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SOCCER SHOOTING DRILLS

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1-2, Shoot

How the Drill Works:

Player complete a 1-2 pass with a designated passer on top of the penalty area before taking a shot on goal.

Purpose:

Simple activity that develops shooting skills.

Diagram:



Setup:

- Set up one full-sized goal. Position one goalkeeper in goal. If there are extra goalkeepers, have them rotate every three shots. This activity can be completed without a goalkeeper as well.
- Players form a line 10 yards outside the penalty area.
- Each player in line should start with a ball at their feet.
- Designate one player to be the passer and position them on the edge of the penalty box facing the line of players. This player does not need a ball.
- Complete this activity for ten minutes. Add more time as needed.

Instructions:

1. The player at the front of the line completes a 1-2 pass with the designated passer.
2. Once the player receives the pass back from the passer, they attempt to finish on goal in one or two touches.
3. The next player in line can begin their turn as soon as the player in front of them completes their shot.
4. Players retrieve their shot and then return to the back of the line.
5. Switch the designated passer every ten repetitions.
6. Players are encouraged to work on shooting with both feet.
7. Complete the activity for 10 minutes. Stop to retrieve soccer balls and reset if needed. Add more time to give the players more repetitions.

Variations:

One touch – Shooters and designated passers must complete the activity in one touch.

Various shooting techniques – Have the players use different techniques when shooting – inside of the foot, instep (laces), or outside of the foot.

Coaching Points:

- Stress that players should “finish” the soccer ball rather than just shoot the ball. Players should attempt to place the ball into the corners of the goal with accuracy instead of striking the ball as hard as they can.
- Teach the players to focus on using a strong plant foot alongside the ball, and to keep their head down and eyes on the ball when finishing. Players should lock their ankle and strike through the ball smoothly, hitting the middle of the ball for a quality technique.
- Educate the players to follow through their shot with their shooting foot. A player’s shooting foot should swing through the ball and should be the foot players land on.
- Challenge to the players to be consistent with their technique and trust the process. Help players who are struggling be patient and focus on the right technique first before attempting to increase their speed.

1v1 Two Goal Finishing Competition

How the Drill Works:

Two teams compete to score the most goals in a round. There is one team on defense and one team on offense each round. The defending team passes the ball across the box before running at the offensive player receiving the pass. The offensive player takes their touch towards either goal, positioned on both sides of them, and attempts to finish on goal before the defender blocks their shot.

Purpose:

Develop abilities to take a directional first touch away from an approaching defender and score. Players increase the finishing skills with a defender attempting to block their shot. The activity allows for players to work on their fakes to create more separation from the approaching defender.

Diagram:



Setup:

- Two full-size goals are needed for this activity. Set up the goals to face each other with 35-40 yards of space between them.
- Assign one goalkeeper to each goal. If there are more than two goalkeepers, have the extra goalkeepers rotate every 3-5 repetitions.
- Set up a box of four cones in the center of the two goals. The box should be no closer than 10 yards from each goal and 12-18 yards wide. See diagram (red cones) for better positioning details.
- On two, opposite sides of the cone box, form two cone gates. The gates will be setup on the two box sidelines that do not have a goal behind them. See diagram (yellow cones) for more information.
- Divide the players into two, evenly numbered teams and assign each team a jersey color.
- Assign each team to form a line behind the cone gates setup across from each other. There should only be one team on each cone gate.
- Designate one team as the defensive team and place all the soccer balls behind their cone gate.
- The first player in each line steps up into their gate. Only the defensive player should have a ball.
- Complete four rounds total. Each team should be the attacking team for two rounds. See which team ends with the most goals! Add more rounds as needed. Make coaching points between rounds.

Instructions:

1. The first player in the defensive team line passes the ball directly across the square to the first player in the offensive team line.
2. As soon as the defensive player passes the ball, they run across the square to try and win the ball from the offensive player receiving the pass.
3. The offensive player receiving the pass must take their touch to the left, or right, away from the approaching defender and attempt to score on goal.
4. The offensive player must shoot inside the square and score to receive a point for their team.

5. If the defender blocks, or steals the ball from the offensive player, then the offensive player's turn is immediately over.
6. As soon as a goal is scored, or blocked, the next players in each line begin their turn while the players who just finished their turn return to the back of their team lines.
7. Offensive players can score on either goal. They must stay within the box and can use as many, or as little touches to score. Offensive players should try to score in two, or three touches to keep the activity as game-like as possible.
8. After each player on the offensive team has shot twice then the soccer balls are collected and teams switch roles and repeat the process.
9. The team with the points at the end wins the game.
10. Complete at least four rounds. Each team should have the opportunity to be the attacking team twice. Add more rounds as needed. Make coaching points between rounds.

Variations:

Two touches – Players must finish using only two touches.

Shooting Distance – Increase, or decrease, the distance from the edge of the box to the goal to vary the shooting distance.

Box Size – To increase the first touch difficulty, decrease the size of the box. To allow players more time and space with their first touch, increase the size of the box.

Defenders can earn points – If a defender is able to steal the ball from the offensive player, and stay inside the box, the defender is free to score on either goal to earn their team a point.

Coaching Points:

- Teach the players about the importance of their first touch. The players' first touch should take them away from the approaching defender and allow them to finish on their second touch. The box is used to keep the offensive players' first touch honest and game-like.
- Challenge the defenders to run down the offensive player and attempt to win the ball from them.
- Encourage the offensive players to keep their head up to see where the defender is and what kind of touch is needed. Players should use little fakes, or body position adjustments to trick the approaching defender and create more space for themselves.

- Remind the players to see where the goalkeeper is at and finish the ball in the back of the net as often as possible. Players should use various finishing techniques to beat the goalkeeper and find which technique works best for them.

2v2+2 Crossing & Finishing

How the Drill Works:

Two teams of two players with the help of two neutral players compete to score the most goals in the round. One neutral player on each sideline is free to move up and down the line while passing and crossing to the team in possession.

Purpose:

Competitive 2v2 game inside a small playing area that develops crossing, finishing, defending and movement skills. Players are constantly getting repetitions while shooting and defending.

Diagram:





Setup:

- Set up a 30x35 yard field. The field should be wider than it is long to focus on the use of the wide players and crosses.
- Place one full-size goal on each end line.
- Position one goalkeeper in each goal. If there are extra goalkeepers rotate them in after every round.
- Divide the players into teams of two and assign each team a different colored jersey. If there are more than five teams, create two fields to give the players more repetitions.
- Have two teams start in the center of the field. Assign each team to defend a different goal.
- Have one other team be the starting neutral players. Position one neutral player on each sideline. Tell the neutral players they are free to move up and down the sideline as well as 3-4 yards outside the line.
- Divide all the soccer balls between the goals.
- One goalkeeper starts with a ball.

- Each team should complete at least four, three-minute games. Add more time or games as needed. Make coaching points between rounds.

Instructions:

1. On the coach's signal, the goalkeeper passes the ball to their teammates and the players compete 2v2 plus the two wide neutral players.
2. Players are free to score through the run of play or off a cross from the neutral players.
3. Neutral players move along the sidelines and pass, or cross, the ball to the team that passed them the ball. Neutral players can dribble along the sideline to deliver a cross if needed.
4. Neutral players can not be defended.
5. Goalkeepers can pass to the neutral players directly and be a part of their team's possession.
6. When a goal is scored, the goalkeeper from the scoring team starts a new ball from their goal. Make it, take it rules.
7. If the ball goes out-of-bounds, the team that did not touch the ball last starts with a new ball from their goalkeeper.
8. The team with the most goals scored at the end of the round wins.
9. Teams rotate after each round. The neutral players come onto the field while one team becomes the neutral players.
10. Each team should complete at least four, three-minute games. Add more time and games as needed.

Variations:

Crossing – Teams can only score off crosses, or passes from neutral players.

Touch limit – Give the field players, or neutral players a touch limit to increase the tempo of the game and make the players think faster. Give the players three, two, or one touch depending on level. Field players and neutral players can be given different touch restrictions depending on the focus.

King of the hill – The winning team after each round stays on the field while the team that lost becomes the neutral players.

Point system – Award one point for a goal off a shot from one of the field players. Two points for a goal off a cross using the feet. Three points for a goal off a cross using the head.

Numbers – Make it 3v3, 4v4, etc. Increase the size of the field as more players are added.

Coaching Points:

- Teach the players to constantly move on both the offensive and defensive side of the ball! This game is demanding and requires much movement from the players.
- Educate the players to keep their head and eyes moving to read the game. Seeing the field and where players are will allow players to make better decisions and give themselves a better chance of scoring.
- Remind the players to be decisive with their movements and passes. Players should make quick, quality decisions.
- Teach the players to attack the crosses, both defensively and offensively, and try to be the first one to the ball.
- Challenge the players to be explosive and creative on the ball when dribbling. Players should take the opportunity to shoot as soon as there is space!
- Motivate the goalkeepers to communicate with their team and to be quick between the posts!

3v2 Crossing and Finishing

How the Drill Works:

Three players complete a series of one-touch passes before driving a ball out to a wide player near the sideline. The three players run into the box while the wide player dribbles to the end line and delivers a cross for one of the three attacking players. Two defenders and a goalkeeper are added in the box to make the activity more game-like.

Purpose:

Develop crossing and finishing skills. Players increase their ability to drive balls to wide players and make dangerous runs into the box. Defensive players improve their positioning and ability to clear balls out of danger in the box.

Diagram:





Setup:

- See diagram below for an understanding.
- One full-size goal is needed and is positioned on the end line.
- Place one cone five yards outside of the center circle, in the middle of the field. This is the cone all of the attackers will start.
- Place two cones on each side of the field. The cones should be seven yards from the sideline and should be 10 yards apart. These cones will be the starting areas for all wing players.
- Two defenders start inside the box while at least two defenders rest on the sides of the goal. At least four defenders are needed and will be assigned a different jersey color than attackers.
- Position one goalkeeper in goal with the extra goalkeepers on the sides of the goal. Goalkeepers will rotate every four repetitions.
- All the soccer balls should be around the attacking starting cone.
- Complete three, five-minute rounds. Rotate defenders, attackers, and wide players between each round. Add more time and rounds as needed. Make coaching points between rounds.

Instructions:

1. Three attackers step out in front of the starting cone and form a triangle. The players complete 3-5, one-touch passes before one of the attackers takes two-touches and drives a long ball out to one of the wide players.
2. The wide player receives the pass and begins dribbling towards the end line. At the same time, the three attackers are making runs into three separate areas of the box (front, middle, back).
3. Once the wide player has passed the cone closest to the end line, they are free to cross the ball into the box. The wide players attempt to pick out an attacker and deliver the ball on the attacker's head or foot.
4. The two defenders in the box are live to defend and clear the ball out of danger.
5. The attackers attempt to score the cross on goal.
6. If a goal is scored, the defenders clear the ball, or the keeper saves the shot, the next ball from the three new attackers is immediately started.
7. Defenders complete two consecutive turns before two new defenders come on. Attacking players and wide players go to the back of their respective lines after each turn.
8. Attackers alternate driving balls to each side of the field.
9. Players stay at their positional cones for the remainder of the round. After five minutes, players rest, retrieve all the soccer balls, and switch lines. Every player must defend for at least one round.
10. Complete three, five-minute rounds. Add more rounds and time as needed.

Variations:

One-touch – Complete this exercise using only one-touch at all positions. For experienced players only.

Defenders – Use less defenders if attackers are not getting any shots on goal. If one defender is still too much, perform the exercise without defenders so that attackers and goalkeepers can gain repetitions.

Coaching Points:

- Teach the players to make hard runs into the box to be the first to the ball and score!
- Remind the defenders to be aware of the incoming attackers so they can successfully clear the ball and avoid danger.
- Encourage the players to compete with each other and try to be the first to the ball every time!
- Educate the wide players to pick up their heads and pick out a player or open space to deliver the ball into.
- Challenge the players to score as many goals as they can! Challenge the goalkeepers and defenders to keep a clean sheet!

Around the Cones & Shoot

How the Drill Works:

A player crosses a ball in front of the goal for the goalkeeper to catch who then rolls the ball towards the gate of cones at the edge of the penalty area for the crosser to sprint on to and attempt to score!

Purpose:

Develop crossing, receiving, and shooting skills for field players. Goalkeepers improve their ability to catch crosses and make quick reaction saves.

Diagram:



Setup:

- One full-size goal is needed for this activity.
- At least one goalkeeper is needed. If there are extra goalkeepers, have them stand on the side of the goal and rotate every three repetitions.
- Set up a gate using two cones, eight yards wide, on the edge of the penalty box.
- Place one cone on each side of the goal along the end line. Each cone should be 20-25 yards away from the goal. Adjust the distance according to the players' age and skill level.
- Divide the players evenly between the two cones positioned along the end line and have the players form a line behind each cone.
- Divide all the soccer balls evenly between the two lines.
- Each player should complete at least five repetitions from each side of the goal. Add more repetitions as needed. Make coaching points during natural stoppages.

Instructions:

1. One player from the front of either line begins the drill by crossing the ball into the box for the goalkeeper to catch.
2. Immediately after striking the cross, the crosser sprints towards the gate on the edge of the penalty box.
3. The goalkeeper catches the ball, and then rolls the ball between the gate for the oncoming crosser to strike on goal.
4. As soon as the shooter has finished their turn, and the goalkeeper is ready, the player from the opposite crossing line can begin their turn.
5. Players retrieve their shot and return to the back of the opposite line they started at.
6. Each player should complete at least five repetitions from each side of the goal. Add more repetitions as needed.

Variations:

One-touch – Players must finish with one-touch.

Change the crossing angle – Move the side cones up the field, away from the end line, so that crosses are served from different angles.

Goalkeepers give a bouncing ball – Goalkeepers bounce, or toss, the soccer ball towards the gate after catching the cross. Shooting players must control the ball out of the air and finish quickly.

Coaching Points:

- Elevate to the tempo of the drill by demanding the next cross be served as quickly as possible. This will increase the concentration among players and give players more repetitions.
- Teach the players to focus on accuracy and weight of their crosses.
- Encourage players to have soft feet and to concentrate on their first touch. A quality first touch will give players a better chance of scoring.
- Remind players to look up at where the goalkeeper is positioned before looking back down to strike the ball. Players should focus on placing the ball around the goalkeeper when they are this close to the goal. Accuracy over power should be stressed in this situation.
- Challenge the goalkeepers to come meet the cross quickly and jump up to catch the ball.

Back to Goal Finishing

How the Drill Works:

One attacker, with their back to goal, receives a pass and attempts to beat the defender on their back and score on either of the two goals.

