



Shooting & Finishing

Category: Functional: Striker

Difficulty: Moderate

Am-Club: Omaha FC
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Description

Screen 1 (15 mins)

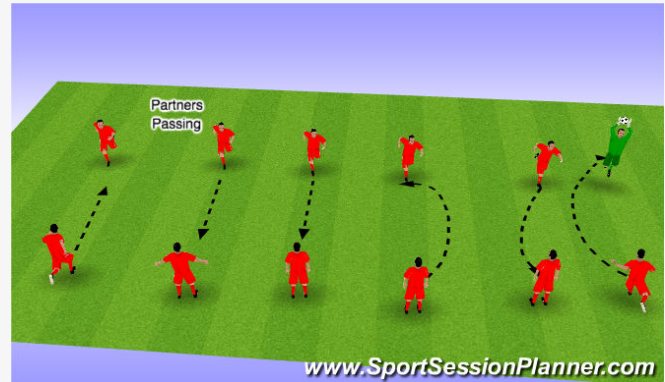
Set up:

Partners working on striking a ball

- Push Pass
- In-step driven
- Driven, laces
- Lofted pass

CPs:

- Angle of approach
- Plant foot position
- Head steady, eyes on the ball
- Contact point on ball and foot
- Correct follow through
- Confidence
- In-side/out-side swerve



Screen 2 (20 mins)

Set Up: Two correct size goals with Keepers, two teams

CPs:

- Concentrate on dribbling demand first, balance and ball mastery
- Type of shot
- Accuracy and power
- Body posture, relaxed
- Focus, make it fun



Screen 3 (20 mins)

Set up: "CALL IT" Coach will call the space the player must get their shot off, the challenge will create game like speed and striking at Goal, Move to left footed shots, coach can create a rush of players by calling quickly example, number 1 follow by number 5, 2 followed by 4 this way drill speed is high.

CPs:

- Speed
- Approach to ball based on number called, example if 5 is called player will Arc their run to turn hips towards goal
- Timing of shot
- Type of shot
- Accuracy & Power



Screen 4 (30 mins)

Set up: Soccer balls are placed on the 18 yard line, center cone is set at 23 yards (5 yards from Goal box line)

Coach controls game by calling the fastest player's name, only that player can shoot, if there is a tie allow both players to shoot.

CPs:

- 1) Speed
- 2) Agility
- 3) Approach, balance, posture, confidence

