



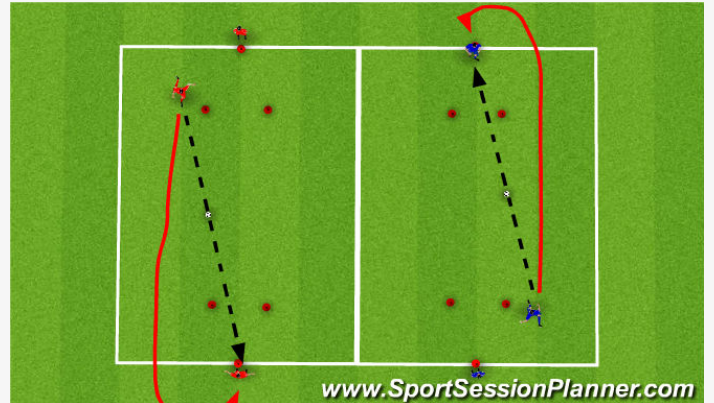
West Milford - Session 3: Shooting

Category: Technical: Shooting

Difficulty: Moderate

Shooting Warm Up

1. Go overshooting technique - drill focus is on technique, NOT power!
2. Players will strike the ball, keeping it on the ground, with their laces, then follow their "shot" to the back of the opposite line
3. Receiver must take a touch to their right or left on the OUTSIDE of the triangle and "shoot" with the correct foot
4. Passers can get a point for each "shot" that goes between the opposite two cones.
5. Discourage aimless kicking or toeing by taking points away each time the trainer sees one of those behaviors



Placing your shot

Drill focus: Bottom corner finishes

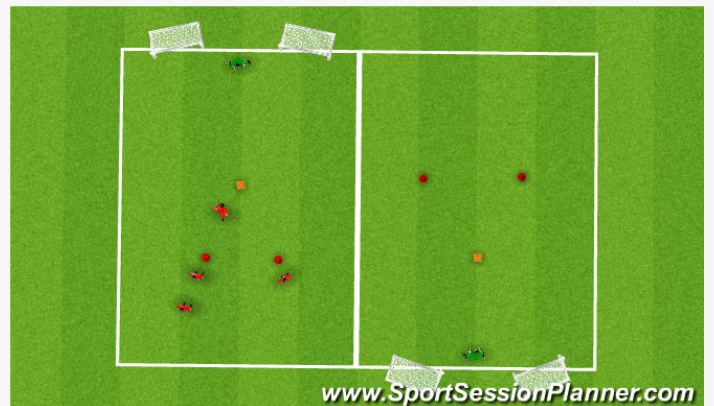
--> Trainer explains importance of low finishes

- Each player has a ball: Dribble to large cone - make a move and take a shot into the "corners" of net

- Still focus on laces

- "Finesse" finish

- Coaching Point: Balls on the left side of your body are shot with your left foot; balls on the right are with your right foot



Screen 3

Small sided scrimmages

