

## **Rapid Fire Shooting Drill**

The next drill combines two elements of shooting, half volley and one touch. It also makes the players use both feet and because it is a high intensity drill, works aerobic conditioning.

Play this drill against a goal or a wall so there isn't a lot of ball chasing. If you can, see if you can recruit some parents to play the balls back into the field.

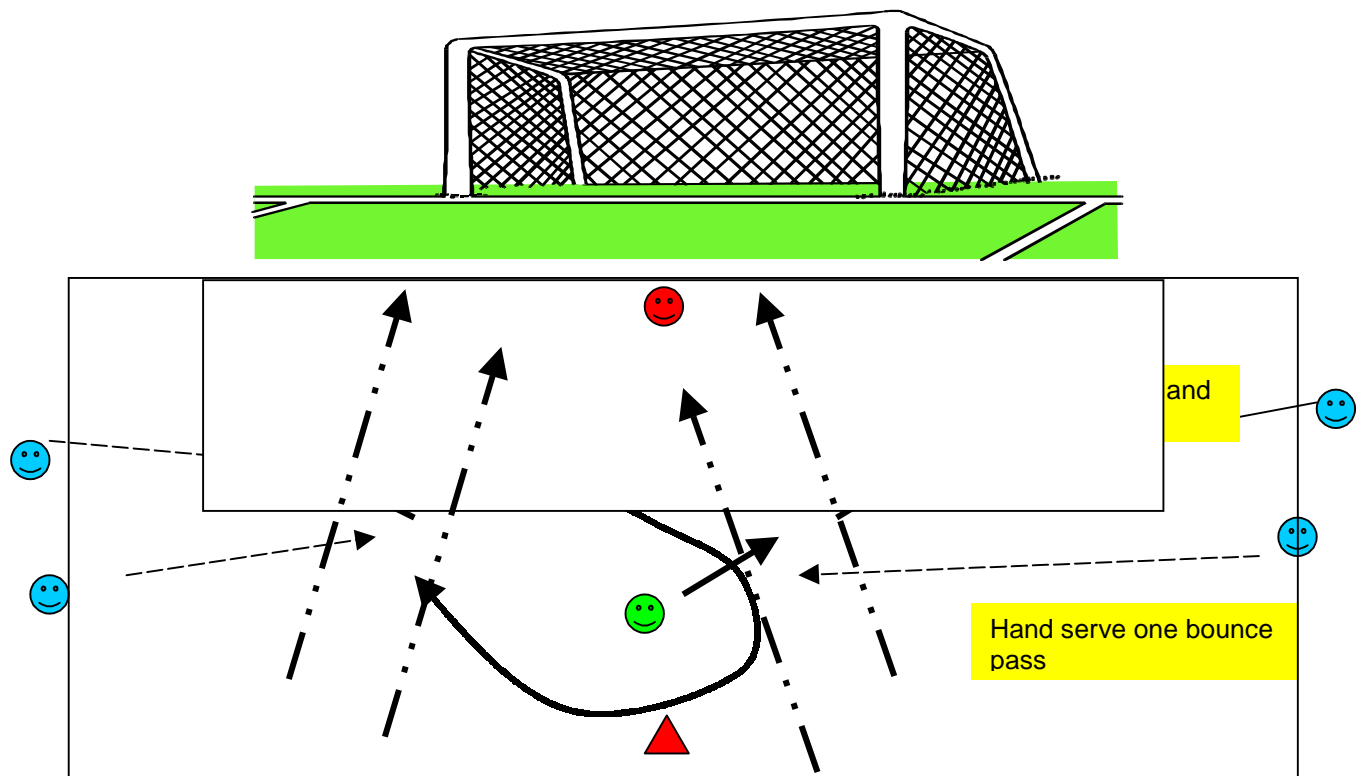
### **Set Up and Execution**

4 players, each with a ball (2 if you have extras) are set up outside the penalty area as shown. The shooter has to take a half volley with the right foot, a one touch with the right, then return around a cone and take a half volley with the left and a one touch with the left.

If each player has two balls repeat the sequence. If not each player rotates as shown. Keeper should ignore the balls once he has played them. The important thing is to keep the drill moving. This drill encourages a game type situation where balls are coming from all different directions, bouncing and flat.

### **Coaching Points**

1. Hand serve the one bounce pass until the players are capable of chipping the ball
2. Half volley shot should be taken side on. A common mistake is to hit under the ball. It is more important that they hit down on the ball so the shot goes on goal.
3. Sprint after first two shots
4. Goalkeeper plays only initial shot and then leaves the ball.
5. If the keeper is having trouble getting set for the next shot put a sprint around the cones in for the shooter so the keeper has time to get up



