

6 - Shooting

Every other skill in football is of little value unless players take their shots and put the ball in the opponents net. There are two main aspects to coaching shooting; teaching players to see and seize every opportunity to shoot, and the technical quality of their attempt. Try to include shooting as the end product of other s when possible.

Encourage players not to waste time in front of goal, 95% of all goals in the professional game are a result of a one or two touch finish! Never criticise a player for attempting to shoot, always praise a positive attitude. If the technique was poor, offer specific help to sort out the error, don't tell a player "*bad luck*" if it was actually bad technique. Strikers need to make the most of the few chances they may get in a match.

Help players to be composed in front of goal and pass the ball into the net just like they would pass it past any other player. If they have been working hard on practicing passing techniques they have the basic tools to be an effective striker.

Coaching Points - Observe the following details:

- ✓ Observe whether players are taking their chances to shoot, hesitation will cost the team goals
- ✓ If defenders are not closing down tightly enough in the final third are they willing to shoot from distance?
- ✓ Can they create an gap with a simple touch into space, it is not always necessary to beat the defender first
- ✓ Do players have the confidence to take a first time shot if it is on?
- ✓ If one touch shot is not on, do they get the ball out from feet on first touch?
- ✓ Many shots are wide because the player wrongly thought they knew where they were in relation to the goal
- ✓ It is vital that the striker looks up to observe the goal and the position of the keeper
- ✓ Do they make a good decision about the correct selection of the shot?
- ✓ Do they get over the ball and keep their head steady? Lifting the head early is a common error
- ✓ Keep the ball low and drive it across the keeper unless he can be lobbed or has left a gap at the near post
- ✓ Look at the technical quality of the shot. See coaching points on passing (push, instep, swerve and chip)
- ✓ Is the shot on target? Encourage players to think about "*accuracy before power*"
- ✓ Other players should follow up shots to put away any deflections
- ✓ If the shot misses or is saved does the striker get straight back into the game

Useful Drills

37	Forfeit	45	Last Man
38	Shooting Gallery	46	Hat Trick
39	Snap Shot	47	Double Dutch
40	Finish First	60	No Turn
41	Shoot on Sight	71	Combinations
42	Two v Two v Two		
43	Open Goal		
44	Have a Go		