



PRACTICE #40
SHOOTING SCHOOL

With the exception of the penalty kick and a restart situation there are no shots in soccer taken from a ball that is not moving. In fact, most shots and subsequent goals are a result of dribbling and passing combinations.

Most shooting “drills” used today do not address the issue of moving the ball, combining with teammates and creating a shot. As defenses grow stingier, quick passing and combination play are necessary and must be taught to players at all levels.

The following sequence is geared toward players fifteen and above. A simple manipulation of the distances (making the area smaller) can be made to ensure our younger players of achieving the skills necessary to be proficient at shooting and goal scoring.

The size of the field in this sequence is the same for every activity. This allows the coach to change quickly from activity to activity and move through the progression as quickly as the team reaches a level of success with each activity.

The sequence starts at a very elementary level and quickly moves into more complex activities and game-like shooting.

Field size: for all activities

- The field is divided into thirds. At each end is an area the size of the penalty box with a ten yard neutral zone between boxes.

Equipment: for all activities

- A supply of soccer balls
- Two regular goals
- Cones or discs to use as markers

DIAG. 1, DIAGONAL PASS, DRIBBLE AND SHOOT

There are four lines of players, two at each end of the field. The lines are

Shooting Progression

By Jay Martin, Head Men's Soccer Coach
Ohio Wesleyan University, Delaware, OH

Paul Gilham/Getty Images

will quickly cut off the usable end and stash it away in "the drawer."

Whenever I need paper to total up gate receipts for deposit, prepare To Do Lists, or simply make notes, I have a ready supply.

Whenever new boxes of paper are delivered to our school's print center, I also try to keep an eye out for the empty boxes. There are countless times during the year when a box is needed in athletics, but none can be found. To make sure that we always have some, I put these sturdy cardboard boxes in storage for future emergencies.

In Baltimore County, we are required to keep all athlete permission slips, physical and Informed Consent Forms on file for four years after a student's graduation.

It is totally impractical to keep all of this paper work in a file cabinet after the current year of competition.

We put these forms in those boxes, label them, and keep them in a storage room. Having a supply of boxes will prove extremely helpful.

During the summer, the amount of mail (mostly catalogues and junk) that arrives in our Main Office becomes unbelievable. It will not fit into our coaches' mailboxes.

Our secretaries give me anything that pertains to athletics and I sort it for our coaches. To accommodate everything, I label each box for a particular sport and line them all up on a shelf in my office. Once the coaches arrive back in August, they just pick up their box. How simple!

Have you ever gone to your school's print center with an important document, only to discover there is no paper? It is extremely frustrating. To prevent these situations, I always lock away a few reams in one of my locked

office cabinets and usually carry a ream with me to the print center.

If I don't need it – and 95% of the time I won't – I'll simply take it back to my office. It is better to be prepared for the unexpected contingency, rather than to be caught up in it.

Not all of these little hints center around office supplies. Recently, one of our vendors stopped in with several school-year calendar booklets. I will also get t-shirts as registration gifts and door prizes at conferences.

These items usually represent more than I could ever use. However, they all make excellent gifts for our secretaries, custodians, and grounds crews who greatly appreciate the thoughtfulness.

Anything – even little hints – can help the athletic administrator make it through the day a little easier. The little things can make a big difference. ■

Even the best coaches need some help.



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designated A, B, C and D. The ball starts with A, who makes a diagonal pass to B. B dribbles into the neutral zone and shoots. C then passes to D and the exercise is repeated going in the opposite direction. A moves to the B line; B goes to the C line; C moves to the D line and D moves to the A line. C and D now attack in the opposite direction.

DIAG. 2, OVERLAP, PASS AND SHOOT

Using the same basic set up, A passes to B and runs behind B. B must dribble toward the inside of the field to allow space for A. B passes to A with the outside of the near foot. This is important...do not pass across the defender...A shoots. The shot comes from the neutral zone. C and D now attack in the opposite direction. A moves to the D line and B moves to the C line.

- **Variation:** A can pass back (not square) to B for the shot

DIAG. 3, PASS, PASS, THROUGH BALL, PASS AND SHOOT (BANGOO)

Using the same basic set up, A passes to B; B returns the pass to A. They continue this passing until they reach the neutral zone. Once there, A passes to B with a through ball. B passes the ball back (not square) to A for a shot from the neutral zone. A moves to the D line and B moves to the C line. C and D now attack the opposite goal

DIAG. 4, WALL PASS AND SHOT

A dribbles diagonally toward C, they execute a 1-2 in the neutral zone for a shot. A moves to the C line and C moves to the A line. D now dribbles toward B, they execute a 1-2 in the neutral zone for a shot and change lines.