Purpose:

Develop players' abilities to turn and score with a defender on their back. Players improve their body positioning and strength as they protect and turn with the ball. Players also increase their defending and shot blocking.

Diagram:



Setup:

- Place two full-size on the end line. The goals should be 12 yards apart from each other. If two goals are not available, the activity can be completed with one goal.
- Position one goalkeeper in each goal. If there are extra goalkeepers, have them rotate every three repetitions.
- Place one cone 25-30 yards away from the goal.
- Have all the players form a line behind the cone.
- All the balls are placed with the players in line.
- Have two players step out of the line and position themselves on the edge of the penalty box. Assign one as the defender and one as the attacker. The defender starts between the goals and behind the attacker.
- The first player in line starts with a ball at their feet.
- Players should complete at least 10 repetitions as the attacker. Add more repetitions as needed.

Instructions:

1. The first player in line passes their ball to the attacker. The attacker is free to move side-to-side and check towards the passer to create space from the defender before receiving the pass.
2. The attacker receives the pass and attempts to turn with the defender on their back.
3. The attacker tries to beat the defender and score on either of the two goals.
4. The defender attempts to win the ball, or block the attacker's shot.
5. The turn is over when a goal is scored, the defender wins the ball, or the ball goes out-of-bounds for any reason.
6. The attacker retrieves their ball and returns to the back of the line.
7. The defender becomes the new attacker and the passer becomes the new defender.
8. The next turn can start as soon as the players are set.
9. Each player should complete at least 10 repetitions as the attacker. Add more repetitions and rest periods as needed.

Variations:

Touch Limit – Give the players only five, four, or three touches to score.

Distance and angle – Change the distance and angle to the goal the attackers start from.

Add players to offense or defense – Give an advantage to the offensive or defensive side of the activity depending on the focus. Have two attackers against one defender, or have equal numbers and go 2v2 or 3v3.

Competition – Works best with a smaller group of players so they get more repetitions. Have the players count how many goals they score. Player with the most goals at the end of the time period is declared the winner.

Coaching Points:

- Educate the attackers on their movement before the pass to create space between them and the defender. Attackers should try to create 1-2 yards of space so that they can possibly turn and face the defender on their first touch.
- Remind the players how important their first touch is. Players should use their first touch to protect the ball and turn around the defender if possible.
- Most important! Attackers need to check their shoulder, and feel for the defender to know what the game calls for. Attackers need to see where the defender is at and take their touches accordingly.
- Teach the players to protect the ball and to use their bodies to be strong when the defender steps in to win the ball. Players need to be comfortable with defenders on their back and not panic.
- Challenge the players to be creative, elusive, and explosive to beat their defender!
- Motivate the defenders to improve their defending footwork and timing to prevent attackers from scoring on them.

Crossing and Finishing Competition

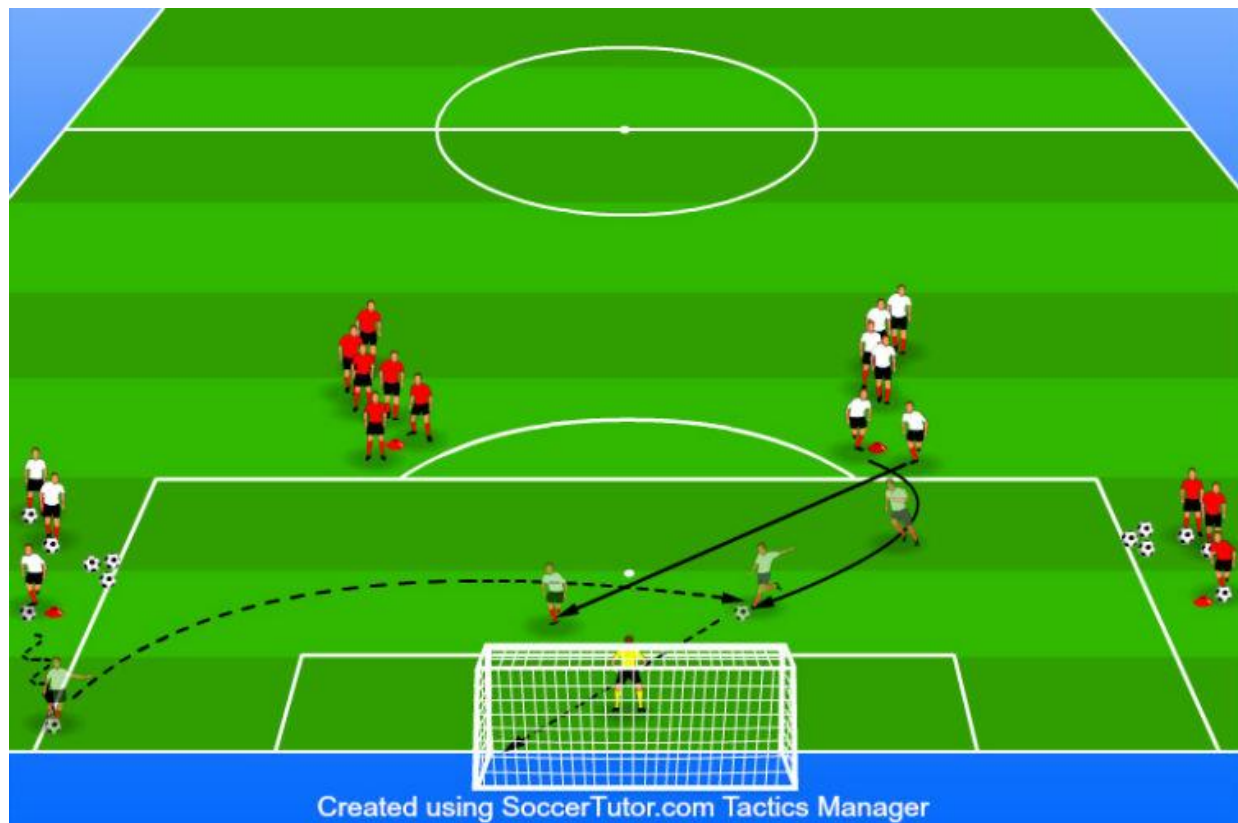
How the Drill Works:

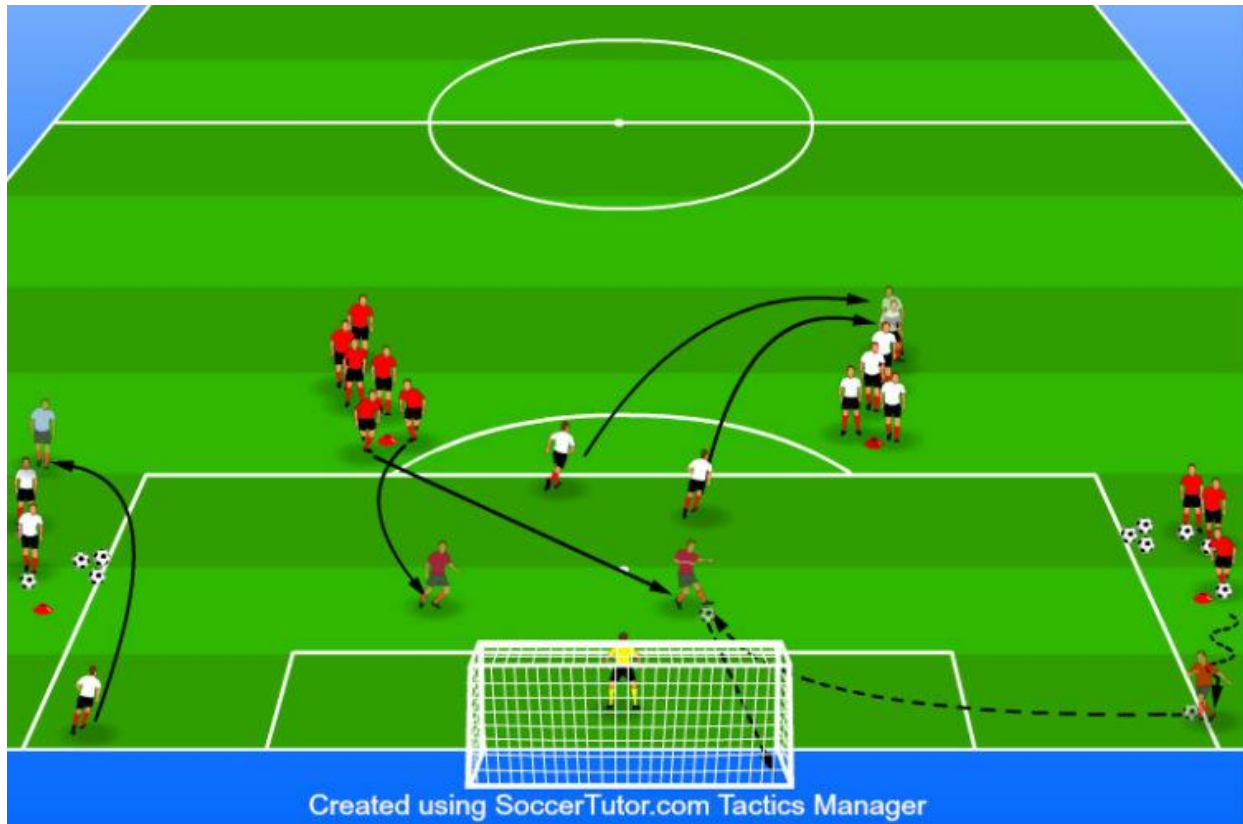
Two teams compete to score off of the most crosses. Teams alternate crosses while two players enter the penalty area and attempt to score in one-touch.

Purpose:

Develop crossing and finishing skills in a competitive team activity. Players increase their crossing accuracy while players in the box improve upon their finishing consistency.

Diagram:





Setup:

- Set up one, full-size goal.
- At least one goalkeeper is needed for this activity, but more goalkeepers would be best due to the high intensity. Extra goalkeepers should position themselves off to the side of the goal and rotate every three to five repetitions.
- Set up one cone on each side of the penalty box. Each cone should be five yards outside the penalty box and eight yards from the end line. Increase, or decrease, the cone distance and angle to the goal as needed.
- Setup two cones at the top of the penalty box. The cones should be 10 yards apart and should be five yards outside the penalty box.
- Divide the players into two, evenly numbered teams and assign each team to a jersey color.
- Have each team form a line behind one of top cones outside the box.
- Have each team send at least three players to the outside cone furthest away from them. These players will be the designated crossers for the round and should form a line behind their outside cone.

- Split the soccer balls evenly between the two crossing cones.
- Each crosser in line should have a ball at their feet.
- Complete at least three, five-minute rounds. Add more time and rounds as needed. Make coaching points between rounds.

Instructions:

1. The round starts with either crosser taking a touch towards the end line and then delivering a cross into the box.
2. At the same time that the crosser takes their first touch, two players from the crosser's team begin their runs in to the penalty area. One player runs to the front post, while the second player runs to the back post.
3. The two players making runs into the box attempt to redirect the soccer ball and score.
4. As soon as the first team finishes their turn, the second team can begin their turn from the opposite side.
5. After each turn, the crosser goes to the back of their team's crossing line while the shooters retrieve their shot and pass it, out of the way, towards the crossers.
6. The two teams alternate crossing and finishing in this manner for the remainder of the round. The team with the most goals scored at the end of the round wins.
7. Switch sides and rotate crossers after each round.
8. Complete at least three, five-minute rounds. Add more time and rounds as needed.

Variations:

Cross Variations – Switch up the crossing angles and distances. Crosses can also be on the floor or in the air depending on the focus of the activity.

Number of shooters – Depending on the number of players available, increase, or decrease, the number of players running into the box to finish. 1-3 shooters works best.

Coaching Points:

- Educate the players on their runs into the box. Players should time their runs precisely to arrive at their scoring position at the same time as the ball. The timing of the runs is the most important part to scoring consistently.

- Challenge the players crossing to deliver consistent services into the box. Crossers should try to pick out a player and serve it into their running path.
- Teach players that a powerful swing is not needed to score consistently. Players should be reminded, and taught, that they need to lock their ankle and redirect the ball with a small swing of the leg. The players' forward running momentum will supply the power needed to put the ball in the back of the goal.

Cross, Control & Shoot

How the Drill Works:

Players inside a cone box must receive a driven ball from their teammate and then attempt to score on goal.

Purpose:

Develop first touch and ball striking abilities. Players improve their passing accuracy over distance and their ability to control balls out-of-the-air.

Diagram:



Setup:

- Set up one full-size. If a goalkeeper is available, position them in goal.
- Set up two, five-yard-wide boxes just outside the top of the penalty box.
- Designate two players as the crossers and position them on the corners of the penalty box and end line. See diagram for more information.
- Divide all the balls evenly between the two crossers.
- The rest of the players form one line behind each cone box on the top of the box.
- One player from each line steps into the box and prepares to receive a cross from the player furthest away from them.
- Each player should complete five repetitions from each box. Add more repetitions as needed. Rotate crossers every eight passes.

Instructions:

1. One designated crosser serves the ball, in the air, diagonally across the penalty area, to the player in the box furthest away from them.
2. The player inside the box receives the ball out-of-the-air and the attempts to score on goal in the least amount of touches.
3. As soon as the player shoots, the second crosser, on the opposite side, can serve the next ball to the opposite box that just completed their turn.
4. Players receiving the crosses must start inside the box, but depending on the accuracy of the cross, they are free to move outside of the box to meet the ball and complete their turn.
5. Receiving players are free to use their feet, thighs, chest, or head to control the ball out-of-the-air and finish as quickly as possible.
6. After players shoot, they retrieve their ball and pass it in the direction of the closest crosser and then go to the back of the opposite line they just shot from.
7. Rotate crossers every eight passes. Rest to reset soccer balls as needed.
8. Each player should complete at least five repetitions from each box. Add more repetitions as needed.

Variations:

First touch towards the middle – Players attempt to take their first touch towards the center of the area before shooting on their second touch.

Pass to the teammate – Two players enter each box at a time. One player receives the pass out-of-the-air and attempts to lay it for the other player to finish on goal.

Keep the ball up – For higher skilled players. Players must keep the ball in the air when receiving the cross and strike the ball out-of-the-air when shooting.

First-time finish – For higher skilled players. Players must shoot the ball off the cross using one-touch.

Golden touch – First touch and shot attempt must stay within the box. Passing accuracy and first touch must be precise.

Coaching Points:

- Encourage the crossers to focus on their accuracy and be consistent with their services. Crosses should aim to drop the ball on the player in the opposite box every time.
- Challenge the players to try various shooting techniques (driven, side foot, lob, placed, curl, etc.) and try to finish as quickly as possible. Players should aim to finish in two-touch but are free to take more touches to get control of the ball before finishing.
- Teach the players to focus when receiving the ball out-of-the-air and to have a soft first touch. Players should not tense up before receiving the ball, but rather a relaxed and control body that will provide a quality soft first touch.

