



Shooting

Activity 1: Landing on the right foot

Setup: Each player has a ball.

1 goal or rebounding net.

Focus of Activity: Work on proper kicking form.

Activity: The player place their ball on the ground and back up a few steps. They then run up and kick the ball into the goal. The focus should be on proper placing of the non-kicking foot and landing on the kicking foot after they kick the ball.

How to increase the difficulty:

- Have the players use their non dominant foot.

Activity 2: Punting the ball

Setup: Each player has a ball.

1 goal or rebounding net.

Focus of Activity: Work on proper kicking form.

Activity: The players take turns standing a few feet away from the goal punting the ball into the net. They should hold the ball in their hand and drop the ball. Before the ball hits the ground the players kick the ball into the goal. After the kick the player should land on their kicking foot.

How to increase the difficulty:

- Have the players use their non dominant foot.

Activity 3: Kicking a bouncing ball

Setup: Each player has a ball.

1 goal or rebounding net.

Focus of Activity: Work on proper kicking form.

Activity: The players take turns standing a few feet away from the goal kicking the ball into the net. They should hold the ball in their hand and drop the ball. After the ball bounces once the players kick the ball into the goal. After the kick the player should land on their kicking foot.

How to increase the difficulty:

- Have the players use their non dominant foot.



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Activity 4: Two touches and a shot

Setup: Each player has a ball.

1 goal or rebounding net.

Setup several cones 5 yards away from the goal.

Focus of Activity: Work on moving the ball and shooting.

Activity: The players take turns shooting around their cone defender. They should perform one touch and change of direction to move the ball away from the defender then shoot the ball into the goal. The focus should be on ball control and taking a shot after touching the ball.

Possible ball control moves:

- Ball between the feet. Step over the ball with their right foot and push the ball to the right with the outside of their right foot.

- Ball between the feet. Step around the ball counter clockwise with their left foot and put the foot back where it started and move the ball to the right with the outside of the right foot.

- Ball between the feet. Roll the ball to the right using the sole of the left foot and redirect the ball forward with the inside of their right foot.

- Ball between the feet. Step left with the left foot and lean to the left. Step over the ball with their right foot and push the ball to the right with the outside of their right foot.

How to increase the difficulty:

- Increase the number of touches.

- Have the players use their non dominant foot.

Make a game out of it:

- Have the teams race to see who can score 15 goals first.

- How many goals can they score in 2 minutes.

Activity 5: Pass and a shot

Setup: Players form several lines 15 yards away from the goal.

1 goal or rebounding net.



Shooting

One player from each line takes a bag of balls and moves to the side of the goal.

Focus of Activity: Work on receiving the ball and shooting.

Activity: The players on the side of the goal pass a ball to the player in the front of their line. That player touches the ball once and shoots on goal. After the player shoots the ball they run up and touch the goal post (this is to get them in the habit of following up their shot). They then retrieve their ball and roll it back to the passing player and go to the back of the line.

How to increase the difficulty:

- Make it a one touch finish.
- Have the players use their non dominant foot.
- Place a stationary defender they must shoot around.

Make a game out of it:

- Have the teams race to see who can score 15 goals first.
- How many goals can they score in 2 minutes.

Activity 6: Follow the shot

Setup: Each player has a ball.

1 goal or rebounding net.

Players form several lines 15 yards away from the goal.

One player from each line is the keeper and stands in front of the goal.

Focus of Activity: Work on moving the ball and shooting.

Activity: The players take turns shooting at the goal. Once they shoot the ball the keeper will knock the ball back in front of the goal. The shooting player runs up after the shot and kicks the rebounded ball into the goal. If the keeper is having trouble rebounding the ball you can have a player or coach next to the goal that tosses a second ball in front of the net after the first shot. If you are using a rebounding net you do not need a keeper for this drill.

How to increase the difficulty:

- Have the players use their non dominant foot.
- Place a stationary defender they must shoot around.



