

The Art of Scoring Goals

Presentation: John Tudor Director of Coaching; Senior Players U13 up
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The end product in a game of football is to see the ball nestling in the back of the net. Just like all other sports the urge to win and score goals is the most important part of any game.

How we as a team score a goal is not necessarily down to a team performance.

We can put a dozen passes together that looks very pretty but at the end of the day someone has to take the responsibility to shoot at goal.

So what makes a goal scorer different from the average youth football player?

She or he will always have to have a full range of technical skills. To be able to kick or pass the ball, have a touch and feel for the ball when running and dribbling, and have the ability to move quickly with speed and change of direction.

A good understanding of the tactics of their team or the opposition may help also to get the player into position to score.

I have found that from my early coaching days the players that show no fear of missing a chance, seem to score more goals and take more chances. They also get into the best positions to score and are more likely to continue to score goals throughout their football career.

I don't believe we can create goal-scorers, I do believe however that they are made of different stuff than the average players.

Goal-scorers have an attitude to shooting and finishing, yes they can shoot but do they mind if they do not finish. The answer is no for the most of them, as they know that another chance will arrive if they continue to go into the zone where most goals are scored, being alert to the ball and the situation around them. As well as a good goal-scoring attitude players need to be tough and not afraid of the physical aspects of the game.

The zone is the six yard box "and a yard or so around it" where shooting is not required but finishing is more important. Having an attitude to shooting is "yes I have just missed" but I am going back into the same place and I am prepared to hang around a while and maybe miss again. The logic is "be prepared to miss" and probably they may get 3 chances to score and you probably find they are rewarded and score a goal.

We all marvel when the ball is struck on the volley from 30 yards and hits the back of the net before the keeper can move. The crowd goes wild and it's a goal. Picture the keeper who has a couple of players in his face and fumbles the ball onto the striker's knee who pops it in the net from one yard.

It's a goal so is the 30 yard drive but it is still 1-nil.

Players who don't shoot don't score

Players who are not prepared to gamble in the box are not likely to get to the ball, or score.

Strikers need to take chances around the box. If you don't take a chance and stick your foot in or any other body part you may lose the opportunity to score.

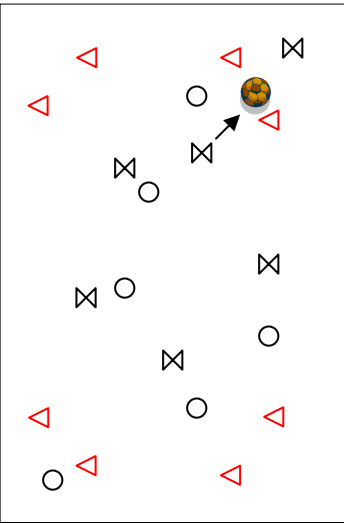
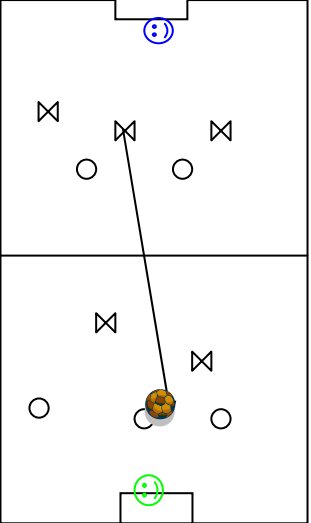
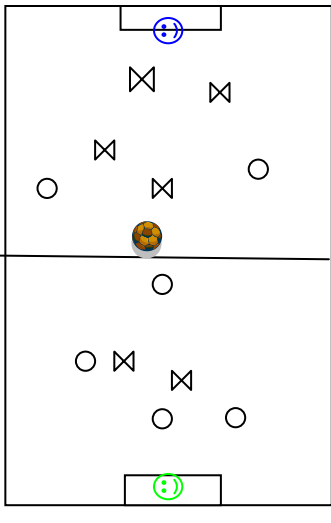
A couple of quotes:

If you don't at first succeed, Shoot, Shoot again. JT

To shoot' or not to shoot? What is your problem? "Shakespeare"

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<u>Fundamental / Warm up</u>	<u>Organization: Planning</u>	<u>Coaching Points: Key Factors</u>
	<ul style="list-style-type: none"> • Half field area 35 x 25, 5v5 or 6v6 • Cones placed 2 yards apart to form goals. • Players in two's teams, good supply balls • Players play keep away in the area, and • To score the ball must be passed between the goals to a team-mate. • Players cannot score in the same goal twice • Activities must be age and gender appropriate • Mandatory stretching exercises 	<ul style="list-style-type: none"> • Relaxed movement with the ball, good body shape. • The players should have the ball well forward of their feet. • Players head up, being aware of the targets/gates. • A clinical performance with accuracy the prime consideration. • Observe the correct contact on the ball. • Feinting to shoot, before moving the ball to one side to create an angle to shoot • Accuracy be for power, passing to finish • Observe correct stretching exercises
<u>Match Related</u> 	<ul style="list-style-type: none"> • Area of field two penalty boxes, • Two full size goals with keepers. • A good supply of balls, 5 v 5 plus keepers. • 3 defenders, 2 attackers in each half of field. • Players are restricted to stay in their own half of the field • Play starts with service from the keepers. • Emphasis on shooting and passing to score 	<ul style="list-style-type: none"> • Observe that the player selects the correct technique for each situation that arises. • Players should observe the position of the goal and goalkeeper and select their shots accordingly. • Unbalancing the defender creating space to shoot • Players should be willing to shoot at all times not being afraid to miss the target. • Observe the incidence of deflections and rebounds • Shooting on the half turn, turning to shoot.
<u>Match Conditions</u> 	<ul style="list-style-type: none"> • Players play 4 v 4 or 6 v 6. • Field size 60 x 40 6 v 6. 40 x 30 4 v 4. • Two goalkeepers, two full size goals, free play. • After goal is scored and goalkeepers restart the play by distributing the ball to their team-mates. • Warm down exercises: One and two touch passing with relaxed movement 	<ul style="list-style-type: none"> • Observe the power and accuracy of the shooting. • Awareness of space and angles when shooting. • Shooting through around and past defenders • Awareness to second ball situations, deflections, rebounds from the keeper or defenders. • Observe a positive attitude to shooting at every opportunity • A clinical and calm performance with accuracy the prime consideration

Coaches should encourage the players to understand that of the three possibilities- passing, dribbling or shooting - shooting will bring the highest percentage of successes in and around the penalty area. In a small sided game situation therefore the coach should discourage the players from making inter-passing movements in the final third and encourage them to accept responsibility for shooting. This is achieved by having a positive and aggressive attitude to shooting

