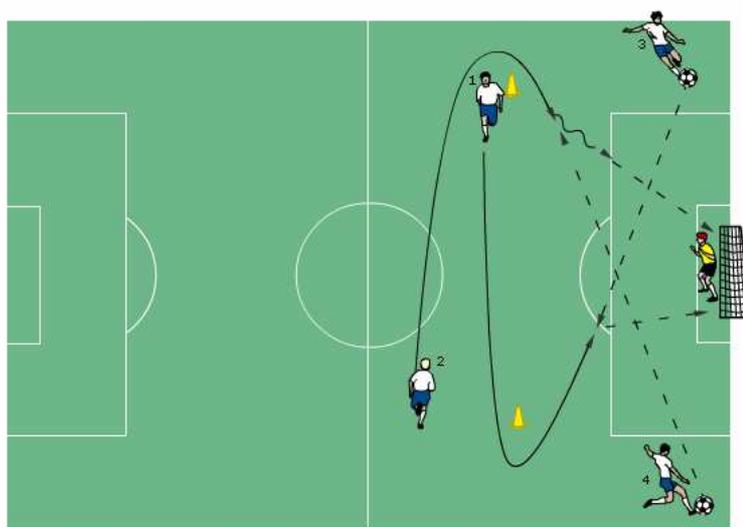
Equipment: 4 cones, 2 goals, supply of balls

Organisation: Player A runs to play a wall pass with player B. After wall pass run around cone and finish pass from player C.

Player A dribbles to end line, player B runs out, around cone and back to goal. Player A passes to player B. Player B shoots on goal

Coaching Points: look at keeper's position before shooting. Don't slow down to shoot

Read flight of ball and adjust position to score



Shooting 9

Objective: Improving scoring and sprinting

Number of players: 4 - 8

Area/Field: ½ field

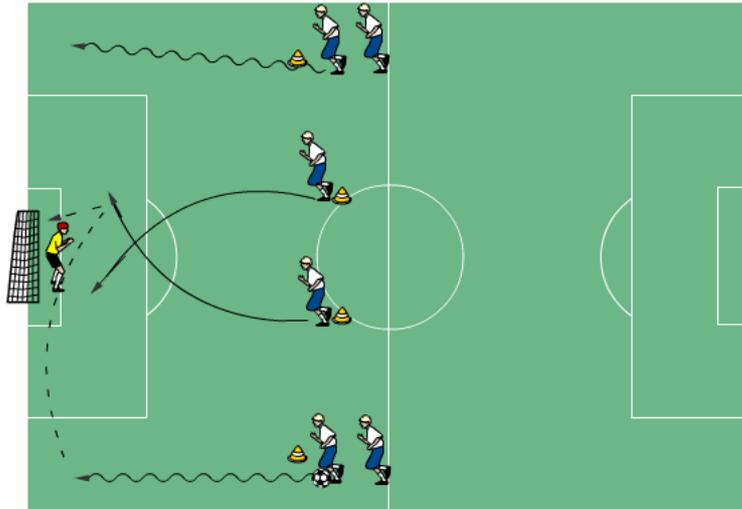
Time: 10 – 15 minutes

Equipment: 2 cones, 1 goal, supply of balls

Organisation: Players 1 and 2 make run around cone and finish cross from players 3 and 4 respectively

Instructions: Let player 2 start when player 1 has taken shot

Coaching Points: Read flight / path of the ball and adjust position to finish
Keep eye contact and communication between feeder and attacker



Shooting 10

Objective: Improving finishing from cross

Number of players: 8 - 10

Area/Field: ½ field

Time: 10 – 15 minutes

Equipment: 4 cones, goal, supply of balls

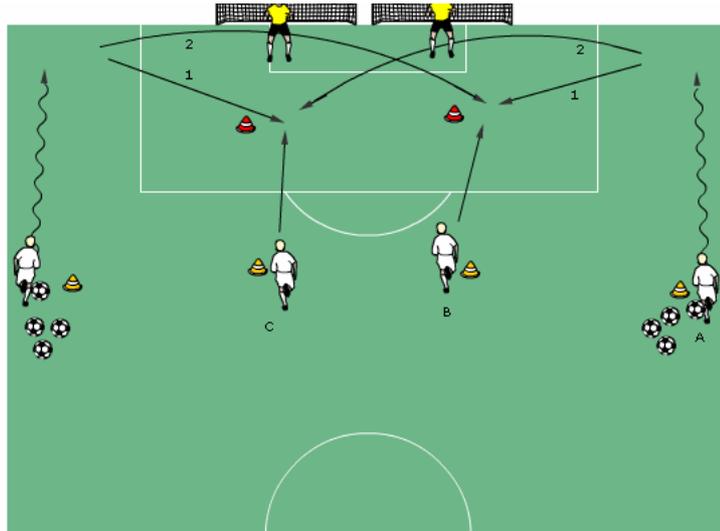
Organisation: Player on flank makes run with ball and crosses ball to 2 attackers in front of goal

