



## Shooting / Finishing

Category: Technical: Shooting  
Difficulty: Moderate

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### Description

IAS Clinic: 2/6/18. Training activities with a focus on shooting and finishing. US Soccer Method: Play-Practice-Play

### Play

#### Warmup - SSG Numbers Up

Attacking team has a numerical advantage to encourage shots on goal.

Organization:

- See Diagram. Ideally 4v2.

How to Play:

- Continuous SSG to goal.
- Defending team scores by winning possession and passing to the coach who is in a wide position.
- Rotate roles to ensure both teams get opportunity to be on offense.

Coaching Notes:

- Encourage players to shoot every opportunity they are given.



### Practice

#### Shooting Square

Continuous shooting drill.

Organization:

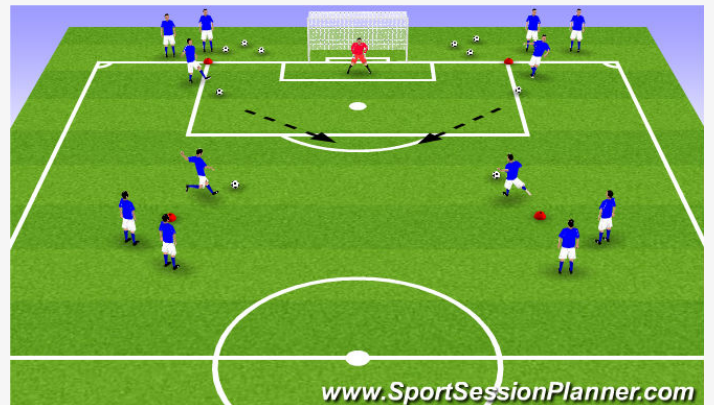
- See Diagram.
- 2 cones set up on endline and 2 cones set up outside the 18 (or a distance appropriate for your team).
- All balls on endline.

How to Play:

- Balls are passed from endline (rotate passes from each side).
- Shooter takes prep touch, then shot (2 touches maximum).
- Switch lines after pass and after shot.

Coaching Notes:

- Focus on technique rather than power.



### Play

#### 3v3 Shooting Game

Fun small-sided game with emphasis on shooting.

Organization:

- See Diagram. 3v3 with Goals.

How to Play:

- 3v2 + GK.
- 3v3 with one designated GK, who joins play when team is in possession.
- 2 points for a goal. 1 point for a shot. 7 points wins!

Coaching Notes:

- Play direct.
- Create scoring opportunities.