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Make a game out of it:

- Have the teams race to see who can score 15 goals first. (Goal only counts if the first shot is on goal and they score on the follow up shot)
- How many goals can they score in 2 minutes.

Activity 7: 2 goals

Setup: Split the players into two teams.

Setup 2 goals 30 yards apart.

Place a row of cone 5 yards in front of the goals.

Line up each team on opposing sideline. One offense, one defense.

Focus of Activity: Work on avoiding pressure and shooting.

Activity: The first defensive player passes the ball to the first offensive player. The offensive player attempts to score a goal in either goal. The defensive player tries to stop them. The ball must be kicked before the line of cones and must go into the goal in the air.

After going through the line a few times have the teams switch.

How to increase the difficulty:

- Have the players use their non dominant foot.

Make a game out of it:

- How many goals can they score in 2 minutes.

Activity 8: 2 goals with keepers

Setup: Split the players into two teams.

Setup 2 goals 30 yards apart.

Each goal has a keeper.

Place a row of cone 5 yards in front of the goals.

Line up each team on opposing sideline. One offense, one defense.

Focus of Activity: Work on avoiding pressure and shooting.

Activity: The first defensive player passes the ball to the first offensive player. The offensive player attempts to score a goal in either goal. The defensive player tries to stop them. The ball must be kicked before the line of cones and must go into the goal in the air. If the defensive player gains control of the ball they can score on either goal.



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After going through the line a few times have the teams switch.

How to increase the difficulty:

- Have the players use their non dominant foot.

Make a game out of it:

- How many goals can they score in 2 minutes.
- The defense gets 2 points for a goal and the offense get 1 point for a goal. After giving each team a chance to play both see who has the most points.

Activity 9: 2v2 with keepers

Setup: Split the players into two teams.

Setup 2 goals 30 yards apart.

Each goal has a keeper.

Place a row of cone 5 yards in front of the goals.

Line up each team on opposing sideline. One offense, one defense.

Focus of Activity: Work on avoiding pressure and shooting.

Activity: The first defensive player passes the ball to the first offensive player. Two offensive players attempt to score a goal in either goal. Two defensive players try to stop them. The ball must be kicked before the line of cones and must go into the goal in the air. If the defensive player gains control of the ball they can score on either goal.

After going through the line a few times have the teams switch.

How to increase the difficulty:

- Have the players use their non dominant foot.
- Give each team a specific goal to score in.

Make a game out of it:

- How many goals can they score in 2 minutes.
- The defense gets 2 points for a goal and the offense get 1 point for a goal. After giving each team a chance to play both see who has the most points.

Activity 10: 2 teams, 2 goals, 2 keepers



Shooting

Setup: Split the players into two teams.

Setup 2 goals 30 yards apart.

Each goal has a keeper.

Play 3v3 with the remaining players out of bounds on the sides of the opposing team's goal.

Focus of Activity: Work on avoiding pressure and shooting.

Activity: The teams play 3v3 trying to score on the opposing team's goal. The purpose of the players next to the goal is to keep the ball in play and provide crossing/centering passes to their teammates.

After two goals switch the players.

How to increase the difficulty:

- Have the players use their non dominant foot.

Activity 11: 4v4 with one goal

Setup: Split the players into three teams of four.

Setup one goal with a keeper.

Play 4v4 with the remaining team out of bounds on the sides of the goal.

Place a line of 10 balls parallel with the face of the goal about 30 yards away from the goal.

Focus of Activity: Work on avoiding pressure and shooting.

Activity: The two teams on the field play 4v4. The first team to 2 goals can choose to stay in and play or rotate out and switch with the team waiting by the goal. If they choose to stay in the losing team must switch with the waiting team. When a goal is scored the scoring team then gets to take a ball from the line in the back and attempts to score again. If the ball is kicked out of bounds the ball changes the team that would gain possession of the throw in take a ball from the line in the back.

Switch the teams around when you run out of balls in the back line.

How to increase the difficulty:

- Have the players use their non dominant foot.
- They must have three passes before they can shoot.