Instructions: Alternate left and right flank

Coaching Points: Communication between flank players and attackers

Cross over runs in front of goal

Variations: Add defenders
Add more attackers



Shooting 11

Objective: learning to finish a cross

Number of players: 6 -10

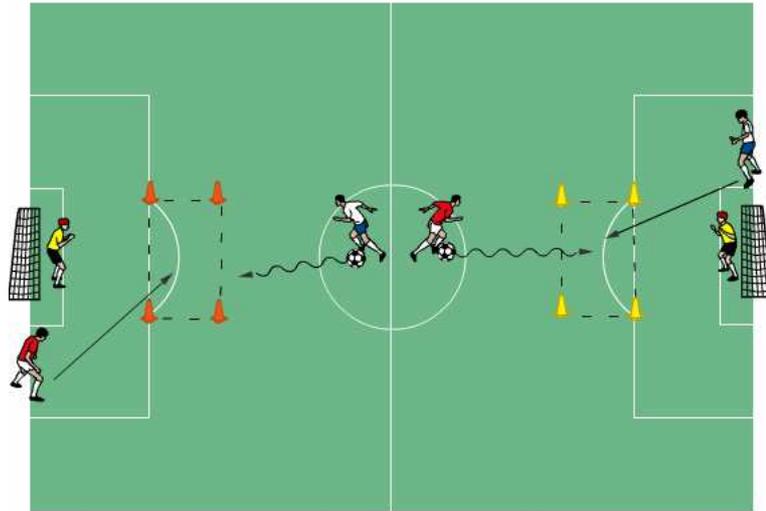
Area/Field: ½ field

Time: 15 – 20 minutes

Equipment: 4 cones, 2 goals, supply of balls

Organisation: Player A passes to self toward goal line
Player A crosses ball to 2 attackers in front of goal (low/high)

Coaching Points: Place ball correctly so player can cross the ball without stopping or touching the ball
Low cross hard and accurate
Time runs to finish on goal



Shooting 12

Objective: learning to finish after 1 v. 1

Number of players: 8 - 12

Area/Field: full field

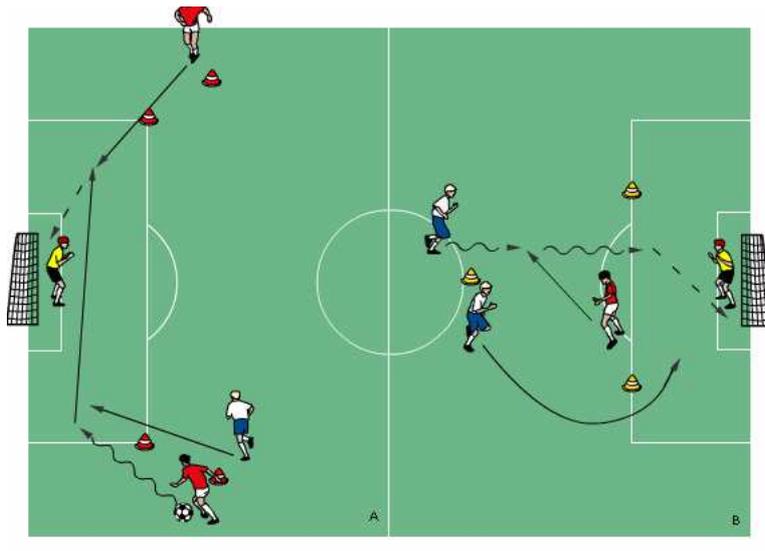
Time: 10 – 15 minutes

Equipment: 8 cones, 2 goals, supply of balls

Organisation: Player A dribbles towards zone. Player B (defender) runs toward zone to defend player A. Player A attempts to beat defender and score

Instructions: Let attacker and defender switch position if defender wins ball. Shot cannot be taken until player A reaches the zone

Coaching Points: Dribble toward zone with speed. If defender is late, shoot early



