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SHOOTING

Shooting is the act of striking the ball towards the goal in an attempt to beat the opposition goalkeeper and score a goal for your team. Shooting is often one of the most enjoyable actions players do during a game or training session (who doesn't love to score?!). Shooting is similar to passing in that you can use different surfaces of the foot and different techniques depending on the type of shot you wish to take.

Different Types of Shots:

- Straight/Driven shot (with laces or instep)
- Curled/Curved shot (using the inside of the foot)
- Chip shot (getting underneath the ball and lifting it over the goalkeeper)
- Placed shot (often using the inside of the foot)

Shooting Coaching Points:

*Different types of shooting technique require different coaching points, these points are based on a straight/driven shot.

1. Stepping into the movement, place your standing (non-kicking) foot beside the ball.
2. Lock the ankle of your kicking foot and, using the laces or instep section of the foot, strike the centre section of the ball.
 - a. Backlift with your kicking leg before kicking the ball and following through after kicking the ball will generate greater power in your shot.

Notes:

- Shooting is not just something for forwards/attacking players. It is not uncommon for defenders to shoot during a match so don't exclude them when it comes to shooting practice.
- Practice shooting:
 - From different positions on the pitch,
 - With different types of service (passes into the player shooting),





- With different starting positions (e.g. Back to the goal so the player must turn),
- Make sure to practice shooting when the ball is off the ground (a volley).

Visit the Special Olympics Faces of Football Training Ground for challenges to improve your shooting. Progress through the levels to refine your shooting skills.



Level 1



Level 2



Level 3



Session Plan

Shooting

Level 1

Category:
Shooting

**No of Players
Required:**
1

**Practice
Length:**
5-10mins

**Equipment
Required:**
3 balls per
player.

Aims & Objectives:

- Improve shooting technique.
- Improve shooting ability on both feet.

Coaching Points:

1. Approach the ball and place the standing leg beside the ball.
2. Meet the middle of the ball with the 'laces' of the kicking foot.
3. Follow through with kicking leg.

How to:

1. Place 3 footballs 5-10 metres away from the goal.

2. Player 1

approaches the balls and using good technique shoots the balls into the goal.

3. Award 1 point for each goal scored.

- Award 2 points for scoring using the players less-dominant foot.

