

## Power and Finesse Shooting

Friday, 07 December 2007

This is a drill to work on shooting the ball on goal with power and shooting the ball on goal with finesse. (Intermediate)

Click image to view all steps.

{gallery}1018{/gallery}Steps:

- All players should line up behind a cone about 30 yards out, placed directly in front of the goal. The coach takes all of the balls beside the goal post.
  - Play begins when the first player in line runs toward the goal and the coach plays out two balls (one at a time) in quick succession. The first ball is the long ball that the player runs onto and shoots first time on goal (POWER SHOT). The second ball is a shorter pass that the player runs onto and shoots on goal (FINESSE SHOT). Once both shots have been taken, the player retrieves the balls and returns to the end of the line.
- Setup:
- Full size goal, 1 cone 30 yards out from the goal
  - 7 players: (6 attackers, 1 goalkeeper) (minimum recommended)
- Variations:
- This can also be turned into a game by making it so that the player must shoot both balls into the net in order to stay in the game. Shots must be clean, one touch, shots. If a player makes both shots he goes to the end of the line for the second round. If he misses one or both shots he is out of the game and is required to shag balls. The competition continues until only one player (the winner) is left. **DO NOT TAKE ANY TOUCHES ON THE BALL. PLAYERS SHOULD SHOOT THE BALL FIRST TIME.**