



Shooting

Control and Shoot



Organizational Set Up

Small group of players.
Goalkeeper.
Large supply of balls.
Penalty area.



Coaching Points:

This practice is designed to improve each player's shooting technique with an emphasis on controlling the ball to create a shot.

A small group of players are placed at the edge of the penalty area. The first player in line moves towards the coach. The coach throws up a ball and the player has to control the ball quickly and take a shot at goal. Immediately after shooting the ball the player must look to follow through for any rebounds from the goalkeeper. The shooter then rejoins the group at the end of the line.

Coach Vaughn's Comments:

Okay, let's go to another shooting drill. This one's a little more difficult. Players receive a ball in the air and have to bring it under control and take a shot. Don't let it bounce two or three times. Try to get to the ball before it hits the ground. Prepare the ball in front of you with your trap and take a shot. Don't reach for your shots. Get your body close to the ball and shoot for the corners.