Shooting 13

Objective: learning to score under pressure

Number of players: 8 - 12

Area/Field: full field

Time: 15 – 20 mins

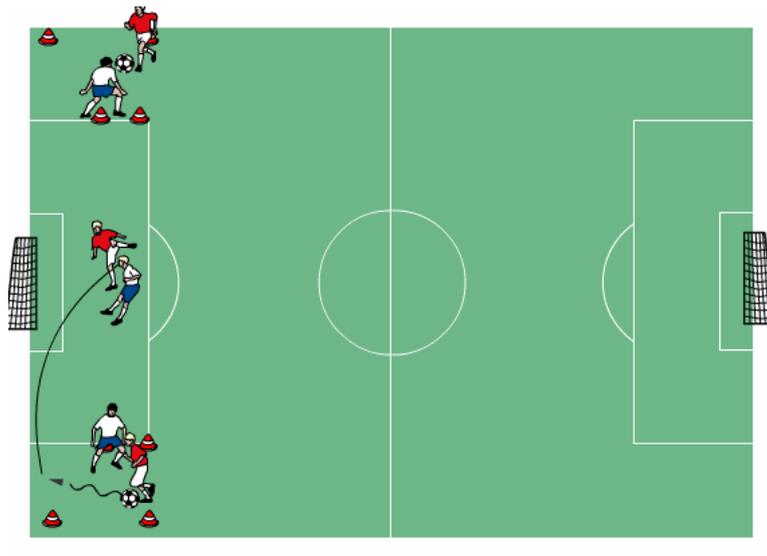
Equipment: 6 cones, 2 goals, supply of balls

Organisation: Flank player, under pressure of defender, tries to cross the ball to incoming forward under pressure of the defender

Attacker takes on defender and tries to score. Second defender puts pressure on from side

Coaching Points: Flank player doesn't need to beat defender. Cross as soon as possible. Maintain eye contact and communication

Finish as quickly as possible. Don't let defenders get organised



Shooting 14

Objective: learning to finish a cross

Number of players: 10 -12

Area/Field: full field

Time: 15 – 20 mins

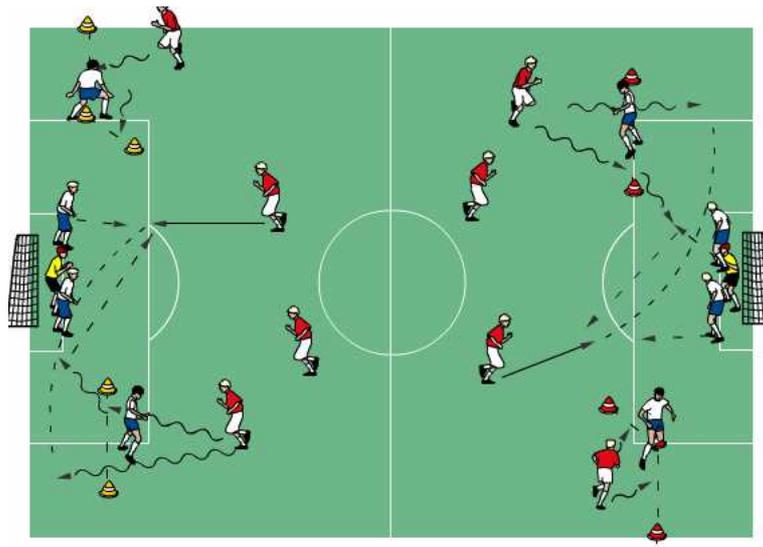
Equipment: 16 cones, 2 goals, supply of balls

Organisation: Player A takes on player B. after beating B, crosses ball to attackers in front of goal

Coaching Points: Cross ball as quickly as possible
Forward needs to be in motion drawing defender out of position

