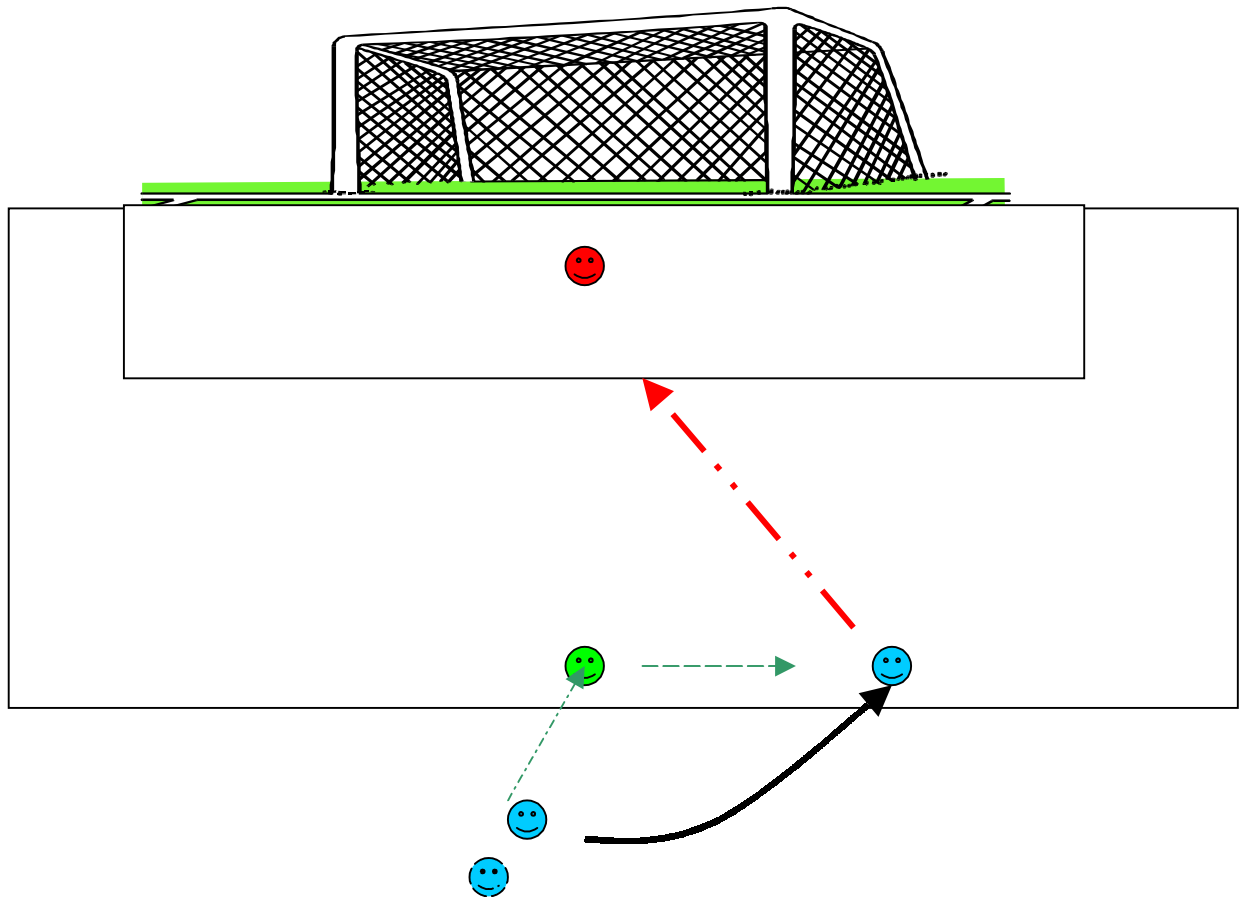


Target Player – Overlap Shooting Drill

Here is another drill where you can work on shots off of movement. This drill incorporates the concept of a one-two combination using a “target” player to lay the ball off to a teammate to take a shot.

The “target” player is one who is comfortable playing with their back to the goal.



