

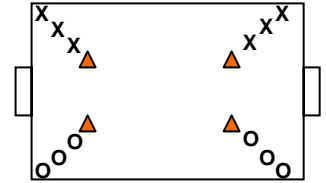
# Shooting / Finishing

## Session Objectives: Ability To Shoot Under Intense Pressure



### 1. Two Goals With Two Goalkeepers; Each Player Has A Ball

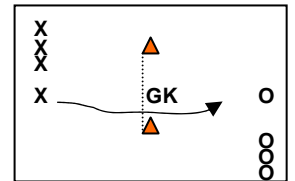
- (a) Dribble straight toward the goal and shoot
- (b) Dribble Diagonally (try different angles) toward the goal and shoot
- (c) Dribble away from the goal turn and shoot
- (d) Dribble past a defender and shoot
- (e) While juggling the ball, move into the penalty area and volley



### 2. Shooting Through A Goal Marked by Flags

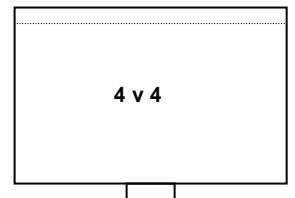
Two groups of three to four players stand facing each other about 20 yards apart. In the middle of the flags place one or two Goalkeepers, the players compete to score the most goals against the goalkeeper and through the flag goal.

- (a) The groups shoot alternately
- (b) The players can dribble a little bit before shooting
- (c) The goalkeeper can roll the ball towards the shooter
- (d) The goalkeeper throws the ball at the shooter to bring under control and then shoot



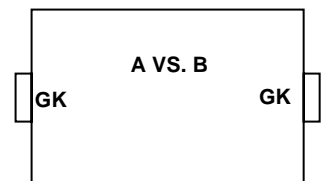
### 3. 4-a-side Into One Goal w/ a Goalkeeper and a Counter Line

A counter line is marked out with cones opposite the goal that is guarded by a goalkeeper. Two groups play a game of 4-a-side between the goal and the counter line. The idea is for the team in possession is to play safe combinations of passes in order to free up space to shoot on goal. The defending Team disrupts the attacking team, after winning the ball they launch a counter attack, crossing the counter line. Once counter line is crossed by the defending team they become the attacking team. Most Goals WINS!!!!



### 4. Shooting vs. Possession

Two goals, each guarded by a neutral goalkeeper. The idea is for team A to score as many goals as possible in five or so minutes, attacking both goals. Team B tries to stop them by winning the ball and then retaining possession as long as possible!!! After every five minutes teams change roles!!!



### 5. 6 vs. 6 Scrimmage "Free-Play"