Move to position where you can run onto cross

Variations: Instead of 1 v. 1, play 2 v. 2 on flank in front of goal



Shooting 15

Objective: learning to cross or finish after 1 v. 1

Number of players: 10 - 14

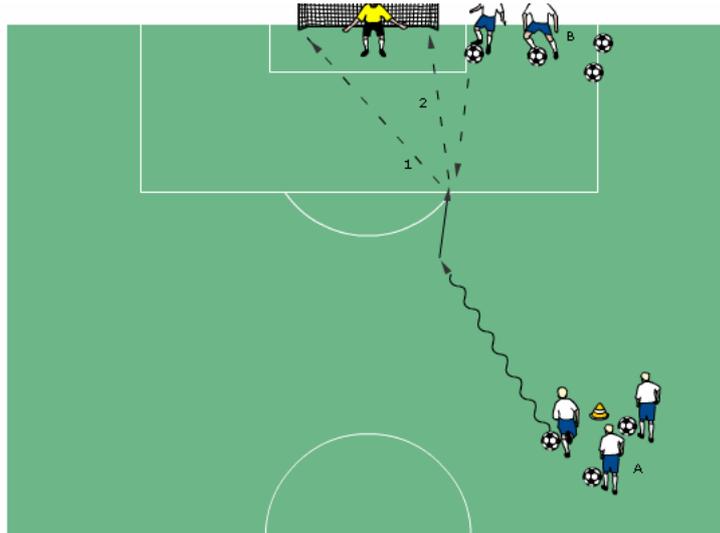
Area/Field: full field

Time: 15 – 20 minutes

Equipment: 10 cones, 2 goals, supply of balls

Organisation: attacker takes on defender and crosses ball to team mate or shoots at goal. After defender has been beaten, 2 defenders defend inside the box

Coaching Points: If attacker beats defender to outside, cross
If attacker beats defender on inside, shoot or pass to team mate



Shooting

Drills

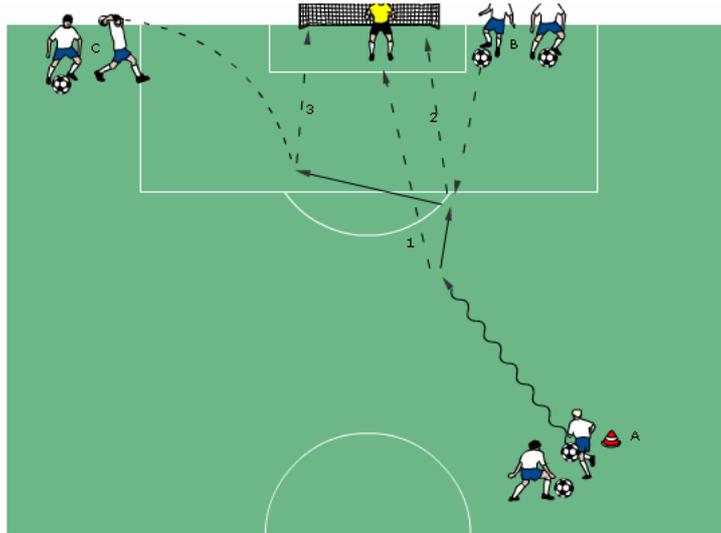
1. Double Play

Sequence

- Starting from an inside position, A dribbles to a position about 20 yards from the goal and shoots
- Immediately after the shot, B plays a ground ball from the endline, and A shoots directly

Notes

- A's moves are marked white
- A must stay focused after the first shot
- B must pass directly after the first shot, so that A is forced to react immediately
- Both plays should be executed at the proper speed



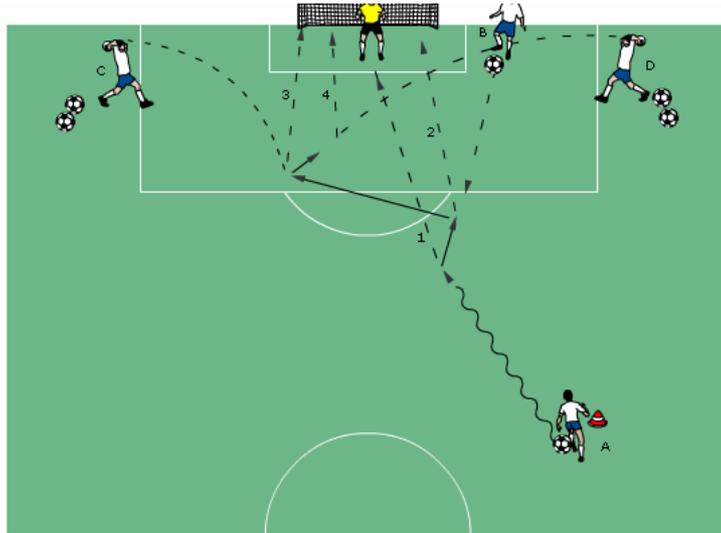
2. Triple Play

Sequence

- Begin as in exercise 1: dribbling, shot, pass and shot.
- Then C throws in a high ball to A, who receives it on the chest and shoots, preferably directly

Notes

- Always try to combine different elements of the game (in this case, receiving and shooting)
- However, players must stay fully focused while executing both elements (e.g. difficult reception in the penalty box).