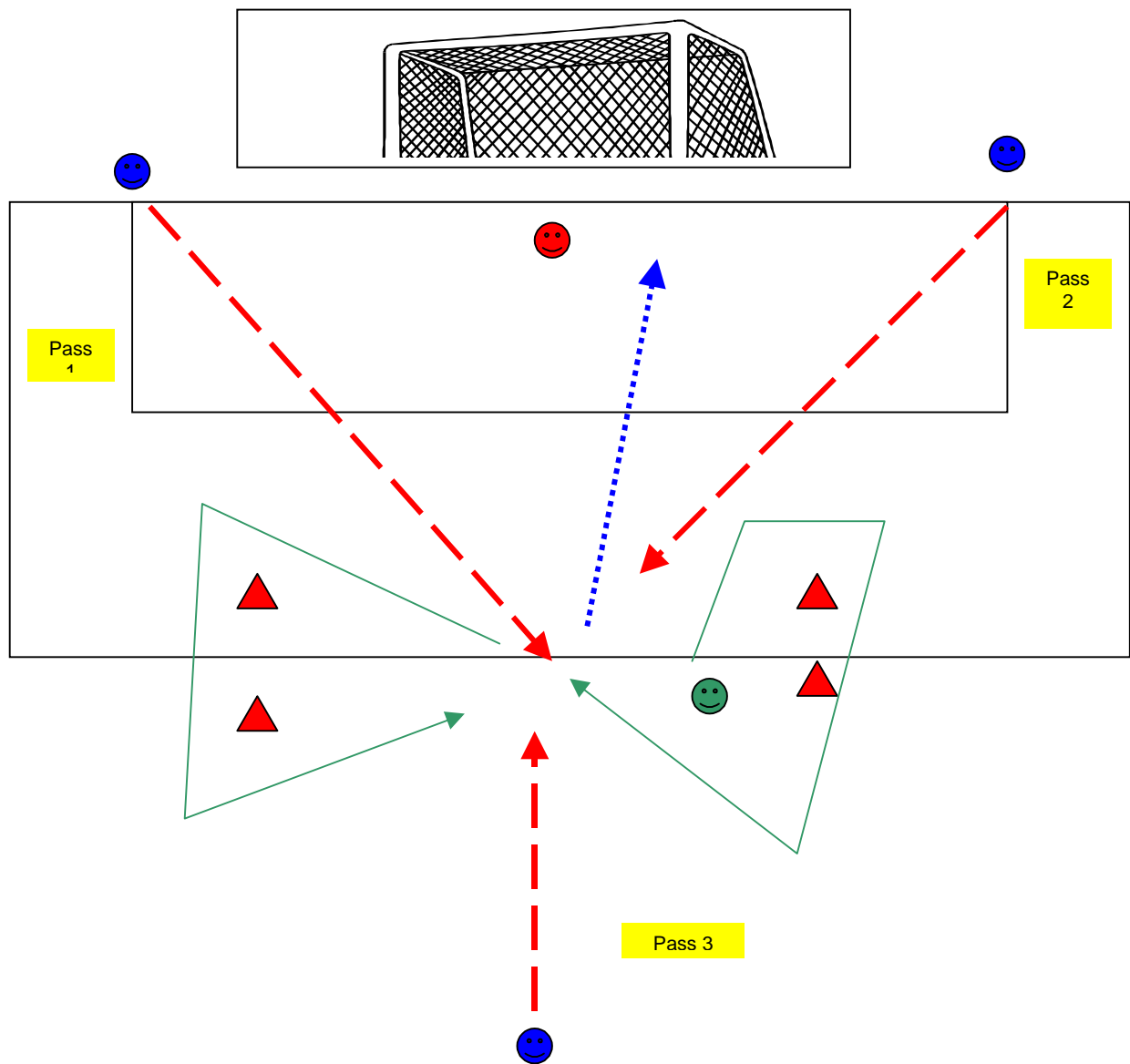
### Rapid Fire Shooting Drill – Figure 8 Plus

This is a variation on the above drill. It again has players shooting on the move like they will have to in a game and it provides a good anaerobic conditioning regime.

#### Set Up and Execution

This drill should be done only with 4 field players and the keeper. Any more and they are standing around too much. There are three passers and a shooter. Two passers are on the goal line outside the posts. The third is 25 yards out facing the goal. Each passer has two balls.

The first pass comes on a diagonal off the goal line as if a player had driven around the defense, but too deep for a shot. They would then cut back a pass to a trailing player. The second pass is the same way but from the opposite direction. The third pass is to the shooter who is checking back from the goal and now has to turn and shoot in one motion. The shooter basically makes a figure 8 as they shoot and check back for the next pass.



### Coaching Points

- Passes must be crisp and meet the shooter at the 18.
- Shooter should not have to slow up to take the shot
- Two touch maximum... once to prepare and the second to drive the shot
- Technical excellence in shooting. Do not allow kicking with the toes because it is more 'convenient'.

- Left and right foot shooting. This drill is set up precisely so both feet have to be used. Don't let them "run around" their non-dominant foot.
- If the ball gets away from their first touch, don't let them chase it. Forget it and go on to the next shot.
- On the pass where the player is facing away from the net, they have to touch the ball as they turn, not just let it roll by and run to catch up with it. They won't be able to do this in a game so don't let them practice this way.
- Make a game out of this with scoring as follows. 1 point for a shot on goal, 5 if it scores. 3 points if it hits the post or crossbar because that shows they were looking for the upper and lower 90. Minus 1 point for missing the net and minus 5 points if they miss the net because they toe kicked it, (Toe kicking being notoriously inaccurate because of the small surface area hitting the ball).