GOALSCORING

KEY

→ **DRIBBLE**

⇒ **PASS/SHOT**

⇢ **MOVEMENT**

PLAYER

SERVER

GOALSCORING – STRAIGHT RUN TO DIAGONAL PASS

Set up:

Place two markers 8 yards apart at the base of your working area, place a centralised obstacle (jumper, cone, pole) 8 yards from the base markers. Use three markers to create a 4 yard diamond with the obstacle. Place a goal/target to shoot towards 12 yards from the opposite side of the obstacle. Server starts with the ball by one of the base markers, player starts on the other.
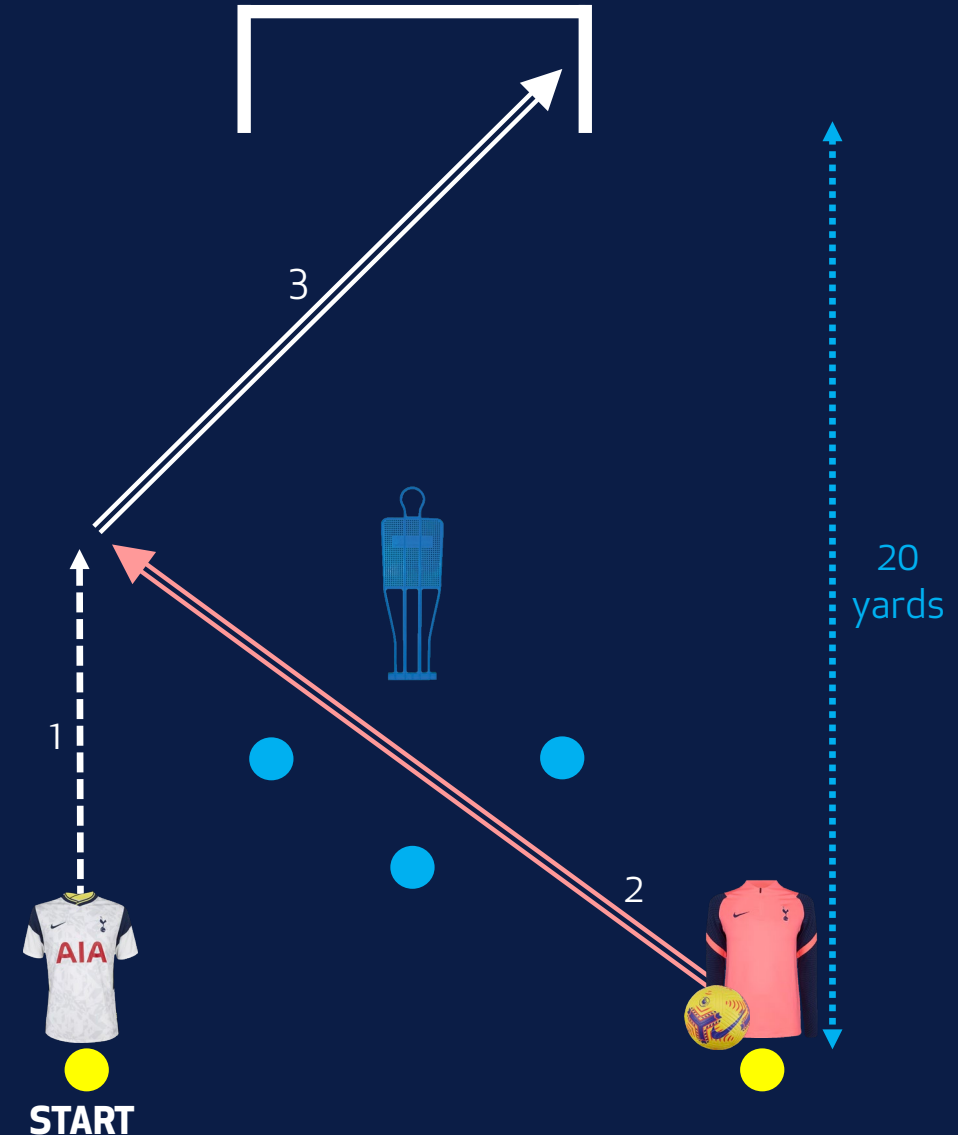
Activity:

Make a straight run from the START marker towards the space beside your obstacle, server plays a diagonal pass through the diamond into the path of your run, shoot into your target/goal. Try 10 shots from each side.

TIP: Time the run and pass to meet without you having to break your running stride.