- **Variation:** Same sequence but execute a double pass with teammate for a shot

DIAG. 5, 3 V. 1 IN 2 ZONES FOR A LONG DISTANCE SHOT

Three attackers play against one defender in each zone. The three attackers combine to find the third man for a long distance shot from inside the zone, before the attackers enter the neutral zone. After the shot, the play goes in the opposite direction.

- **Variation:** 3 v. 1 for a speed dribble into the neutral zone for a shot. After the shot, the other group goes in the opposite direction
- **Variation:** 3 v. 1 two touch; the attackers play a teammate into the neutral zone for a first time (one touch) shot. After the shot, the other group goes in the opposite direction.

DIAG. 6, 4 V 4 + 2 NEUTRAL PLAYERS (IN THE FIELD)

The two neutral players are always on the attack and play with teammates four v four all over the grid. There is no restriction on where the players can go in the grid. But the ball must be shot with the first touch from the neutral zone.

- **Variation:** Two touch play only with one touch shot
- **Variation:** Coach can change the area of the shot from grid to grid
- **Variation:** First time shot must follow a wall (1-2) pass.
- **Variation:** First time shot must follow an overlap
- **Variation:** First time shot must follow a back pass (bangoo).

DIAG. 7, 4 V. 4 + 2 NEUTRAL PLAYERS ON THE SIDELINE

Eight players play 4 v. 4 to full goals with two players on the side line to support the team with the ball. The coach can manipulate many variables in this game:

- Touches in free play (one or two?)
- Touches on the shot (One touch?)

- Which zone the shot must come from
- What combination play (1-2, overlap, etc.) should be used before the shot
- How many touches for the side players?

DIAG. 8, 3 V. 3 + 2 NEUTRAL PLAYERS ON THE OPPOSING GOAL LINE

This game encourages the team to look forward and to play the ball quickly to forwards who then are encouraged to find a third attacking player. Six players play 3 v. 3 on the field. The players try to play the ball into the feet of their supporting players on the opposing (the goal they are attacking) goal line. The players on the goal line have a touch restriction of two touches and try to play the ball to a third man running toward goal for a first time shot. This encourages off the ball movement and using the third man.

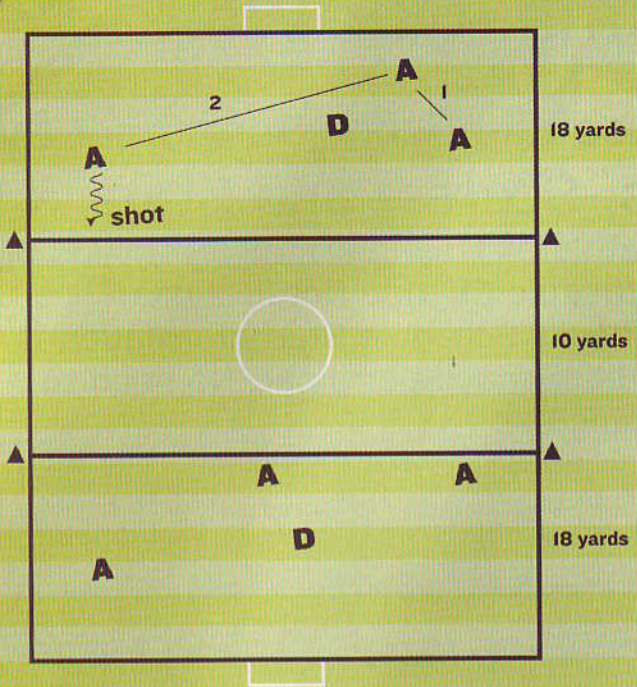
- **Variation:** Change the touch restriction
- **Variation:** Change the touch restriction of target players to one touch – if this is not working, a touch restriction can be lifted from the target players. This will allow time to look around the field for the third man.
- **Variation:** Touch restriction on the shot (One touch? Two touch?)

This progression or sequence can and should be used repeatedly throughout the year. The coach can dedicate an entire session to the progression or use the progression over a week's time. This progression encourages shooting, combination play, passing and field vision! The coach can continue to manipulate variables to get the desired results for the level of the team. ■

