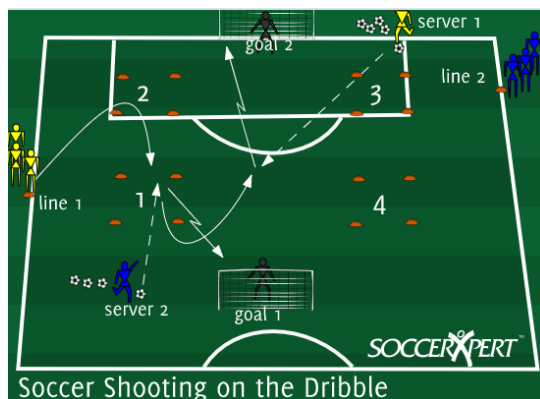




## Two-Goal Soccer Shooting Training Session

### Objective:

This soccer shooting training session focuses on receiving a ground pass and shooting followed up with receiving a long ball and shooting on target.

### Setup

1. Set a full-size portable goal approximately 35-40 yards from the primary goal.
2. Assign a keeper in each of the goals.
3. Create 4 8x8 grids in a square pattern as shown in the diagram.
4. Assign two servers on the left side of the goals with a collection of soccer balls.
5. Split the remaining players into two lines that start along the sidelines.
6. See the diagram for field setup and layout.

### Instructions

1. The first player in line 1 sprints into grid 2 towards grid 1.
2. Server 2 plays a ball into grid 1 as the player approaches they should have a touch (if needed) and shoot on goal 1.
3. After the shot, the player sprints through the end of grid 1 and sprints towards the center of the area.
4. Server 1 plays a ball into the approaching runner and the shooter has a shot on goal 2.
5. After the shot, the first player in line 2 sprints into grid 4 and into grid 3.
6. Server 2 plays a ball into grid 3 as the player approaches.
7. This player shoots on goal 2, and sprints to the end of grid 3, and moves to the center of the area.
8. Server 2 plays a ball into the approaching runner and the shooter takes a shot on goal 1.

### Coaching Points

- Good movement off of the ball.
- Body position squared up to the goal and ready for the shot.
- A good shot on goal.
- Goals, goals, and more goals.

### Variations

- Switch the side of the goals the servers start.
- Switch servers after 10 or so serves.

### Drill Quick Glance

|                              |                          |
|------------------------------|--------------------------|
| <b>Age:</b> 9+               | <b>Field:</b> HALF FIELD |
| <b>Players:</b> 8+           | <b>Time:</b> 20 MINS.    |
| <b>Difficulty:</b> MEDIUM    | <b>Focus:</b> SHOOTING   |
| <b>Keeper:</b> YES           | <b>Type:</b> Team        |
| <b>Author:</b> Chris Johnson |                          |

### Equipment

Disc Cones/Markers | Soccer Balls | Full-Size Goal