

## **MYSA THROW-INS: November 2009**

**Question:** How do you train shooting technique without having players stand in lines?

### **Andy Coutts**

Set up a grid at the top of the penalty area and have players dribbling around practicing their turns and attacking moves. When I call a player's name they accelerate out of the grid (often through a crowd of other players) to shoot. While I make sure no one is left out, I make it clear that I more often call out players I see working hard on their skills. So players get fitness and ball control practice while still getting the same number of shots as if they were standing in a shooting line.

### **Joe Quintavalle**

Set up goals 15 to 20 yards apart and have a player in each goal. The small fields should be about 10-15 yards wide and line them up in a row. The players take turns shooting at each other for a pre determined amount of time (2-3 minutes). At the end of the contest, the winner from each field move up one field while the shooter that lost moves down a field. Designate a field at one end as the championship field so whoever wins on that field stays to defend their win. The losing player at the other end stays until they win a game and then move up. It would help to have extra soccer balls. The time of each game and the size of the fields will depend on the age level of the shooters.

### **John Curtis**

I have players individually sit on the ground and hit the ball up to themselves and then with a partner strike the ball back and forth out of their hands and then from the ground. Two cones can be placed in between the two players as a target to strike the ball through. This can be done with one or two goals 40-50 yards apart. Divide the players into two teams and divide the field into thirds 15/10/15. All of the players are in the middle 10 yards moving with their ball or passing amongst one another. When the GK is ready they call out a player's name and that player shoots on that goal.

### **Anonymous**

After an overall review of technique with all players (these are older, more experienced players), we use a small-sided game format but put them on a field with 7x21 portable goals that are no more than 40 yards apart with no keepers (but keepers can easily be included as well). It is usually a restriction free game, but then the coaches have many opportunities to pull the kids out individually to work on technique where necessary and the game easily continues. The kids enjoy the open free style and multitude of shooting opportunities (especially the defenders), so the game flows very well even while the coaches are working with individuals. This game can easily be adapted to training keepers as well.

### **Anonymous**

We don't shoot at big goals, to avoid lines and b/c we never have more than one goal. We use balls on top of cones or other makeshift targets (garbage cans, water bottles etc.) and a group of 4 to each target, 2 on each side. Partners do different passing combinations or 1v1 to shoot at the target and the other pair collects the ball and does the same. The players do a variety of realistic skill work, get lots of shooting reps, and don't waste time chasing their shots.

### **Anonymous**

I set up 2 8-yard squares or triangles with flags/cones, have a GK at each square and usually 5-6 players surrounding it. The players pass around the outside and can shoot anytime or after a # of passes, through any side of the square. The GK has to work hard to protect all sides of the goal so it's good for their footwork and the players rarely have to chase the ball b/c someone should be on the backside when a shot is taken. You can limit which foot they shoot with or have to shoot 1 or 2 touch. And to keep them from standing in a spot I have them follow their pass, or their shot if there's a rebound off the GK. Sometimes I add a defender or two to put more pressure on the shooters so it's like a big 5v2 game with a 4-sided goal in the middle.

**John**

In a perfect world with 16 field players and 2 goalkeepers. \*Split into two teams of 8 plus a GK for each team with 2 balls for each team. Pass-n-move eventually encouraging players to strike the ball with their laces 15-20 yards. GK's are involved and may use their hands. \*Split into two teams of 8. Set 2 goals on the same end-line with 20 yards in between. With a GK in each goal set up a line 15-20 yards out from the goal. Only one player from each team can shoot from behind the line at a time. The objective is to score more goals than the other team in 2 minutes or first to 10. Once the game gets going the line disappears as players are retrieving their ball. \*Split into two teams of 8 and play 5v5 with the additional 8 field players around the outside of the field as bumpers (4 on the side of the field and 4 on the end). The size of the field would be 36 long by 44 wide. Play 2-3 minute games. Limited touches for the outside players. This game will encourage lots of shooting