End Line One-Touch Pass and Finish

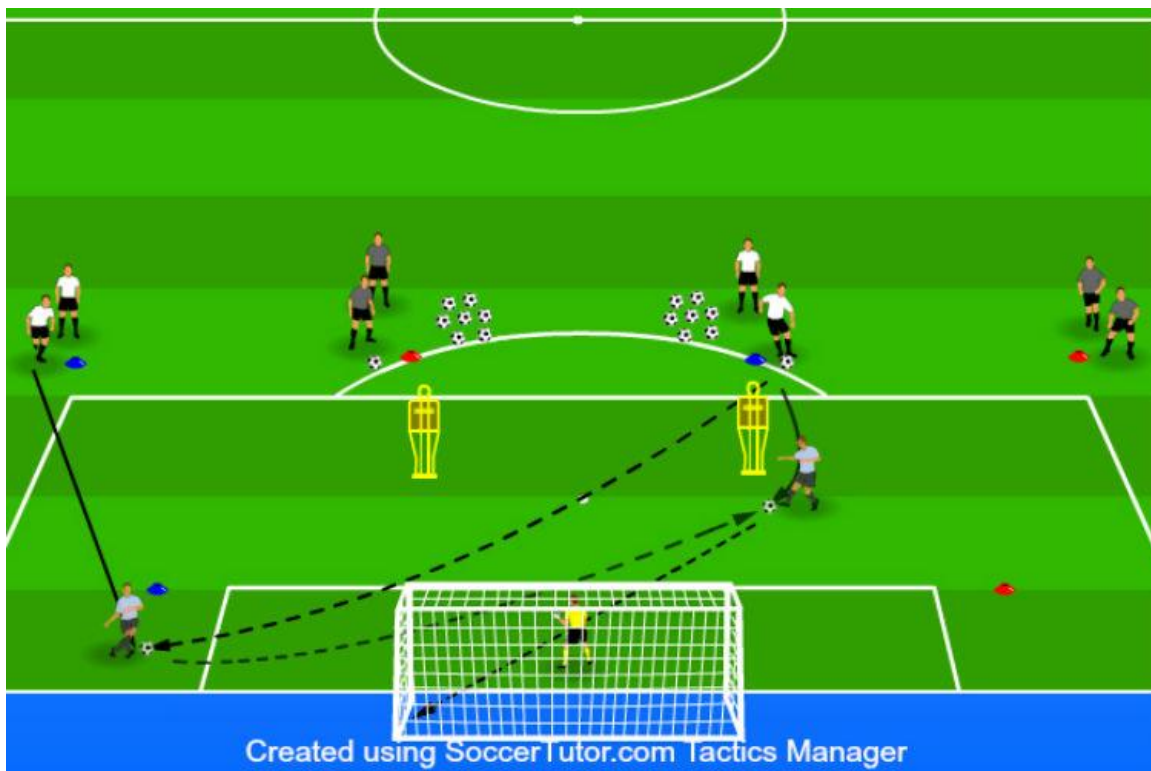
How the Drill Works:

Players complete a diagonal pass towards the end line for a wide player to run on to. The wide player, if possible, plays a one-time ball back to the penalty spot for the player who originally passed the ball to finish.

Purpose:

Develop one-touch finishing inside the box and improve player's ability to weight a through properly to a wide player.

Diagram:



Setup:

- One full size goal is needed for this activity.
- If a goalkeeper is available, have them start in the goal. This activity can be performed without a goalkeeper, however. If there are extra goalkeepers, have them rest to the side of the goal and rotate every three shots.
- Set up two mannequins inside the box, about 12-yards from the goal, with eight yards of space between them. See diagram for more information.
- Set up four cones three yards outside of the penalty area. See diagram.
- Set up one cone on each side of the goal that is five yards away from the end line and 15-yards off the post. See diagram.
- Divide the players into two teams. Have each team form a line behind their two assigned cones. See diagram.
- Divide the soccer balls evenly between the two center cones just outside the penalty area.
- Play at least two, five-minute rounds. Add more rounds and time as needed. Switch sides after each round so player work on passing from both sides of the box.

Instructions:

1. To start the activity, one of the players standing on the center cone completes a diagonal pass to their teammate running towards the end line. The pass should be completed between the end line and the cone and should arrive at the same time as the runner.
2. The player who passes the ball then times their run into the box to receive a pass from the player running onto the diagonal pass.
3. The player running onto the pass will complete a one-touch pass to the player who is running into the box for them to finish in one-touch.
4. As soon as one team has completed their turn, the next team repeats the process on the opposite wing.
5. Players should time their runs and weight their passes so that the speed of play remains high.
6. Continue this manner for a desired time limit before switching sides to work on crossing and finishing from both sides of the goal.
7. Stop to gather soccer balls and rest as needed.

8. Play at least two, four-minute rounds. Add more time and rounds as needed.

Variations:

Two-touch – If one-touch is too difficult for players to continually complete quality repetitions, allow the crossers to take two-touches.

Cross distance – Move the wide players further away from the goal to make the pass more difficult. Depending on how far wide the cones are taken, allow crosses to be served in the air.

Same side pass – Instead of playing a diagonal ball across the penalty area, have players play a straight ball to the end line. Their teammates will need to be on the cone next to the passers. This will work on a different pass and cut-back angle. The passers should run around the far mannequin then before receiving the cross.

Coaching Points:

- Educate the players to time their runs so that they are running onto the cross and redirecting the pass into the goal. Players should keep their chest over the ball and step through their shot. No big swing is needed.
- Challenge the players to weight their passes to the players running onto the ball so that the ball and player arrive at the same time.
- Remind the crossers to keep the ball on the ground and play it just in front of the shooter for them to run on to.
- Encourage the goalkeepers to save as many as they can!

Final Pass and Finish

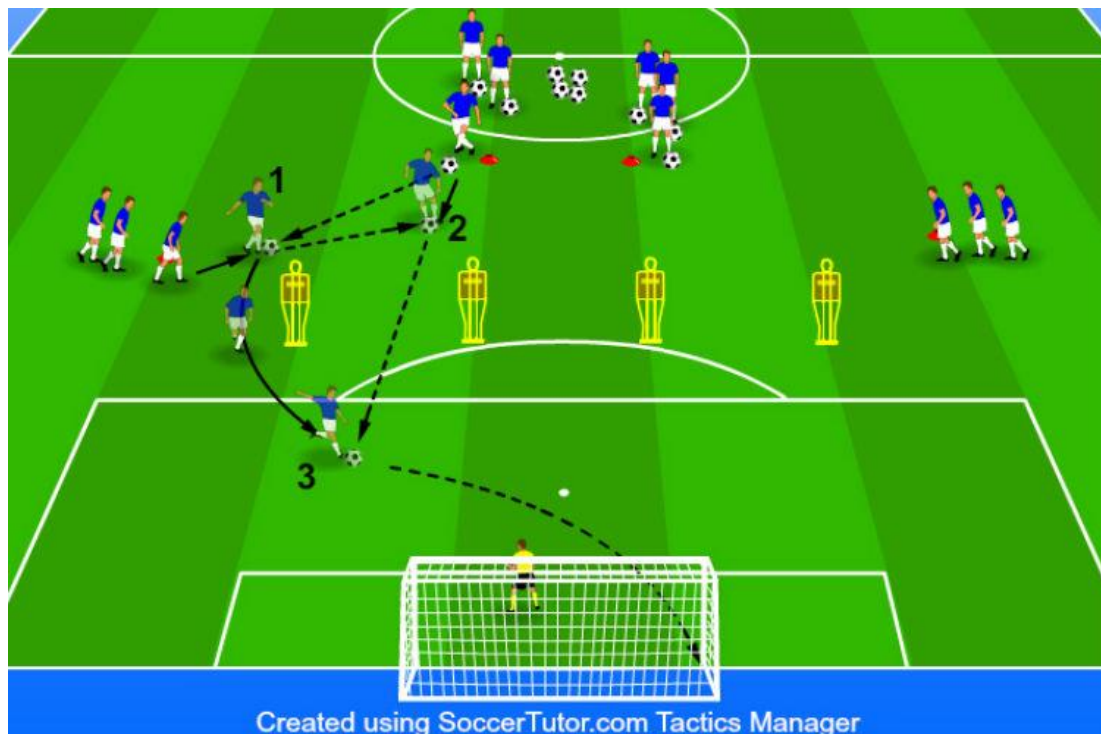
How the Drill Works:

Two players complete a series of passes together before one player runs behind the mannequins, (positioned to replicate an opponent's back four defense) to receive a final pass from their teammate. The player running behind the back four, times their run to stay onside before receiving the through ball and finishing on goal.

Purpose:

Develops players' passing, timing, and finishing skills in a game-like setting. Passers work on their final pass that breaks the opponent's defense and into the path of their teammate. Players shooting work on their timing of their run and their ability to score.

Diagram:





Setup:

- Set up one full-size goal on the end line.
- One goalkeeper is needed for this activity and is positioned in goal. If there are extra goalkeepers, have them stand off to the side of the goal and rotate in every four repetitions.
- Set up four mannequins about five yards outside of the penalty area. The mannequins should all be parallel to the penalty box and should have eight yards of space between each other. The mannequins are used to replicate an opponent's defense. Use sticks, or cones, if mannequins are not available. See diagram for more information.
- Set up four cones like the diagram shows. Two cones should be placed 12 yards in front of the two center mannequins, while the other two cones should be placed eight yards in front and just to the outside of the wide mannequins.
- Have the players divide evenly between the four cones and form lines behind each cone.
- Place all the balls between the two center cones at the top of the activity. Each player in these lines should start with a ball at their feet.
- Complete at least two five-minute rounds. Players should switch sides after each round. Add more rounds and time as needed.

Instructions:

1. When facing the goal, the first players in each of the right two lines go first. The player at the top cone starts with a pass to the wide player to the right of them.
2. The wide player receives the pass and lays the ball back to the top player who passed it to them.
3. As soon as the wide player lays the ball off, they start their diagonal run towards the mannequins while the top player approaches the lay-off.
4. The wide player times their run to stay onside before the top player passes the ball through the mannequins and into the wide player's diagonal running path.
5. The wide player receives the ball behind the mannequins and attempts to finish on goal.
6. Once the right side has completed their turn, the left side lines immediately begin their turn. The left side completes the same pattern as the right side.
7. The player who made the final pass goes to the back of the wide player line while the shooter retrieves their shot and goes to the back of the line at the top cone on their side.
8. The wide players are free to run behind any of the mannequins on their side of the field. The runner and the passer must communicate the run and where the final pass should be played.
9. Complete at least two, five-minute rounds. Add more time and rounds as depending on available time. Switch sides after each round for players to work on both sides of the ball. Stop to rest and reset soccer balls as needed.

Variations:

One-touch – Players must complete the whole sequence in one-touch.

Various passing combinations – This setup allows for numerous passing patterns. Be creative and use more cones, or different passing angles to create different passing and finishing combinations.

Coaching Points:

- Educate the players on the importance of the timing of their run. Runners must not break the line of defenders before the ball is played otherwise they are in an offside position. Runners should communicate where they want the ball to make the passer's job easier.
- Teach the players to focus on the weight of their pass to the runner. The final pass should be placed in front of the runner so that they can score more consistently.

- Remind the players to communicate with each other and to give their partners the right pass and the right weight to make the combination flow.
- Challenge the players to increase the speed of play to make the drill as game-like as possible.
- Encourage the players to get a quick look at the goalkeeper before putting their head back down and striking the ball around the goalkeeper.

First to Finish

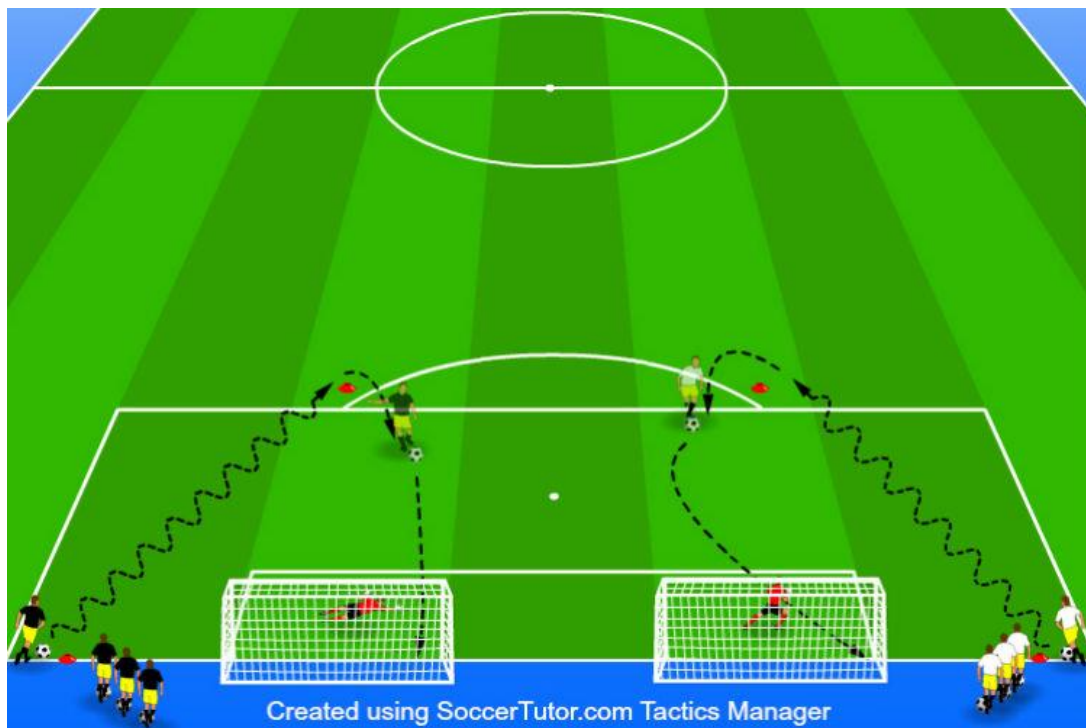
How the Drill Works:

Players are divided into two teams with one player from each team competing at a time. Each team has their own goal and cone that the players must dribble around before shooting. The first player to score wins a point for their team. The team with the most points at the end of the round wins.

Purpose:

Develop dribbling and shooting at speed.