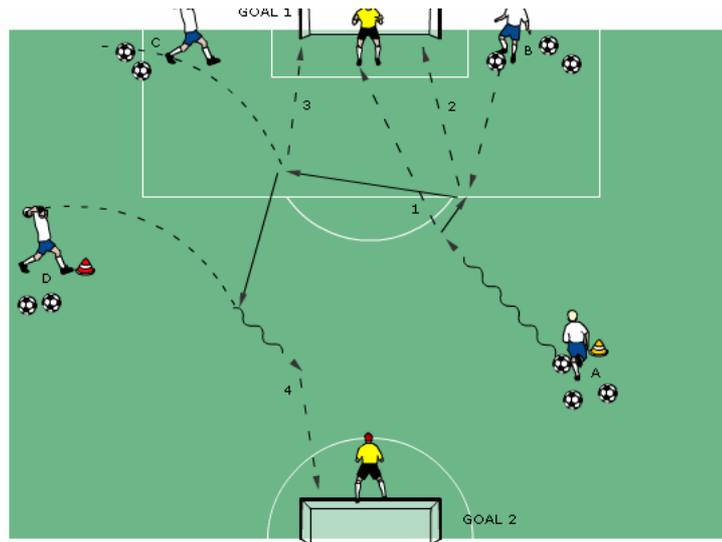
3. Four plays with header

Sequence

- Begin as in Exercise 2: dribbling, shot, pass, shot, throw-in and shot
- Afterwards, A tries to score with a header on a throw-in from D

Notes

- Make technical corrections as necessary
- Instruct players to look up at the goal before every shot and try to aim the ball past the keeper
- Set up a competition: who can score the most goals?



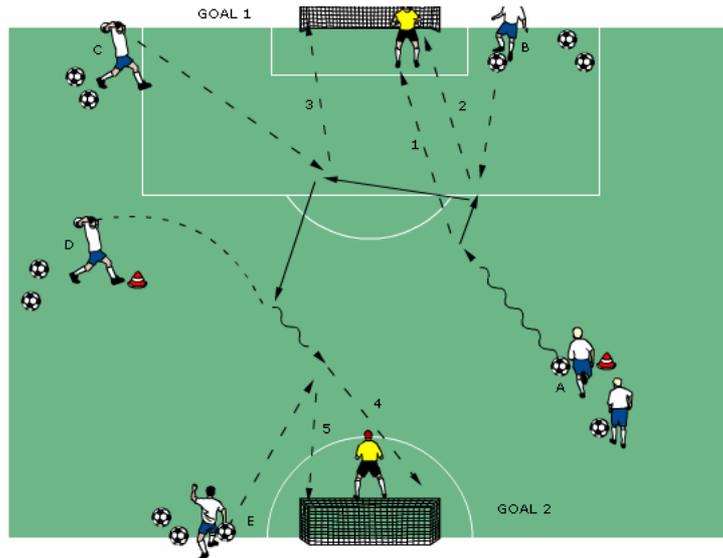
4. Four plays on two goals

Sequence

- Begin as in exercise 2: dribbling, shot, back pass, shot, throw-in and shot
- Now, however, instead of heading, A sprints toward D's throw-in, receives the ball and starts taking it toward Goal 2
- A dribbles to a position about 20 yards from Goal and shoots

Note

- A must remain focused all the way through the shot after the sprint. This teaches players to maintain good technique in spite of fatigue



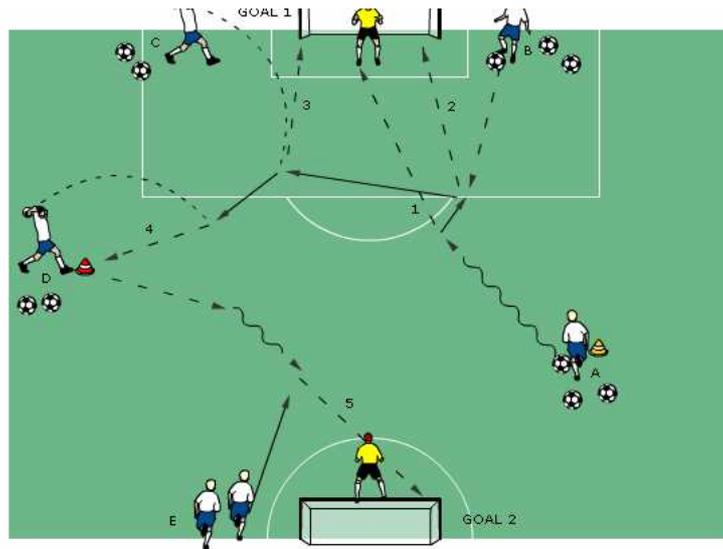
5. Five plays on two goals

Sequence

- Begin as in Exercise 4: dribbling, shot, pass, shot, throw-in, shot, sprint to the ball, receive and control, dribbling and shot.
- Afterward, E plays another back pass, and A shoots directly