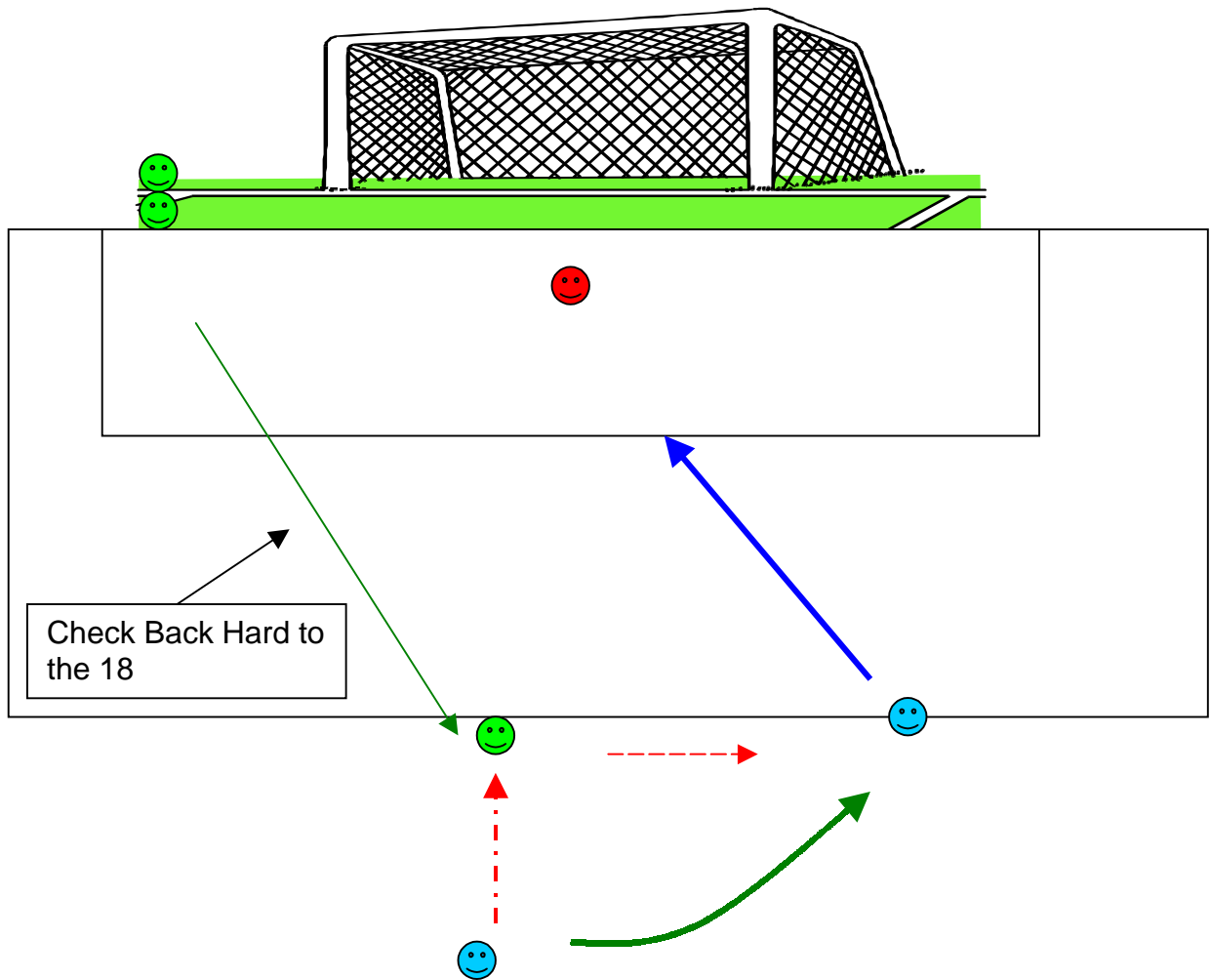
Coaching Points

1. Technical excellence to start. There is no pressure so the pass must be to the feet of the target player
2. Target player should two-touch to start and progress to one touch.

3. Target player should start with inside of foot pass for the return and progress to an outside of the foot pass
4. Shooter must make an overlapping run rather than a diagonal run. The shortest distance between two points is a straight line but that's not what we're after here. We want to "fool" the defenders.
5. Allow only one touch in the penalty area. If player loses control, player loses opportunity to shoot.
6. Work non-dominant foot at least twice as hard as the dominant.
7. Assign two players to chase and retrieve balls leaving the keeper free for shots. Have plenty of extra balls on hand. Make this drill fast paced.
8. Add a progression by putting in a passive defender behind the target player to harass them.
9. Let the defender become semi-active and let the target player then chose either to pass or turn on the ball for their own shot. This should keep the defender a little honest.
10. Add a second defender at the far post who is allowed to move once the target player receives the ball. This will encourage a quick lay off and quick shot.
11. Switch the target player every ten passes

Progression of the Target Player – Overlap

- Get the players on the move. There are a lot of opportunities to score when you make space. And making space involves movement.
- In addition the players must start to learn to control the ball at their feet when they are checking back



Coaching Points

1. Same points as the static drill except movement by the player checking back to the 18
2. Shooter takes the place of the person checking back. Checking player goes to the shooter line