Diagram:



Setup:

- Place two full-size goals on one end line of the field. The goals should be 10-15 yards apart from each other.
- Place one goalkeeper in each goal. If there are extra goalkeepers available, have them rotate every three repetitions.
- If there are no goalkeepers available, replace the full-size goals with mini-goals.
- Place one cone, 18 yards away from each goal. Adjust the distance from the goal to the cone depending on the age and skill level of the players.
- Place one cone along the end line, eight yards outside of each goal. There should be no cones along the end line between the two goals. See diagram for more information.
- Divide the players into two teams and assign each team to form a line behind a cone along the end line.
- Each player should have a ball. If there are not enough soccer balls for each player, make sure the players at the front of the line have soccer balls.
- Play at least three rounds. First team to eight goals, or the team with the most goals at the end of the five-minute round. Adjust the time and number of goals to fit the team's needs. Make it fun for the players!

Instructions:

1. On the coach's signal, the first player in each line starts dribbling as fast as possible towards their cone in front of their goal.
2. The players dribble around their cones and then shoot on goal, attempting to score before their opponent.
3. Players are free to shoot as soon, or as late, as they want after dribbling around their cone. Players can shoot from distance or dribble closer to the goal for an easier finish.
4. The player who scores first is awarded two points for their team. If a player scores, but does not score before their opponent, then they are awarded one point for their team. No points are awarded to teams if players do not score.
5. After the first two players complete their turn, they retrieve their soccer balls and go to the back of their team lines.
6. The next players in each line prepare to repeat the process on the coach's signal.
7. Play three, five-minute rounds or first team to eight goals. Adjust the time and number of goals to fit the team's needs. Add more rounds if desired.

Variations:

Add cones – Add more cones, or obstacles, that players must dribble around before shooting. This will increase their ball control and make the game more difficult.

Vary the distance – Increase, or decrease, the distance the players must dribble before turning around and shooting.

Individual point system – Players keep track of their own points. Players rotate opponents and compete against each other to see who will score the most points. The first player to eight goals, or the player with the most goals at the end of the six-minute round wins!

Coaching Points:

- Challenge the players to dribble and shoot at game speed! Players should push themselves to get around the cone quickly and score as soon as possible.
- If players are new to shooting, or struggling to consistently finish, remind the players of the shooting techniques. Players should lock their ankle and have a strong plant foot next to the ball before swinging smoothly through the ball.
- Teach the players to take a quick look at the goal before striking the ball to see where the goalkeeper is and where the ball should be finished to score a goal.
- Players should focus on finding the right balance between accuracy and power. Accuracy should be emphasized over power.

Four Line Finishing

How the Drill Works:

Players practice their finishing skills from four different positions on the field. Players work on their one-touch striking and their ability to finish on the dribble.

Purpose:

Develop finishing around the penalty box. Players work through multiple angles and scenarios to increase their scoring consistency. Great activity for goalkeepers to perform continuous repetitions.

Diagram:







Setup:

- View diagram below for more information.
- One full sized goal is needed and is positioned on the end line.
- Position one goalkeeper in goal. If there are extra goalkeepers, have them stand to the side and rotate in every four, or eight shots.
- Place four cones across the top of the box. The cone on each end should be one yard outside the top of the box and two yards inside the edge of the box. The two center cones should be five yards outside the box and in line with the two goal posts. See diagram.
- Have the players form lines behind each cone.
- Separate all the balls between the two wide cones.
- Every player in line on the two wide cones should start with a ball at their feet.
- Complete at least four, five-minute rounds. Add more rounds and time as needed. Reset soccer balls and make coaching points between each round.

Instructions:

1. The activity will start on the goalkeeper's left and work across to their right.
2. The first player on the wide left cone takes 1-3 dribbles towards goal and then strikes the ball on goal. After shooting, they immediately retrieve their soccer ball if they missed and return to the back of their line.
3. The second player in line, on the wide left cone, then passes a ball, across the top of the box, to the player on the right center cone. The right center cone player, runs onto the ball and strikes it first time on goal. After shooting, they immediately retrieve their soccer ball if they missed and return to the back of their line. The player who passed the ball stays where they are and grabs a new ball.
4. Next, the first player on the wide right cone passes a ball across the top of the box to the first player on the left center cone. The player on the center cone, runs onto the ball and strikes it first time on goal. After shooting, they immediately retrieve their soccer ball if they missed and return to the back of their line. The passer stays in front of their line and quickly grabs another ball to put at their feet.
5. Last, the player who just passed the ball from the wide right cone, takes 1-3 dribbles and then attempts to score on goal. After shooting, they immediately retrieve their soccer ball if they missed and return to the back of their line.
6. The four shots should be in quick succession so that players are able to get plenty of repetitions and the goalkeepers are challenged to get set quickly after each shot.
7. The goalkeepers should get any balls in the goal after each round and pass them back to the shooters.
8. Goalkeepers should rotate after one or two rounds.
9. Players remain in their same lines for the duration of the round. After five minutes, the round is over and players move one line to their right. Soccer balls are collected and reset after each round. A minimum of four rounds should be completed so that players attempt shots from each of the four lines.

Variations:

Distance/angles -- Adjust the distance and angles of the four cones as needed.

Coaching Points:

- Teach the players to see where the goal and goalkeeper are before putting their head down and striking the ball.

- Educate the players to keep their ankles locked when striking the ball.
- Remind the players to keep the ball on frame and pick out their corners when possible.
- Encourage the players to score often!
- Challenge the goalkeepers to move quickly and get set between each shot.

Hat-Trick

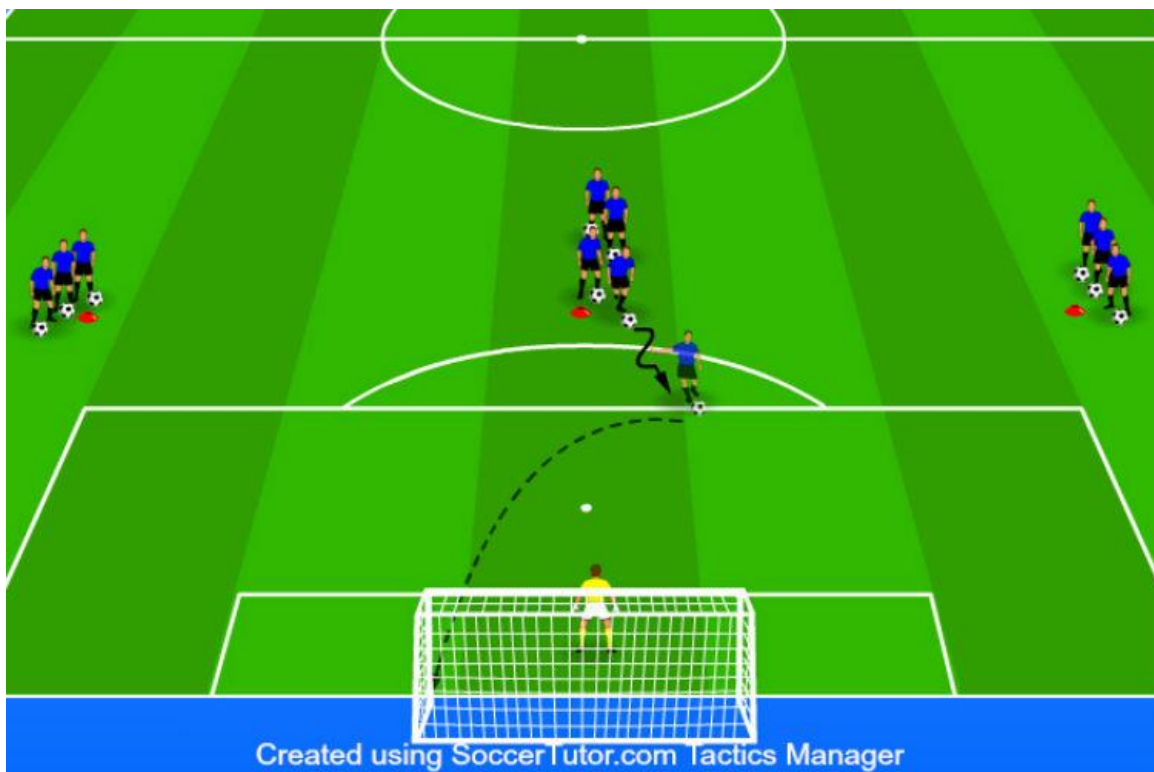
How the Drill Works:

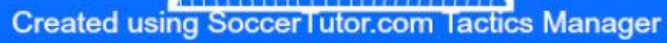
Three different shots are taken on goal each turn. The first shot is one from distance. The second is a lay off outside the penalty box, and the third is a shot off a cross. If all three goals are scored, a “Hat Trick” has been completed!

Purpose:

Develops players’ finishing abilities from three different scoring scenarios. Players increase their ability to score from distance, a one-time lay off, and a cross.

Diagram:





Setup:

- One full-size goal is needed on the end line.
- Position one goalkeeper in the goal. If there are extra goalkeepers, have them rotate in every six repetitions.
- Place three cones, five yards outside the penalty area. One cone should be in the center of the field with the other two cones placed towards the sides of the field.
- Have the players divide themselves evenly behind the three cones.
- Divide the soccer balls among the three lines. More soccer balls are needed on the center cone if possible.
- The first and second player in each line should start with a ball at their feet.
- Complete at least three, five-minute rounds. Add more rounds as needed. Reset the soccer balls and make coaching points between rounds.

Instructions:

1. The first player, in the center line, starts their turn by dribbling towards goal and then attempting to score. The player should complete their shot around the top of the penalty box line.
2. The shooter then turns around and prepares for a pass from the player behind them in line.
3. The second player, in the center line, passes to the player who just took a shot.
4. The player receiving the pass lays the ball off for the passer to run onto and shoot on goal.
5. After the second player has taken their shot, the first player in one of the wide lines passes their ball to the one of the two players who just took a shot.
6. The player receiving the pass then passes the ball back to the wide player who is running towards the end line. The wide player should meet the pass where the penalty box line meets the end line and serve a one-time cross in to the box for either of the first two shooters to run on to and finish.
7. The first three players' turn is over after the cross, and the next three players begin their turn. The players who just finished their turn are free to return to the back of any of the three lines. Switching lines is encouraged and players should balance out the lines as needed.
8. The next turn will complete the same pattern, but receive a cross from the alternate side.

9. A “Hat Trick” is achieved when all three goals during a turn are scored. Players should shout “HAT TRICK” each time they achieve this.
10. The process continues this way for the remainder of the round. Players alternate crosses from both sides of the field and switch lines as needed between turns.
11. Complete three, five-minute rounds. Add more rounds or time as needed. Reset the soccer balls and make coaching points between rounds.

Variations:

Distance – Increase the distance players start from goal to increase the shot and cross distance.

Competition – Count the number of goals versus the number of misses or saved shots. The goalkeepers are declared winners if the players make score less goals than their miss total.

Coaching Points:

- Teach the players to lock their ankle when completing any of the three shots in the activity. Players should strike through the ball smoothly and focus on each of their shots.
- Educate the players on the runs they need to make before the cross comes into the box. One player should go near post while the other player runs to the back post.
- Remind the shooters, and crossers, to take a quick look up to see the goalkeeper, to calculate finishes and crosses.
- Challenge the players to be consistent with their goal scoring and score as often as possible. Players should focus on each repetition and score as many goals as they can!
- Motivate the goalkeepers to get back up quickly after each shot and prepare for the next one! This is a great activity for goalkeepers to get many repetitions and shot angles.

Moving Goal

How the Drill Works:

Two players take the ends of a rope, pole, or flag, and stretch it out to create a moving goal. The two players constantly move around the field, or playing area, while the remaining players divide into two teams and attempt to score as many goals as possible on the moving goal.

Purpose:

Fun activity suitable for young players just learning to pass and shoot. Can be used as a good warmup activity for older players. Players develop their passing and shooting accuracy skills in this drill. Players must have good vision and teamwork to score as many goals as possible.

Diagram:



Setup:

- Decide on a playing area depending on the number of players and the skill level. Half-field is suitable for 20-28 players. Adjust accordingly.
- Select two players who will start the drill as the “moving goal.” Give the two players a rope, pole, or flag to hold in their hands to form the goal. The space between the two players and below the rope is the goal area.
- Divide the rest of the team into two, evenly numbered teams and assign each team to a jersey color.
- One soccer ball per team is needed.
- Complete at least three, three-minute rounds. Add more time and rounds as needed. Make coaching points between rounds.

Instructions:

1. To start, the two players acting as the “moving goal” begin jogging around the field together. The two players must communicate and stay together to maintain the distance between themselves, creating the goal. These two players constantly move around the field for the remainder of the round.
2. The two teams pass and dribble their soccer balls to set themselves up for the best chance at scoring on the moving goal.
3. As soon as the ball successfully goes through the two players, and below the rope, the team immediately continues passing and moving attempting to score again, and again.
4. Teams must complete two passes after scoring before they can attempt to score again.
5. Each time a goal is scored, that team earns one point. Teams must keep track of their own points. The team with the most points after three minutes is the winner of that round.
6. After each round, take a short break and switch the players acting as the moving goal.
7. Complete at least three, three-minute rounds. Add more time and rounds as needed. Make coaching points between each round.

Variations:

More goals – Add more moving goals to increase the number of scoring chances. Have two, three, or four goals depending on the number of players and the field size.

More soccer balls – Give each team two, or three, soccer balls. This will increase scoring chances as well as raise players' awareness levels.

One soccer ball – Play with only one soccer ball. Teams must compete for possession of the ball and use possession to set up scoring opportunities.

Coaching Points:

- Encourage the players to work together to move the ball and create scoring opportunities. Players should look to pass more than dribbling to set other teammates up.
- Remind the players to shoot low and to use some caution when shooting on their teammates acting as the moving goal. No hard shots should be taken!
- Challenge the players to score as many goals as possible each round. Encourage the players acting as the moving goal to make it difficult for the teams to score.
- Teach the players to lock their ankle and use the inside of their foot to accurately score on the moving goal.

Off the Shoulder Finishing

How the Drill Works:

Players work off the shoulder of defenders to develop their ability to quickly create space and score on the half-turn.

Purpose:

Develops players' ability to move off the shoulder of defenders, receive the ball on the half-turn and score.

Diagram:



**Setup:**

- One full-size goal is needed for this activity.
- If a goalkeeper is available, have them start in the goal. This activity can be performed without a goalkeeper, however. If there are extra goalkeepers, have them rest to the side of the goal and rotate in every four shots.
- Set up two mannequins on the edge of the penalty area, about 12-15 yards apart from each other. If mannequins are not available, use poles or cones.
- Place one cone eight yards behind each mannequin. See diagram for more information.
- Have the players form two lines behind each cone with one player starting behind each mannequin. This activity works best with four to eight players so that each player is getting plenty of repetitions.
- Divide all the available soccer balls between the two cone lines. The first player in each line should start with a ball at their feet.
- Each player should complete 10 repetitions on each mannequin. Add more repetitions as needed. Rest and reset the soccer balls every so often.

