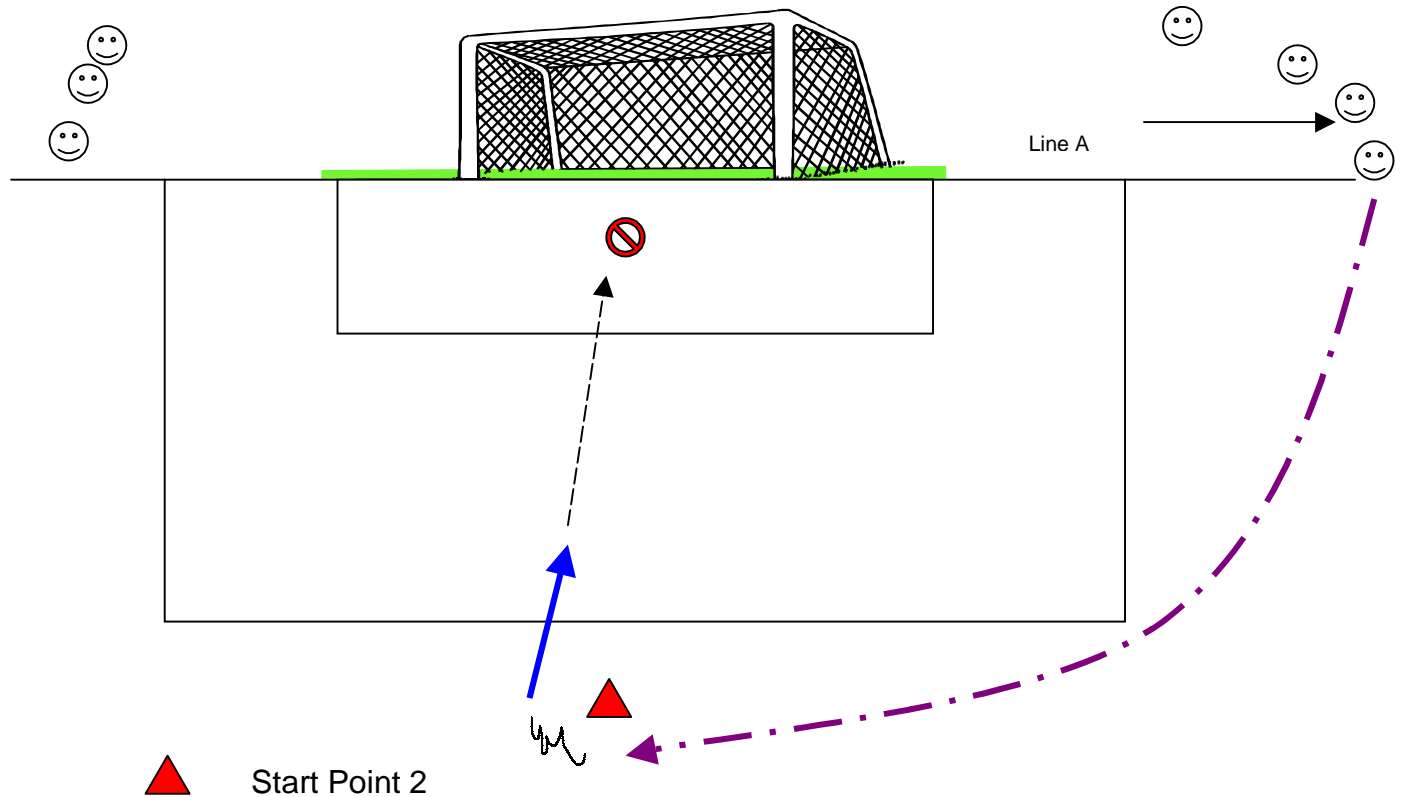


## Shooting on the Move



### Organization

- This drill works best with two full goals with keepers set about 40 yards apart. Approximately twice the "range" of a shot where they would still be in air. However if you don't have that luxury, work it as shown with one goal and two lines going one after the other
- 2 lines of kids, each kid with ball, each line at opposite corners of rectangle with two goals. On the goal line outside the penalty area if only one goal.
- Line "A" dribbles to cone then performs foot move, like Cruyff, or a feint, like Simple Stepper.
- Player then accelerates to go 1 on 1 against the keeper - most will shoot, not try to dribble the keeper.
- Opposite line does same at the same time.(if there are two goals, after the first line if there is one goal
- After shot, player retrieves ball, goes to line B, to repeat. Change sides to later to work other foot.
- Players are always moving. Once the first guy starts, the next is fairly close behind.
- Leave enough space for keeper to get set.

## Progression

- Add a defender, who plays passively at first
- Allow the defender to harass the attacker with taps but not steal the ball
- Change the line start to the center line edges ( Point 2) and do the same to work a shot where one must come back at a 90 degree angle to direction of primary movement. Great for left foot coordination.

## Coaching Points:

1. **Shot on goal against keeper**, not empty space, teaches shot with a placement intended.
2. **Set up(s) of shot-** teaches them to be sure to have close control of ball, and to push ball to space after their foot move
3. **Follow** through with kick (usually instep power)
4. Later in season, emphasize outside of foot as a means for swerves, or "guided" style pushed/kicked type shots where one uses the foot as a paddle, and also the benefit of a surprise to keeper (direction not evident until ball moves).
5. Foot move then kick requirement is a simple "live" explanation that one will have to do something "creative" to enable the shot.