



# PEI SOCCER - SHOOTING

**Category:** Technical: Shooting  
**Difficulty:** Moderate

Reseller-Club: Premier Users' Club  
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## Description

### Warm up

#### Dynamic warm up

10 mins

#### **EQUIPMENT:**

12 cones

#### **SET UP:**

Set out four cones in a straight line 10 yards apart

1. Jog to the fourth cone and back - repeat twice
2. Side shuffle to fourth cone and jog back to the line - repeat twice
3. Open gate to second cone - close gate to fourth cone - repeat once
4. Sprint to fourth cone and jog back to line- repeat once



### SSG

#### SSG (5v5+targets)

#### **EQUIPMENT:**

24 Cones

Pinnies

#### **SET UP:**

5v5 + 4 target players

Field size (50 x 40 yards)

One goal at each end of field

2 target players behind the goal on either side of field

GK can be placed behind the goal to catch ect.

#### **INSTRUCTIONS:**

Score 1 point if ball passed through goal from regular play

Score 2 points if ball received from one of the target players and then passed through the goal

Rotate outfield players with targets within a specific time period.

Progression - Players must score from first time strike after receiving pass from target players.



### Free Shot

#### **EQUIPMENT:**

Two goals

4 cones

#### **SET UP:**

4 cones 5 yards apart in straight line

Split players into 4 groups and each group lines up behind each cone

extra balls beside line 4 (to dribble into play)

#### **INSTRUCTIONS:**

Player 1 runs onto a pass from the coach and shoots at goal

One touch then shoot (first time strike if good set up)

#### **COACHING POINTS**

Inside or laces (part of foot) to strike ball

Get shot off quick

Plan direction of shot



## 1v1

### INSTRUCTIONS:

Player 2 receives pass from the coach and attacks player 1 immediately after they shoot.

If player 1 wins the ball they pass it to the coach.

### COACHING POINTS:

Attack at pace

Make a move/fake to get defender off balance and then shoot

Use defender as screen and shoot around them instead of beating them



## 2v2

### INSTRUCTIONS:

After player 1 & 2 attack has finished, player 4 dribbles a ball into play along with player 3 (2v2).

If players 1&2 win the ball they pass it to the coach.

### COACHING POINTS

Speed of play - look to shoot if given space and time or pass in behind as defenders close in

Can you split defenders with pass or run

Transition from defence to attack - shoot before players recover.

### ROTATION

After one circuit, player 1 joins line 2, 2 joins 3, 3 joins 4 and 4 joins 1