Instructions:

1. To start the activity, one of the players standing behind a mannequin makes a sharp run behind the defender's line of sight and to the outside their shoulder.
2. The first player from the line furthest away, completes a sharp pass to the player who just ran off the shoulder of the mannequin. The player passing attempts to find the attacker's front foot so the player can receive the pass on the half-turn.
3. The player receiving the pass takes their first touch past the mannequin (defender) and then takes a shot on goal.
4. Immediately after shooting, the same player runs back to the mannequin and makes a sharp run behind the defender's line of sight and off their shoulder to the opposite side they started.
5. The first player in the line closest to the shooter, passes a ball to the shooter's front foot for them to receive on the half-turn.
6. The attacker takes their first touch past the defender and attempts to score on goal.
7. As soon as the attacker has finished their two shots, the player behind the opposite mannequin repeats the process on their side.
8. Make sure attackers are coming back on-side before the pass it made. Have the coach stand even with the defenders and call off-side if passers and attackers are not timing their movements correctly.
9. After players take their turn shooting, they move to the back of their line and the next player in line moves out to the open mannequin.
10. Each player should complete 10 repetitions on each mannequin. Add more repetitions as needed. Rest and reset the soccer balls every so often.

Variations:

Slip pass – Passes are played behind the mannequin for attackers to run onto and finish. Attackers still move behind the defender's line of sight, but now receive a pass that is played into space, behind the defenders for them to finish in one-touch. Move the mannequins further away from goal to create more space for the passes to be made.

Coaching Points:

- Teach the players to make sharp, quick, movements off the defender's shoulder to create two yards of space for their teammate to pass the ball into them.

- Remind the players to receive the pass on the half-turn and take their first touch past the defenders.
- Challenge the passers to be accurate and to zip their passes into the attacker's front foot!
- Encourage the players to finish as many chances as they can and to keep focus.
- As players improve their finishing, challenge them to decrease the time it takes them to receive and finish.

Pass, Run & Shoot

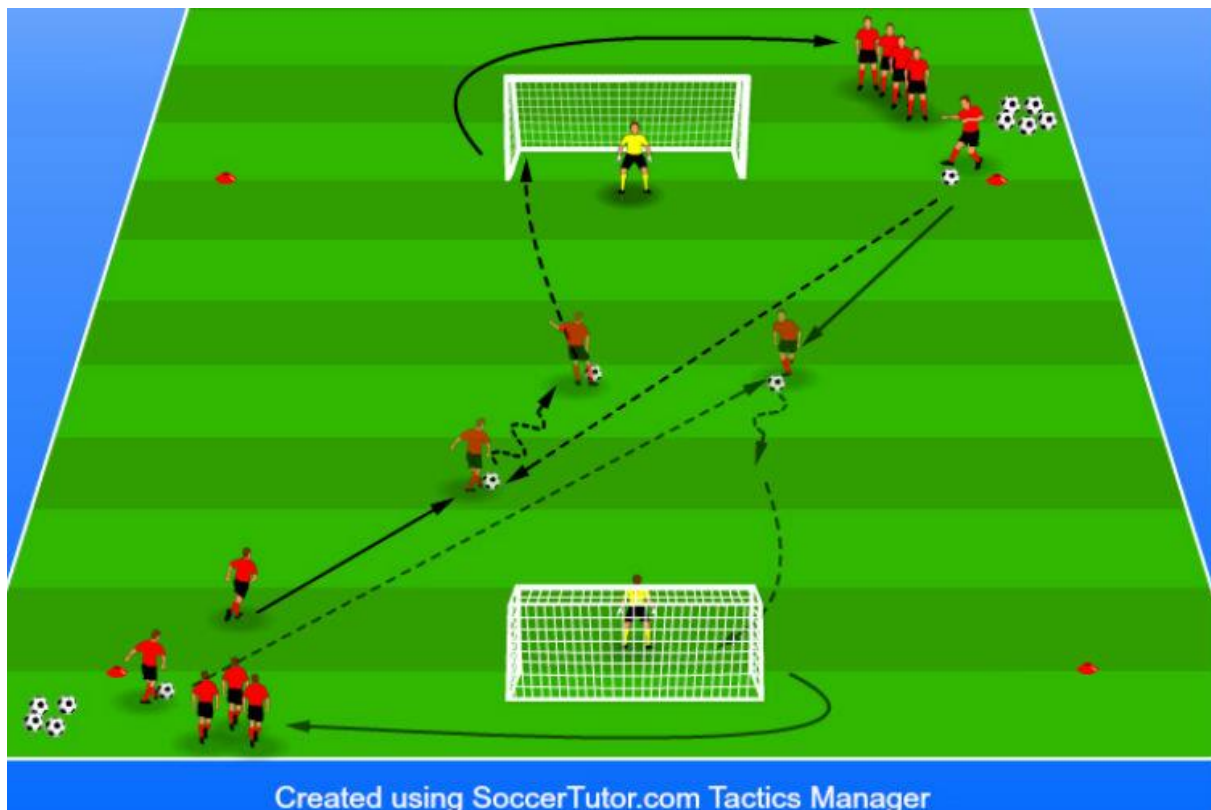
How the Drill Works:

Set up two goals on each end of the playing area with one line of players on the side of each goal. Players pass the ball diagonally across the playing area for the opposite player to receive and score on the goal furthest away from them.

Purpose:

Develop receiving and finishing skills. Players increase their ability to beat the goalkeeper and score.

Diagram:



Setup:

- Use four cones to mark a square grid about 30 yards wide. Adjust the size of the field to match the skill level of the players.
- Place two full-size goals on opposite sides of each other.
- Assign at least one goalkeeper to each goal. If there are more goalkeepers available, have the extra goalkeepers stand off to the side of the goal and rotate in every few minutes.
- Divide the players into two, evenly numbered groups. Have each group of players form a line at the corner cones of the square, diagonal from each other.
- Divide all the soccer balls evenly between the two lines.
- To start, one player at the front of the two lines should have a soccer ball at their feet, while the player diagonal from them should not.
- Complete at least two, six-minute rounds. Add more rounds and time as needed. Rest, reset the soccer balls and make coaching points between rounds.

Instructions:

1. To start the activity, the player without the soccer ball, at the front of the line, begins to run diagonally across the square.
2. The player at the front of the opposite line, with the soccer ball, passes the ball to the player who is running towards them.
3. The player on the run, receives the pass, and takes one, or two, touches before finishing on the goal they are running towards.
4. After the player shoots, they retrieve their ball, and go to the back of the opposite line that they started from. As soon as the player shoots, the player who passed the ball to the them, begins to run diagonally across the grid towards the opposite goal.
5. The player in the opposite line of the runner, passes the ball to the player running and the process continues for the remainder of the round.
6. Complete at least two, six-minute rounds. Players should switch corners after the first round so that they attack from a different angle. Reset the soccer balls and make coaching points between rounds.

Variations:

Two-touches – Players must receive and finish using only two-touches.

One-touch – Players must finish directly off the pass using one touch. Players passing the ball should time their pass so that the shooter is about 14-20 yards when they strike the ball.

Competition – Players keep track of their total goal tally. Each goal is one point. Announce a winner, or winners, at the end of each round. Players are free to finish in as many, or as little, touches as they want.

Vary the distance – Increase or decrease the size of the grid depending on the players' age and skill level, so that the players have enough space to pass and finish properly.

Coaching Points:

- Encourage the players to receive the pass on the run and to focus on their first touch. Players should use their first touch to keep their momentum moving forward and finish without having to slow down. Being able to have a good first touch out in front of the body will allow players to score more easily and more consistently.
- Teach the players to give good passes on the ground to the players running on to them. The passes should be firm and on the ground so the player receiving them can have an easier time receiving them.
- Challenge the players to try various shooting techniques. Players should focus on accuracy and power and when to use each one. Players should work to find what works best for them and perfect that technique.
- Educate the goalkeepers to stay on their toes and to react quickly to the approaching players.

Power and Finesse

How the Drill Works:

Players form a line outside the penalty area while two players are designated as passers and position themselves on each side of the full-sized goal. One player at a time will take a distance shot off their dribble, mid-range shot from a passer, and a final close range shot from the other passer.

Purpose:

Develop ability to finish at various distances in quick succession. Players improve their shooting techniques and finishing consistency.

Diagram:



Setup:

- Set up a full-size goal at one end of the field.
- Position one goalkeeper in the goal. If there are extra goalkeepers, position them outside of the goal and have them rotate in every six shots.
- Two players start as designated passers and position themselves on each side of the goal, five yards off each goal post. Designate one passer as the mid-range passer and the other as the short-range passer.
- Set up a cone eight yards outside of the penalty box and have the remaining players form a line behind the cone. If there are more than six players in line, try setting up two fields so players can receive more repetitions.
- The soccer balls should be divided up evenly between the player line and the two passers.
- The first player in line starts with a ball at their feet.
- Each player should complete at least 10 turns. Add more repetitions if time allows. Rest and reset the soccer balls as needed. Rotate passers every few minutes.

Instructions:

1. The first player in line takes one touch towards goal and then shoots the ball from outside the penalty area.
2. Immediately after the player takes their first shot, the mid-range passer completes a pass to the penalty area for the shooter to run on to and finish in one-touch.
3. Immediately after the second shot, the short-range passer completes a pass to the six-yard box for the shooter to run on to and finish in one-touch.
4. Once the shooter has completed all three shots, the shooter retrieves any soccer balls that went behind the goal while the goalkeeper retrieves any balls that are in the goal. The shooter then returns to the back of the line.
5. Once the goalkeeper is set the next player in line can begin their turn.
6. Rotate the designated passers every few minutes.
7. Each player should complete at least 10 repetitions or turns. Add more repetitions if time allows.
8. Rest and reset the soccer balls as needed. Make coaching points during natural stoppages.

Variations:

Switch sides – Switch the sides of the short and mid-range passers so that players work on finishing from both angles.

Passer angles – Change up where the designated passers are positioned. Bring them off the end line and have them give passes from the sides of the box. This will force players to finish square passes rather than passes that are coming back to them.

Volleys and headers – Passers hand-toss balls in the air to the shooters. Shooters must decide if they are going to strike the ball out of the air with their foot or head the ball. Shooters only get one-touch.

Vary the distance – Adjust the distance depending on the players' age and skill level.

Coaching Points:

- Educate the players on various shooting techniques. Their first shot from distance will probably need to be struck with their laces and more power. The mid and short-range shots are good opportunities for players to use the inside of their feet to redirect the ball and focus on accuracy to beat the goalkeeper.
- Players should take a quick glance up before shooting to see where the goalkeeper is positioned in front of the goal.
- Players should focus on keeping their eye on the ball when going to shoot. Their plant foot should be positioned next to the ball and a smooth swing with a locked ankle should strike through the ball.
- Remind players that since they are running on to the ball, they do not need such a powerful foot swing, but rather a short, smooth motion to redirect the ball into the goal. The players forward momentum will provide the power needed to finish the ball.
- Stress that players maintain a locked ankle position when striking the ball. This will ensure a more accurate shot and better finishing consistency.
- Challenge the goalkeepers to get to every shot. Goalkeepers should immediately bounce back up after making a save and react to the next shot!

Shoot on Sight

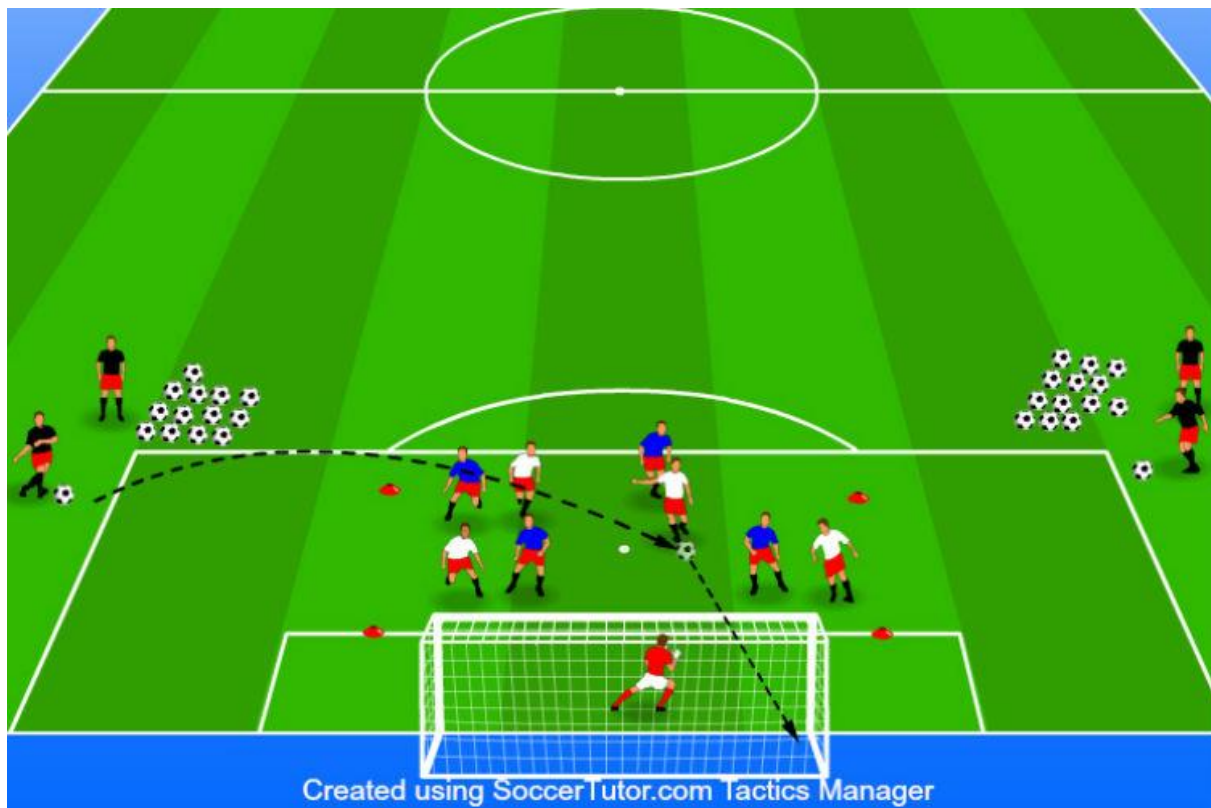
How the Drill Works:

Teams compete to finish as many crosses as they can each round. Two teams start inside the designated box and compete to be the first to the cross!