Note

- This exercise is designed for a small group and is ideal for station training



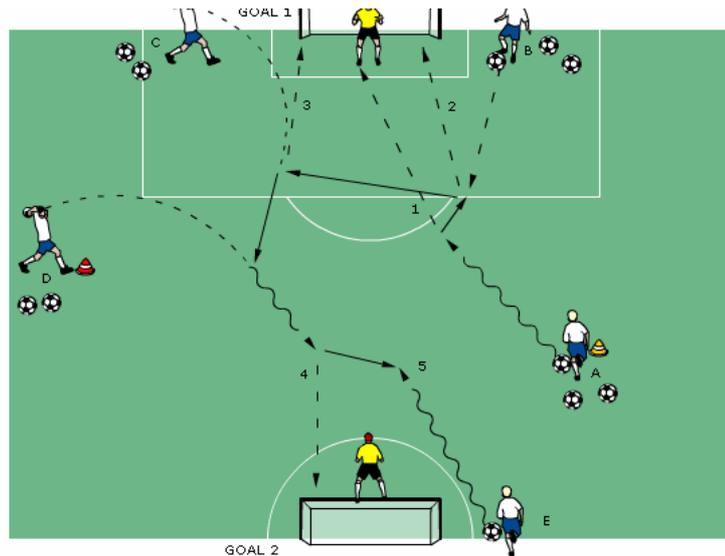
6. Five plays with opponent

Sequence

- Begin as in Exercise 4: dribbling, shot, pass, shot, throw-in, shot, sprint to the ball
- Now however, A plays a wall pass with D before moving toward Goal 2. E moves to meet A and tries to block A's shot
- A must play 1 v. 1 to shoot

Notes

- Tactical elements can be combined with shooting (1 v. 1 play)
- A must remain determined to finish
- This exercise requires player to be in excellent condition. Be sure to build in sufficient rest time!!



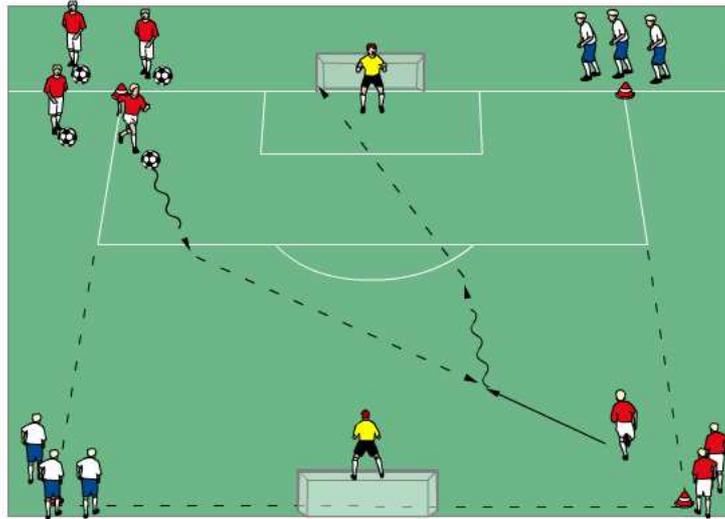
7. Five plays with transition

Sequence

- Begin as in Exercise 4: dribbling, shot, pass, shot, throw-in, shot, sprint to the ball, receive and control, dribbling and shot.
- Afterward, A switches to defending against E, who dribbles in from the endline and tries to finish on Goal 1

Notes

- Players generally have a hard time adjusting to a new game situation – which is why they need to practice transitions like this one!!
- A must start trying to disrupt E's attack-building immediately after "losing" the ball (simulated by A's last shot)



8. Diagonal Pass

Description

- Set up is same as for Exercise 1
- Divide players into two teams, which line up at diagonally opposite starting cones
- The first player from one team dribbles a short distance and passes diagonally to his team-mate, who controls the ball while moving forward and finishes on the second touch
- Afterward, players switch roles and positions while the first player from the other team starts

Variation

- Players pass and shoot with only left/right foot

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