

Fundamentals of Good Shooting

Facts about shooting

The only bad shot is a **shot not taken!**

A high percentage of opportunities to shoot are never taken!

At the highest levels of soccer the average number of shots per game is around thirteen (13) and one goal is scored for every seven attempts.

If a team can achieve 10 shots on target (on goal) during a match it will rarely lose the match!

How to succeed when shooting

Teach your team to:

- Shoot at every opportunity

- Attack opponents by dribbling whenever possible

- Look to pass the ball to the back of the defense

- Maintain good shape and organization (compact)

- Take more shots than the other team

- Gain more set pieces than the other team

- Take more crosses, especially to the back of the defense

- Win back the ball more often

Principles of good shooting

Attacking third:

- Move, receive, finish

Midfield:

- Build, connect, and support (depth)

Defending third:

- Deny, delay, direct, destroy (when help support has been created)

Shooting practice

When practicing shooting use games and drills that work on:

- One-touch shots from inside the penalty area from balls served at various angles on the ground.

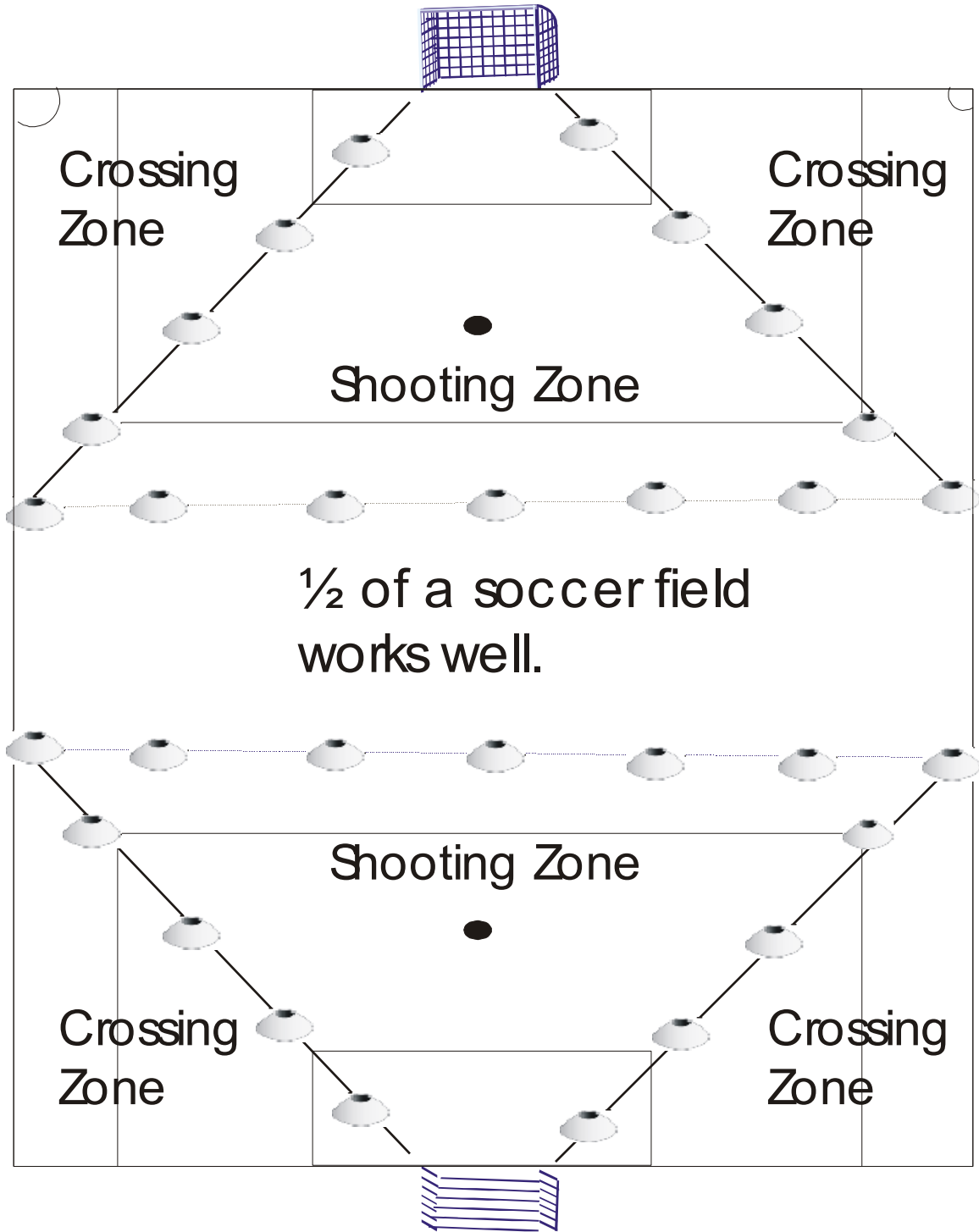
- One-touch volleys and half-volleys in the penalty area from balls served at varying heights and angles.

- Shots taken from outside the penalty area while running forward with the ball, from central positions and down both flanks.

- Two-touch shots from inside the penalty area from balls served at various angles on the ground.

- Two-touch volleys and half-volleys in the penalty area from balls served at varying heights and angles.

Fundamentals of Good Shooting



Play One (1) Vs. One (1) against the Keeper.