Purpose:

Develop finishing abilities from crosses. Players compete to be the first to the ball and improve on their timing and physicality in the box. Great activity to see which players are willing to compete and put their body where it needs to be to score!

Diagram:



Setup:

- Set up one full-size goal on an end line.
- Position one goalkeeper in goal if possible. The activity can be completed without a goalkeeper. If there are multiple goalkeepers, have the extra goalkeepers rotate in every six repetitions.
- Divide the players into three teams. Each team should have at least three players, and no more than five players. Give each team matching jerseys.
- Use the penalty box as the designated area that the teams must stay inside to finish on goal. If needed, or wanted, create a smaller box inside the penalty box using cones. A smaller area will force crosses to be more accurate and finishing players to work in a more crowded area.
- If there are enough players for 6 teams, create two fields for players to receive more repetitions.
- Two teams start inside the designated area.
- The third team will function as the crossers. At least one crosser, on each side of the penalty box, will be needed. If there are multiple crossers, have those players divide evenly between the two sides and alternate crosses.
- All the soccer balls should be divided up evenly between the two crossers, or lines of crossers.
- Each team should complete at least three, four-minute, rounds inside the designated box. Add more rounds and time as needed. Rotate teams after each round.

Instructions:

1. To start the activity, one crosser serves a ball into the designated area.
2. The players inside the designated area, from both teams, attempt to be first to the ball and score. Players shoot as quickly as possible while staying inside the designated area.
3. After the first ball is scored, or goes out of the designated area, the crosser from the other side serves a ball into the designated area and continues the process.
4. Each team keeps count of their goals scored. The team with the most goals at the end of round wins. Only goals scored within the designated area count.
5. Play four-minute rounds and then rotate teams.
6. Each team should complete at least three rounds inside the designated area. Add more time and rounds as needed.

Variations:

Limit touches – Give players a touch limit inside the box. Two or one-touch depending on skill level.

Must finish out-of-the-air – Goals are only counted if players can score the ball out-of-the-air. The services must be in the air and players must battle to win headers and volleys in order to score.

Coaching Points:

- Challenge to players to compete at a high tempo. Demand that crosses be served as soon as the previous ball is over. Demand that players keep a game-like tempo and finish as quickly as possible.
- Encourage the players to compete for every single ball! Players should use their bodies and be aggressive!
- Teach the players to take the ball away from the opposition with their first touch if they are unable to finish in one-touch.
- Encourage the players to compete and to score as many goals as possible each round. Players should constantly be trying to get on the end of the service and move into good spots to finish.

Shootout

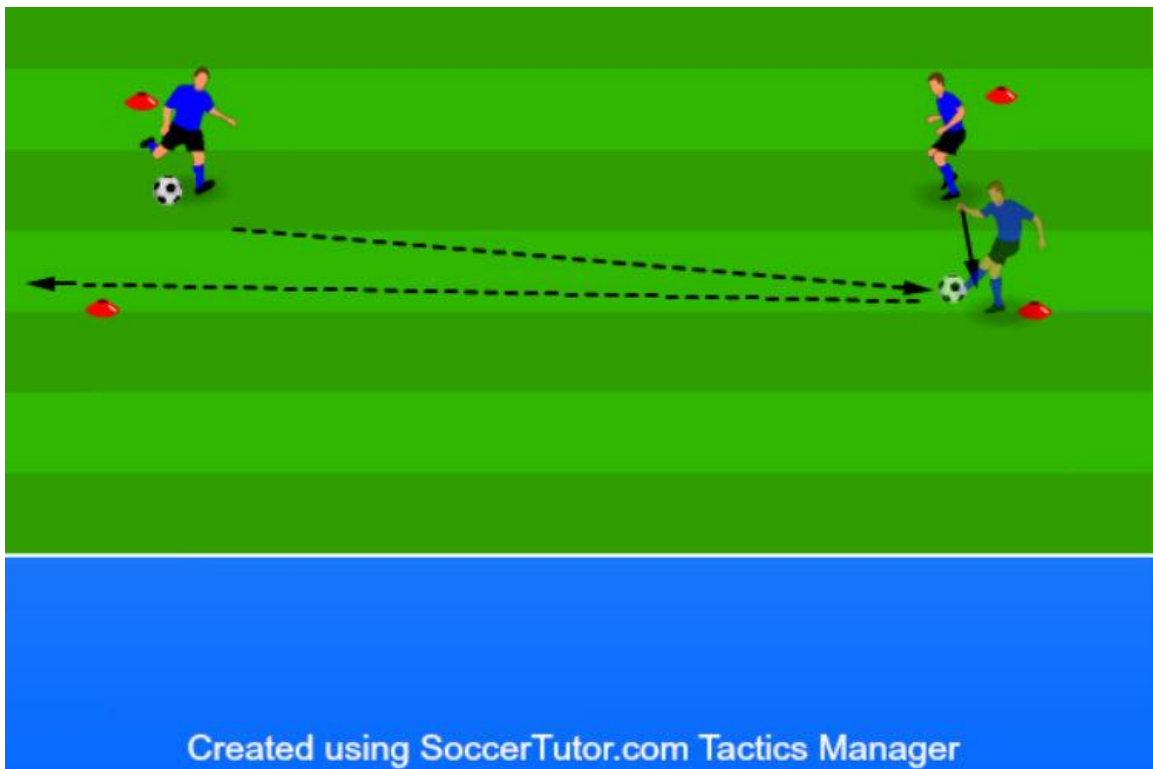
How the Drill Works:

Two players compete to score in their opponent's cone goal. Players must shoot from behind halfway and score below their opponent's knee. The player with the most goals scored at the end of each round is the winner!

Purpose:

Simple activity for players to develop their finishing skills. Players get many repetitions in a short period of time and can make it as competitive as they want to. Players also increase their reactions and first touch ability.

Diagram:



Setup:

- Have players divide up into pairs. Each pair should have at least one soccer ball.
- For each pair of players, set up two gates using cones, 15 yards away from each other. Each gate should be seven yards wide and should be facing the other gate. Adjust the width and distance of the gates according to the skill level of the players.
- One player in each pair positions themselves inside a gate. The two gates should be across from each other.
- One player in each pair starts with the ball at their feet.
- Play three, four-minute rounds. Add more rounds and time as needed!

Instructions:

1. To start, the player with the ball in each group takes a shot on their opponent's cone goal while their opponent, without the ball, attempts to block the shot from crossing their cone goal.
2. Once the player has scored, or their shot has been blocked, their opponent attempts a shot on their cone goal. The process continues in this manner for the remainder of the round.
3. Shots must be taken from behind the halfway point. Players are not allowed to dribble forward.
4. Only shots below the opponent's knee are allowed. Each time a player successfully shoots the ball, below their opponent's knee, and past their opponent's cone goal, the shooter is awarded one point.
5. The players take turns shooting the ball at each other's cone goal for the entire round with the winner being the player who has scored the most points at the end of the round.
6. Switch partners at the end of each round. Play at least three, four-minute rounds. Add more time or rounds as needed!

Variations:

Vary the distance – Increase or decrease the distance between the gates depending on the players' skill level.

Shot-blocking rules – Switch up the shot-blocking rules. Allow players to use hands to increase the difficulty to score. Allow only feet for players to work on receiving and blocking skills with just their feet.

Coaching Points:

- Get the players excited to compete against one another and make sure they enjoy the competition. Change up the rules and distances to make sure the activity fits the age and competitiveness of the group.
- Educate the players on the proper shooting technique before playing. Depending on the distance between the gates, players might only need to use the inside of their feet for the best chances to score. Of course, laces can be used, but be careful with shot power if players are too close to each other.
- Players should have a strong plant foot next to the ball before smoothly striking through the ball with a locked ankle. This will result in the most consistent shot and help players develop their accuracy.
- Challenge the players to block as many shots as possible and to make it difficult for their opponent to score.

Should-to-Shoulder Finishing

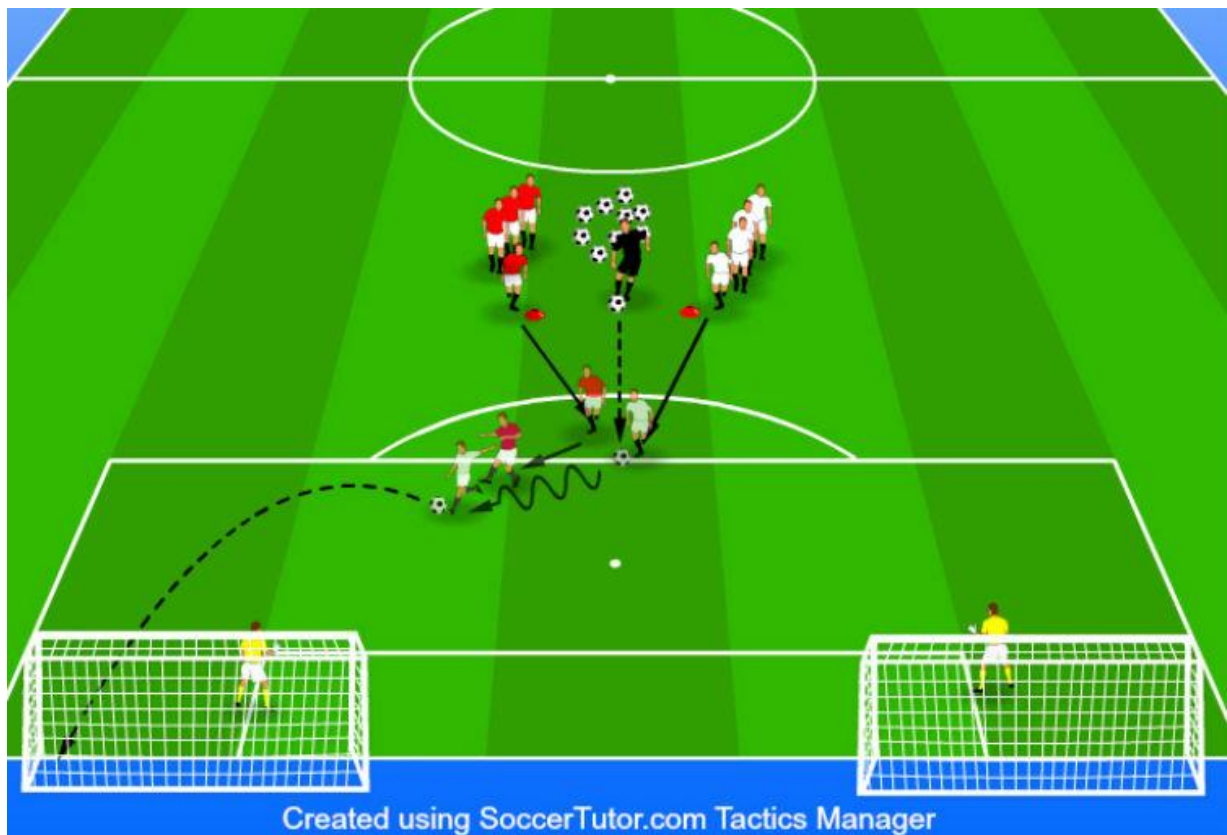
How the Drill Works:

After passing a ball forward into space, two players attempt to be the first to the ball and score on one of the two goals in front of them.

Purpose:

Develop quickness and ability to get across a defender and finish on goal. Increases players' ability to score with a defender on their shoulder.

Diagram:



Setup:

- Set up two full-sized goals on the end line with 15-20 yards of space between them.
- Place one goalkeeper in each goal. If there are extra goalkeepers, have them rotate every three repetitions. If goalkeepers are not available, complete the activity without them. The activity can also be completed using mini goals, or cone gates if needed.
- Place two cones 25-30 yards from the goals. The cones should be placed in the center of the field with five yards of space between them. See diagram below for more information.
- Have the players form a line behind each cone.
- All the balls start with the coach in between the two cones.
- Each player should complete at least 12 repetitions. Add more repetitions as needed.

Instructions:

1. The first player in each line prepares to run forward on the coach's pass.
2. The coach passes a ball straight forward, no more than 10 yards in front of the two cones.
3. The two players immediately react to the coach's pass and attempt to be the first to the ball by using their body to step across the defenders.
4. The first player to the ball attempts to score on either of the two goals.
5. The player without the ball attempts to prevent the attacker from scoring by blocking or winning the ball and then attempting to score as well.
6. The turn is over when the ball goes out-of-bounds, either player scores, or the turn lasts for more than 30 seconds.
7. The coach starts a new turn for the next player in each line once the players in front of them have completed their turn.
8. The shooter retrieves their shot and then returns to the back of either line.
9. Players are encouraged to switch lines and opponents after each turn.
10. Rest to reset soccer balls and make coaching points as needed.
11. Each player should complete at least 12 repetitions. Add more repetitions as needed.

Variations:

Cone gates – Instead of using goalkeepers and goals, have the players dribble through two cone gates set up where the goals would be. The players must dribble, under control, through one of the two gates to score. Focuses more on dribbling and ball control.

One goal – Use one goal to make it more difficult to score. Scoring becomes more difficult as defending becomes easier and more game-like.

Number of players – Play 2-on-2, 3-on-3, etc.

Ball toss – Coach tosses the ball in the air for players to chase down. Makes it more difficult for the players to get the ball under control before shooting.

Coaching Points:

- Adjust the space between the goal and the starting cones depending on the age and skill level of the players.
- Instruct the players to react quickly to the coach's pass and explode to the ball. Players should use their bodies to nudge their opponent off the ball.
- Teach the players to get a good first touch forward when they get to the ball. This first touch is important to keep the player running at full speed and the ability to stay in front of their defender.
- Motivate the defenders to make it difficult on the attackers to score. If a player can not get to the ball first, make sure they prevent the attacker from scoring!
- Educate the defenders to move their feet, bend their knees, and remain on balance when defending the attacker. Defenders should not reach for the ball, but rather time their tackle to ensure they win the ball.

Square Ball Finishing

How the Drill Works:

Players complete a series of passes before the player shooting receives a square ball across their body to finish on goal.

Purpose:

Develop ability to strike a ball that is played across their body. This type of shot is one of the most difficult to strike and will help players become more confident around the box when they are played this pass.