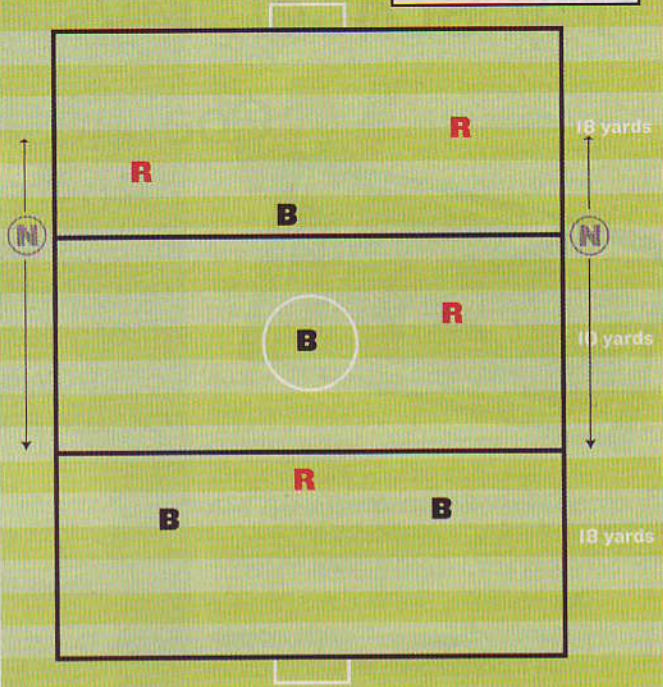
Jay Martin is the Editor for the NSCAA Soccer Journal.

SOCCER Shooting Progression

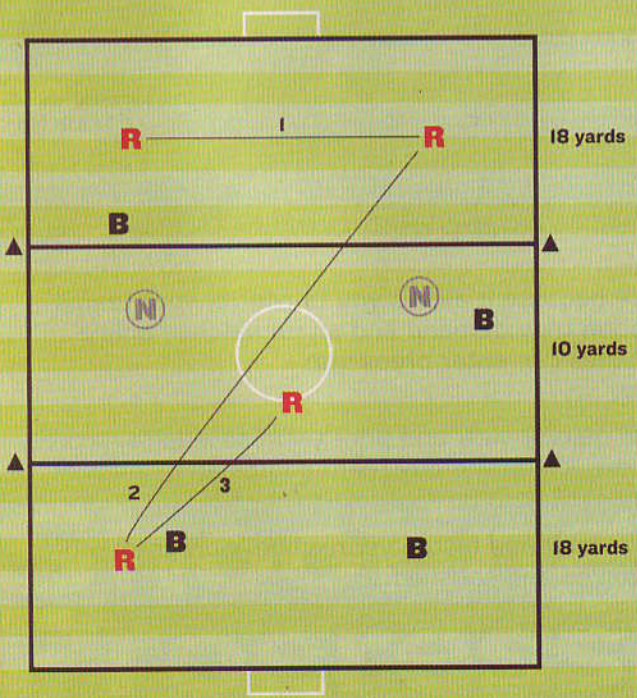
(N)	NEUTRAL PLAYER
R	RED TEAM
B	BLACK TEAM
—	PASS
~~~~~	DRIBBLE
- - -	RUN



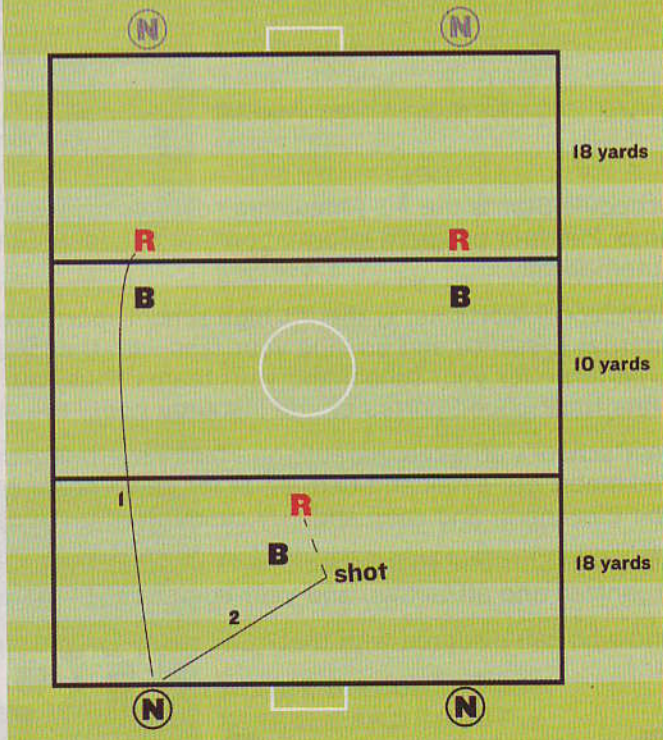
**DIAG. 5, 3 V. 1 IN 2 ZONES FOR A LONG DISTANCE SHOT**



**DIAG. 7, 4 V. 4 + 2 NEUTRAL PLAYERS ON THE SIDELINE**



**DIAG. 6, 4 V. 4 + 2 NEUTRAL PLAYERS (IN THE FIELD)**



**DIAG. 8, 3 V. 3 + 2 NEUTRAL PLAYERS ON THE OPPOSING GOAL LINE**