Key Points:

- Awareness - when running, keep your chest forward and turn your head to see the ball
- Footwork - focus on your foot patterns (little steps, big step, strike) to help with clean ball striking connection
- Accuracy - when shooting, try to aim either high at the near post or low towards the far post

3

1

20 yards

2

START

GOALSCORING – DIAGONAL RUN TO STRAIGHT PASS

Set up:

Place two markers 8 yards apart at the base of your working area, place a centralised obstacle (jumper, cone, pole) 8 yards from the base markers. Use three markers to create a 4 yard diamond with the obstacle. Place a goal/target to shoot towards 12 yards from the opposite side of the obstacle. Server starts with the ball by one of the base markers, player starts on the other.
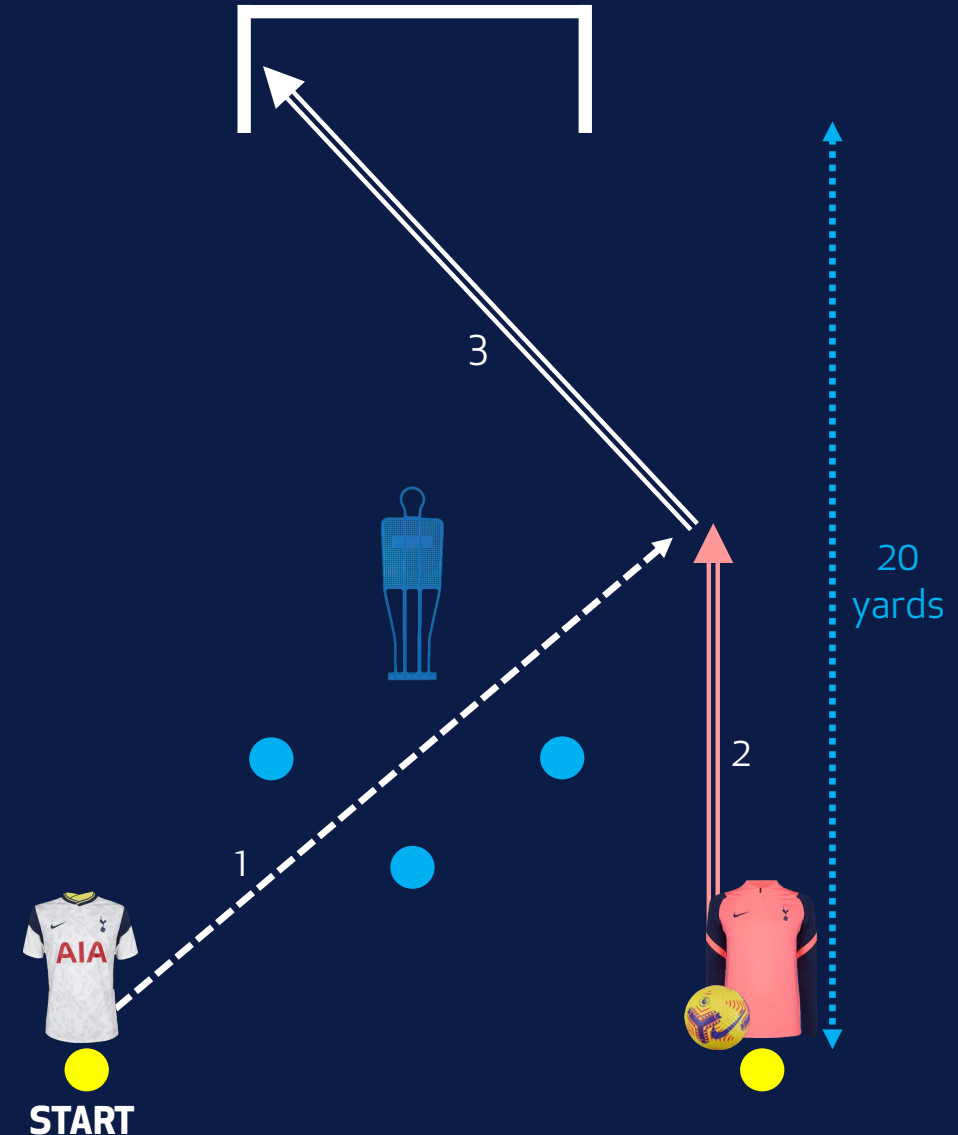
Activity:

Make a diagonal run from the START marker through the diamond towards the space on the far side of your obstacle, server plays a straight pass into the path of your run, shoot into your target/goal. Try 10 shots from each side.

TIP: Make your run explosive to replicate running across or behind a defender.

Key Points:

- Body Position - when striking the ball, get your hips round so they are facing the direction of the strike
- Strike Early - try to get your shot off as early as possible, but don't rush!

GOALSCORING – DIAGONAL RUN TO DIAGONAL PASS

Set up:

Place two markers 8 yards apart at the base of your working area, place a centralised obstacle (jumper, cone, pole) 8 yards from the base markers. Use three markers to create a 4 yard diamond with the obstacle. Place a goal/target to shoot towards 12 yards from the opposite side of the obstacle. Server starts with the ball by one of the base markers, player starts on the other.

Activity:

Make a diagonal run from the START marker through the diamond towards the space on the far side of your obstacle, server plays a diagonal pass into the diamond to meet your run, control the ball out of the diamond with one touch then shoot into your target/goal with your second touch. Try 10 shots from each side.

TIP: Experiment with controlling and shifting the ball on the A) outside of your front foot and B) inside of your back foot.

Key Points:

- Strike Early - try to shoot as quickly as possible after your touch (capitalise on the moment when a defender would be wrong-footed)
- Finesse - use a side foot wrapped finish when aiming towards the near post
- Power - use your laces when aiming towards the far post, get your hips round so they are facing the direction of the strike

20 yards

1

2

3

4

START