Diagram:





Setup:

- Set up one full-size goal on the end line.
- Place one goalkeeper in goal. If there are extra goalkeepers, have them rotate in every four repetitions. If goalkeepers are not available, the activity can be completed without them.
- Place two mannequins, or poles, on the top of penalty box. There should be five yards of space between the two mannequins. See diagram below for more information.
- Place one cone on each side of the penalty area about 15 yards away from the mannequins. See diagram.
- Have one player start at each cone. These players will be the passers and will switch after three minutes with two new players.
- Have the remaining players start behind the mannequin furthest away from the goal. One player starts between the two mannequins and will be the shooter. The shooter attempts two strikes on goal, one from each side, before rotating to the back of the line.
- Divide all the soccer balls evenly between the two designated passers.
- Each player should complete at least 10 repetitions as the shooter. Add more repetitions if time allows! Rest and reset the soccer balls as needed.

Instructions:

1. One of the passers starts the activity by completing a firm pass to the shooter between the mannequins.
2. The shooter takes their first touch to the other side of the mannequins and completes a pass to the opposite passer.
3. The passer then completes a square pass across the box for the shooter to run back between the mannequins and attempt a strike on goal. The shooter should time their run so they are not waiting for the pass. Shots on goal should be in one-touch.
4. Immediately after striking the ball, the shooter starts the same pattern, but from the opposite side to work on striking the ball with both feet.
5. After attempting two shots on goal, the shooter returns to the back of the line as the next shooter in line begins their turn.
6. Switch designated passers every three minutes. Pause to collect soccer balls as needed.

7. Each player should complete at least 10 repetitions as the shooter. Add more repetitions if time allows.

Variations:

Two-touch finishing – Players can finish with two-touches if one-touch is too difficult.

Diagonal pass – Move the passers closer to the end line to make the final pass more diagonal than square. Changing the angle of the pass should help players strike the ball more consistently. Adjust the angle as needed.

Any combination – Be creative with the passing pattern before the strike! Change the pattern and final ball to fit the players' needs! Adjust the space between players depending on skill level.

Coaching Points:

- Encourage the players to make sharp, accurate passes to each other! This will keep the tempo high and make the activity more game-like.
- Teach the players to time their runs so they are striking the ball while moving forward. Striking a ball that is rolling across their body is difficult to strike so remind the players to be patient and keep working on it.
- Educate the players to lock their ankle when striking the ball. Players should experiment with their laces and inside of the foot to find what works best for them.
- Challenge the goalkeepers to get to everything and keep shots out of the net!

Touch Around the Defender Finishing

How the Drill Works:

Players receive a pass, take their first touch around the defender, and then finish on goal.

Purpose:

Develops first touch and finishing skills around the box. Players will increase their footwork and ability to move around a defender to finish quickly on goal.

Diagram:



Setup:

- One full-size goal is needed for this activity.
- If a goalkeeper is available, position them in goal. This activity can be performed without a goalkeeper, however. If there are extra goalkeepers, have them rotate in every six shots.
- Set up two mannequins five yards outside the edge of the penalty area. Place the two mannequins eight yards away from each other. See diagram for more information. Use sticks or cones if mannequins are not available.
- Set up one cone eight yards diagonally in front of each mannequin. Divide all the soccer balls between these two cones. See diagram.
- Divide the players evenly among the two mannequins and two cones.
- Each player should complete at least 10 repetitions from each mannequin. Add more repetitions if time allows. Rest and reset the soccer balls as needed.

Instructions:

1. The players on the right side of the goal will go first. The player standing on the right cone passes a ball to the player standing behind the mannequin.
2. The player receives the pass behind the mannequin and touches the ball forwards, around the mannequin.
3. After taking their first touch forward, past the mannequin towards goal, the player runs around the opposite side of the mannequin that the ball traveled.
4. The player then strikes the ball on goal.
5. After the player on the right shoots, the player on the left side mannequin immediately begins their turn.
6. Lines alternate until soccer balls need to be collected.
7. Players rotate positions after each repetition. Shooters become passers and passers become shooters.
8. Have the players switch sides halfway through the activity so that they work on both sides of the field.
9. Each player should complete at least 10 repetitions from each mannequin. Add more repetitions if time allows. Rest and reset the soccer balls as needed.

Variations:

Rolling ball – Players must strike the ball before it stops rolling.

In-the-air – Have the passers use their hands to toss soccer balls into the shooters. Shooters have the same rules.

Coaching Points:

- Teach the players to focus on taking a good first touch that leads them into their running path on the opposite side of the defender. A good first touch will make finishing easier.
- Remind the players to move at game speed and get around the defender to finish.
- Make a competition out of it! Player with the most goals at the end of the activity wins!
- Challenge the players to finish the soccer ball with placement and accuracy!
- Encourage the goalkeepers to save as many as they can. Make it a competition for the goalkeepers as well!

Triangle Finishing

How the Drill Works:

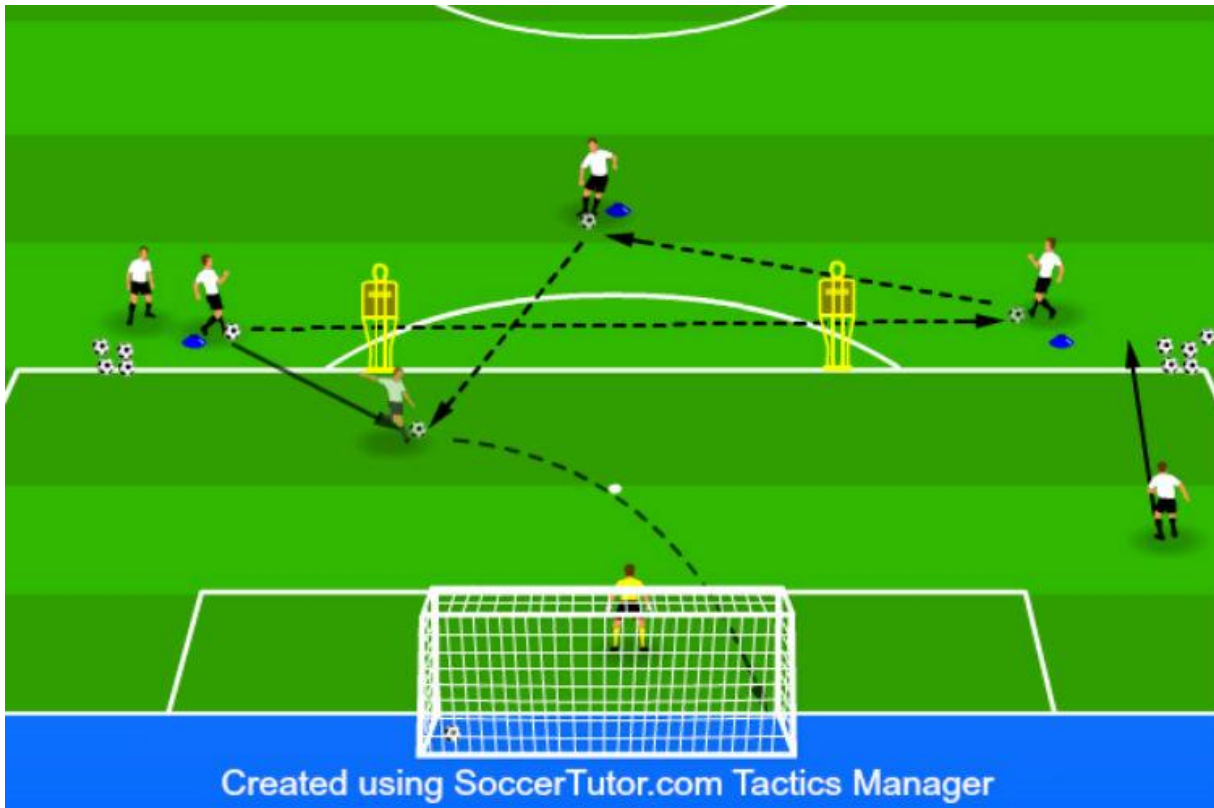
Players work together to complete two passes in a triangle before a ball is slipped through to a player running onto the ball to finish.

Purpose:

Develop timing, passing weight, and finishing ability. Players will become more confident finishing inside the box when a through ball is played to them.

Diagram:





Setup:

- One full-size goal is needed for this activity.
- If a goalkeeper is available, have them start in the goal. This activity can be performed without a goalkeeper, however. If there are extra goalkeepers, have them rotate in every six shots.
- Set up two mannequins along the top of the penalty box with at least 10 yards of space between them.
- Set up three cones in a triangle formation outside of the penalty box. See diagram for more information.
- Have the players form even lines on the two outside cones. Place one player at the cone on top of the triangle.
- Divide the soccer balls evenly between the outside cones.
- Each player should complete 10 repetitions on each side of the box. Add more repetitions if time allows. Rest and reset the soccer balls as needed.

Instructions:

1. To start the activity, one of the players standing on an outside cone completes a pass to the player straight across the penalty box from them.
2. The player receives the pass and then completes a pass to the player at the top of the triangle.
3. The player who started the ball now times their run behind the mannequin closest to them, to receive a pass from the player at the top of the triangle.
4. The player then runs on to the ball and attempts to finish on goal in one, or two touches if possible.
5. The player who passes the ball then times their run into the box to receive a pass from the player running onto the diagonal pass.
6. The player standing on the opposite outside cone as the player who just shot, starts the next ball in the opposite direction.
7. Players return to their same lines after their turn. The passer on the top cone switches every six repetitions.
8. Players will switch sides halfway through the activity so that they work both sides of the box.
9. Each player should complete 10 repetitions on each side of the box. Add more repetitions if time allows. Rest and reset the soccer balls as needed.

Variations:

Touch-limit – If the speed of play needs to increase, and the quality level is there, have the players complete the entire activity in one-touch.

Distance – Move the mannequins, and cones, further away from goal to decrease the difficulty of the final pass or to have players shoot from further away.

Coaching Points:

- Teach the players to time their runs behind the mannequins so that they remain inside and allow more space for the final pass.
- Educate the players to weight their final pass into the path of the running player so that the ball is out in front of them.

- Remind the players to place the ball around the keeper from this distance. Players should not be blasting their shots at this range.
- Challenge the players to score as consistently as possible. Speed the passes up as needed to mimic game speed.
- Encourage the goalkeepers to get to everything they can!

Turn & Shoot

How the Drill Works:

Three small squares are set up outside the penalty area. Players must receive and turn with the ball inside the square before shooting on goal.

Purpose:

Develop receiving and shooting skills in a tight area. Players decrease the time it takes for them to turn and shoot in two-touch.

Diagram:





Setup:

- A full-size goal is needed.
- If goalkeepers are available, position one in the goal. If there are multiple goalkeepers, have them rotate every six repetitions.
- Use cones to mark three, separate square boxes at the top of the penalty area. The squares should be five yards wide with at least six yards between each box. Adjust the size of the boxes to fit the needs of the players. See diagram for more information.
- Divide the players into three, evenly numbers groups and have them form lines behind each box. Lines should be six yards behind the boxes.
- Divide all the soccer balls evenly between the three lines.
- The first player in each line steps into a square without a ball.
- The next player in line starts with a ball at their feet.
- Each player should complete at least five repetitions from each box. Add more repetitions if time allows. Rest and reset the soccer balls as needed. Making coaching points during natural stoppages.

Instructions:

1. One of the outside squares starts first. The player inside that square calls for a pass from the player at the front of their line. The player at the front of the line passes the ball to the player in the square.
2. The player inside the square receives the pass, turns with the ball, and shoots on goal all while attempting to stay inside the square.
3. As soon as that player has completed their turn, the player that passed them the ball steps into the square while the player in the middle square immediately begins their turn.
4. After the player in the middle receives, turns, and shoots, the player in the right square begins their turn. Once the right square has completed their shot, the process starts back over at the left square.
5. Players must retrieve their ball after each turn before returning to the back of their line. Players switch lines after each shot.
6. Each player should complete at least five repetitions at each box. Add more repetitions if time allows. Rest and reset soccer balls as needed.

Variations:

Two-touch limit – Players only get two touches to turn and finish.

One defender – Add a defender inside the box. Start with the defender going easy and slowly work up to the defender working at full speed.

Pass in the air – Passes are hand-tossed in the air to the shooters in the boxes. Players in the box must take the ball out of the air and finish in the least amount of touches possible.

Coaching Points:

- Stress the importance of a quality first touch. The better the player's first touch, the better chance they give themselves to score.
- Encourage the players to receive, turn, and shoot as quickly as possible to mimic game speed.
- Instruct the players to focus on accuracy when shooting the ball. Players are encouraged to use power to strike the ball, but make sure they are still attempting to increase their accuracy.

Turn. Volley. Finish.

How the Drill Works:

Players receive a pass from their teammate, turn and finish on goal before running around the closest mannequin and striking a volley from a pass tossed over their head.

Purpose:

Develop ability to consistently finish inside the penalty area on the turn and off the bounce.

Diagram:





Setup:

- One full-size goal is needed for this activity.
- If a goalkeeper is available, position them in goal. This activity can be performed without a goalkeeper, however. If there are extra goalkeepers, have them rest to the side of the goal and rotate every four shots.
- Set up two mannequins, three yards outside the on the edge of the penalty area, about five yards apart from each other. See diagram for more information. Use sticks or cones if mannequins are not available.
- Position soccer balls seven yards behind the mannequins. Have two players start around the pile of soccer balls.
- The remaining players start on the corners of the penalty box. The activity works best with six to ten players. Set up two goals if there are more than 10 players participating.
- Each player should complete at least eight turns from each side of the box. Add more repetitions if time allows. Rest and reset the soccer balls as needed.

Instructions:

1. One of the players standing on the corner of the penalty area makes a hard run to the space between the two mannequins.
2. A player standing next to the pile of soccer balls, passes a ball, on the ground, to the player between the mannequins.
3. The player receiving the pass, turns and attempts to finish on goal in no more than three touches.
4. After shooting, the same player runs around the closest mannequin.
5. The same player that passed the shooter the first ball, now uses their hands to toss a ball over the mannequins and into the shooter's running path.
6. The shooter then attempts to strike the ball out of the air and into the back of the net.
7. Immediately following the volley, the player on the opposite corner of the penalty area repeats the same process. The other player in the soccer ball line will be the passer.
8. The shooter rotates to the passing line and the passer rotates to the line the shooter's line.
9. Players retrieve their shot if they missed. Goalkeepers will collect the soccer balls out of the net for safety.
10. Each player should complete at least eight turns from each side of the box. Add more repetitions if time allows. Rest and reset the soccer balls as needed.

Variations:

Touch limit – Players must finish in two or one-touch.

Slip pass – Instead of a volley, the ball is played on the ground for players to run onto and finish.

Coaching Points:

- Teach the players to turn with the ball so that the ball leaves their foot rolling slightly forward. This will allow players to turn and finish more quickly.
- Remind the players to find the corners of the goal to finish consistently.
- Make a competition out of it! Player with the most goals at the end of the activity wins!

- Encourage the goalkeepers to save as many as they can. Make it a competition for the goalkeepers as well!

Two Goal Two Touch

How the Drill Works:

With two goals positioned 25 yards away from each other, players form one line to the side of each goal. The players pass, diagonally across to a player who has checked towards the ball. The player receiving the ball turns and shoots within two touches before the player who passed the ball checks towards the other line to start their turn.

Purpose:

Develop ability to turn and shoot using two touches. Players get a lot of quick repetitions on goal to develop their first touch and finishing skills.

Diagram:





Setup:

- Two full-sized goals are needed for this activity. The two goals should be placed 25-30 yards away from each other. Adjust the distance between the two goals to best fit the needs of the players.
- Position one goalkeeper in each goal. If there are extra goalkeepers, have them rotate in every six repetitions.
- Have the players form a line to the side of each goal. The lines should be diagonal from each other.
- Divide the soccer balls evenly among the two lines.
- The first player in one of the lines starts with a ball at their feet. The first player in the other line starts 20 yards in front of their line. See diagram for more information.
- Complete two, six-minute rounds. Rest to reset the soccer balls as needed. Switch sides at half so players receive using both feet.

Instructions:

1. The first player in line with a ball at their feet completes a pass to the player from the opposite line that is diagonally 10-12 yards away from the passer. The passer then runs 18-20 yards away from their starting line.
2. The receiving player takes a first-touch that positions them to score on the goal furthest away from them.
3. After taking their first touch, the player then attempts to score on the goal they are now facing.
4. The initial passer is now in position to receive a pass from the opposite line to repeat the process.
5. Shooters retrieve their ball if they missed the goal before returning to the back of their original line. Goalkeepers retrieve balls in the goal.
6. Passers should start their run away from their line as soon as they complete the pass to the opposite player. The activity should move quickly allowing for continuous, alternating repetitions.
7. Continue the process for the remainder of the round. Retrieve any lost soccer balls and rest between rounds. Have the lines switch to the other side of goal after the first round to work on both shooting angles.
8. Complete at least two, six-minute rounds.

Variations:

Distance – Adjust the distance between the two goals to fit the needs of the players.

More touches – Give the players more touches if they are struggling to get quality shots off within two touches.

Pass difficulty – Have the players chip, or loft balls into the shooters to give them more of a challenge on their first touch.

Coaching Points:

- Educate the players on the importance of their first touch. Their first touch needs to be out from under their feet for them to run onto and strike. The touch should also position the shooter's body towards the goal since the player is receiving a pass side-on.
- Challenge the players to make the finishing as game-like as possible. Players should turn and get their shot off quickly to build good habits.

- Teach the players to lock their ankle and strike through the ball smoothly as they shoot. Players are also free to use the insides of their feet to curl the ball around the goalkeeper. Players should lock their ankle regardless of the technique they are using.
- Encourage the players to be consistent and score as often as possible.
- Motivate the goalkeepers to block each shot and to get back to their feet quickly. This is a great activity for goalkeepers to get a lot of repetitions!

Two Line Agility Finishing

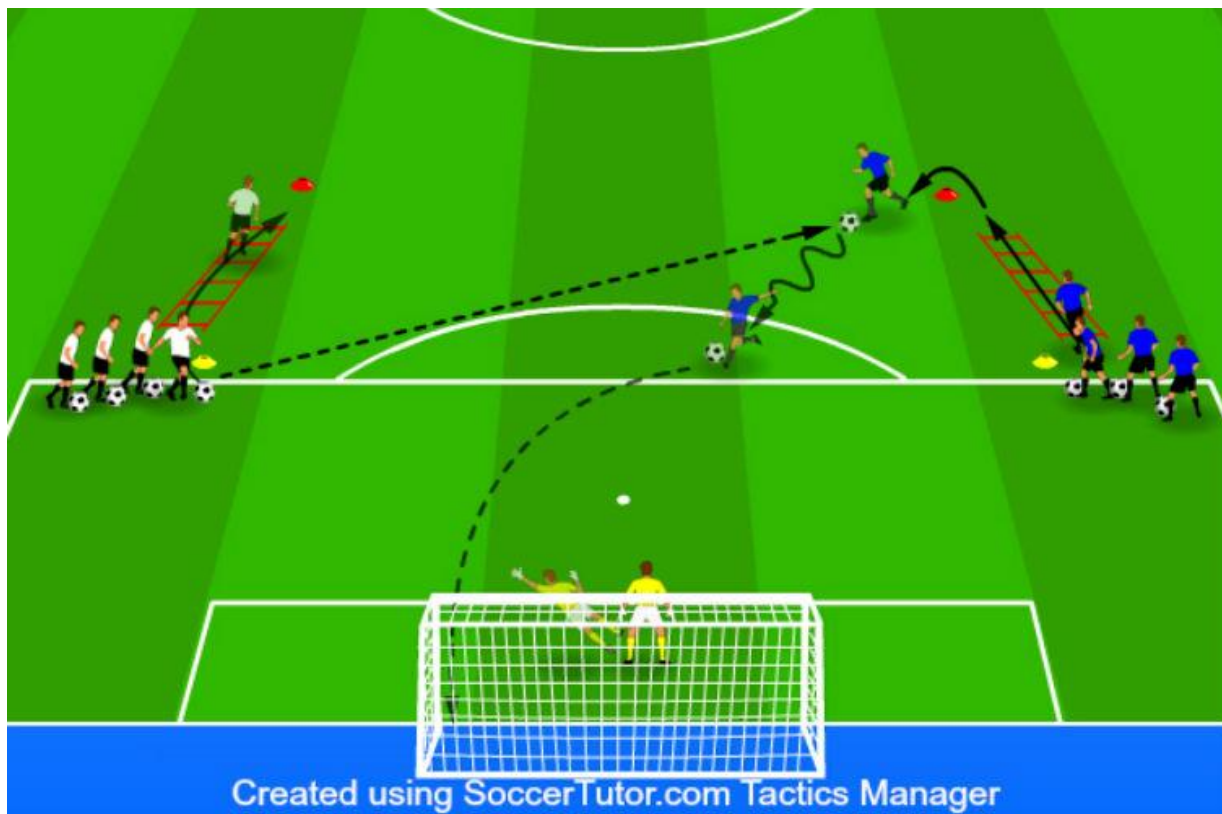
How the Drill Works:

Players complete an agility ladder or a series of cones before receiving a pass from the opposite line and shooting on goal.

Purpose:

Develop footwork and ability to control a ball while on the move. Players increase agility and finishing skills in this quick shooting exercise.

Diagram:



**Setup:**

- Place one full-sized on the end line.
- Position one goalkeeper in goal. If there are extra goalkeepers have them rotate every four repetitions.
- Place two cones just outside the penalty area. The cones should be 30 yards away from each other. These will be the two starting cones.
- Place a short agility ladder behind each cone at a 45-degree angle. If ladders are not available, use cones for the players to run over or slalom through. See diagram for more information.
- Place one cone three yards away from the end of each agility ladder.
- Have the players divide evenly behind the two starting cones.
- Each player in line should start with a ball at their feet except for the first player in one of the two lines.
- Each player should complete at least eight repetitions from each side. Add more repetitions if time allows. Rest and reset the soccer balls as needed.

Instructions:

1. The first player without a ball, in one of the two lines, starts the activity by running through the ladder with two feet in each box before running around the cone at the end of the ladder.
2. The first player in the opposite line passes their ball to the player running as soon as that player rounds the top cone. The passer then begins to run through their ladder in the same manner as the opposite player did.
3. The player receiving the pass takes one touch and then attempts to score on goal.
4. The player from the opposite line, who first passed the ball, now receives a pass from the other line and the process continues in this alternating pattern.
5. Players retrieve their ball after their shot and then return to the back of their line. If players score, goalkeepers will collect the soccer balls out of the net.
6. Each player should complete at least eight repetitions from each side. Add more repetitions if time allows. Rest and reset the soccer balls as needed.

Variations:

Different agility – Give players different footwork patterns they must complete through the ladders. If ladders are not available, use cones or sticks for players to work through. Be creative. Challenge the players and their footwork.

1-touch – Have the passers take a little power off their pass so that the players finishing can run onto the ball and strike it one-time.

Dribble the keeper – Allow players to dribble around the goalkeeper. This also allows goalkeepers to develop their 1-on-1 saving skills.

Competition – Count the number of goals each line scores for the round. The team with the most goals at the end of the round is the winning line.

Distance – Move the cones further away from goal to increase the distance to goal.

Be creative – Change the activity as needed. Change the shot angle or agility players complete before shooting.

Coaching Points:

- Show the players what footwork pattern they need to complete through the ladder. Have the players start slow and make sure they get the footwork right before increasing the tempo.
- Remind the players of the importance of their first touch. Their first touch should be just far enough out in front of them that they can take 2-3 steps before striking through the ball smoothly.
- Teach the players to lock their ankle on each shot! Players can use their laces or inside of their foot to finish but need to lock their ankle on both techniques.
- Stress that players make clean, firm passes to each other.
- Remind the players to take a quick look up to see the goal and goalkeeper before finishing.
- Challenge the players to complete the activity at game speed once they get the footwork right. The lines should be alternating shots one after another!
- Motivate the goalkeepers to block each shot and return to their feet quickly for the next save. This is a fantastic activity for goalkeepers to get plenty of shot stopping repetitions!

Two Soccer Ball Finishing

How the Drill Works:

Players start with two soccer balls and touch each one to each side of the mannequin before finishing one after the other on goal.

Purpose:

Develop ability finish around the box with both their strong and weak foot. Players will improve their shooting technique and footwork.

Diagram:



Setup:

- One full-size goal is needed for this activity.
- If a goalkeeper is available, position them in goal. This activity can be performed without a goalkeeper, however. If there are extra goalkeepers, have them rest to the side of the goal and rotate every six shots.
- Set up three mannequins on the edge of the penalty area, 10 yards apart from each other. See diagram for more information. Use sticks or cones if mannequins are not available.
- Have one player, with two soccer balls, start behind each mannequin.
- If there are extra soccer balls, or players, position them behind the players standing on the mannequins.
- Each player should complete at least three turns at each mannequin. Add more repetitions if time allows. Rest and reset the soccer balls as needed. Make coaching points during natural stoppages.

Instructions:

1. One of the outside mannequin players starts the activity. The player passes each of their soccer balls to each side of mannequin (1-3 yards forward). One soccer ball will go to the left and the other to the right of the mannequin.
2. After both soccer balls have been touched forward, the player moves to strike one of their soccer balls on goal.
3. Immediately following their first strike, the player moves to strike their second ball on goal.
4. As soon as the first player clears the area, the player standing behind the next mannequin repeats the same process.
5. After the three players have taken their repetitions, balls are retrieved and new players step up to complete their turn. Players move to their left after their turn.
6. Each player should complete at least three turns at each of the three mannequin positions. Add more turns if time allows. Rest and reset the soccer balls as needed.

Variations:

Rolling ball – Players must strike each soccer ball before the ball comes to a stop. This will force players to move from one soccer ball to the other quickly and force players to get the right footwork between shots.

Coaching Points:

- Teach the players to focus on where they pass their two soccer balls so that they are in good positions to finish on goal.
- Remind the players to quickly move from one ball to the next while remaining on balance and focusing on their footwork.
- Make a competition out of it! Player with the most goals at the end of the activity wins!
- Challenge the players to finish the soccer ball with placement and accuracy!
- Encourage the goalkeepers to save as many as they can. Make it a competition for the goalkeepers as well!

Up, Back, Through to Goal

How the Drill Works:

Players complete a three man up, back, and through passing pattern before finishing on goal.

Purpose:

Develop ability to score from a pass that is played in front of them. Players increase their ability to play a ball into a moving player's path.

Diagram:



Setup:

- One full-size goal is needed.
- One goalkeeper is needed. If there are extra goalkeepers, have them stand off to the side of the goal and rotate every four repetitions.
- Set up six cones around the edge of the penalty box as the diagram below shows. The three blue cones work together while the three red cones work together.
- Divide the players into two groups of 6-8 players. If there are more than eight players per group, set up another goal and cones to increase the number of repetitions players get.
- Assign one group to the blue cones, and the other group to the red. Have the players form lines behind their respective colored cones, furthest away from the goal. See diagram.
- Have two players from each group stand on the other two, colored cones.
- All the balls should be divided between the two lines of players.
- The two players from each group that are not in the line, should not have a ball. The first player in each line should have a soccer ball.
- Each player should complete at least eight repetitions from each side of the setup. Add more repetitions if time allows. Rest and reset the soccer balls as needed.

Instructions:

1. To start, the first player in one of the lines passes forward to the player standing on the cone in front of them. The first player is the shooter and will end back up with the ball.
2. The player on the first cone receives the pass with their back to goal and then passes the ball to the other player standing on the third cone.
3. The third player receives the pass and then passes it in front of the first player who has begun to run towards the goal. The pass should be in front of the running player and into their path.
4. The first player attempts to score in one, or two touches.
5. As soon as the first group has finished their turn, the group of players on the other three cones begin their turn. The groups alternate turns.
6. After a player shoots, the shooter becomes the player who passes the ball back, the player who passes the ball back becomes the player who passes the ball forward, and the player who passes the ball forward retrieves the shooter's shot and then returns to the back of their line.

7. Continue this pattern until each player has completed 10 repetitions on one side of the setup and then have groups switch sides to work both angles.
8. Each player should complete 10 repetitions on each side. Add more repetitions if time allows. Rest and reset the soccer balls as needed.

Variations:

Distance – Adjust the distance between the cones and goal depending on the length of passes players should complete and the distance players should finish from.

One-touch – Complete the passing and finishing using only one-touch.

Coaching Points:

- Challenge the players to keep all passes on the floor and to pay attention to the weight of their pass. The final pass to the shooter should be just far enough in front of the player that they can shoot in one-touch if they would like.
- Teach the players the timing of the run from the shooter. The shooter should time their run so that they are beginning their run to goal just before the final passer is about to pass the ball. The runner should be close to full speed to make the run as game-like as possible.
- Remind the players to pick their head up before looking back down to strike the ball to see where the goalkeeper is positioned. Players should pick out the open area of the goal and place the ball around the goalkeeper and into the back of the net.
- Depending on the shooting distance, players should mainly use the inside of their foot to finish in this activity. Players should look to curl the ball around the goalkeeper when they are inside the penalty box and running free to goal. If the activity is changed to be further away from goal, players might need to use their laces to finish with enough power.