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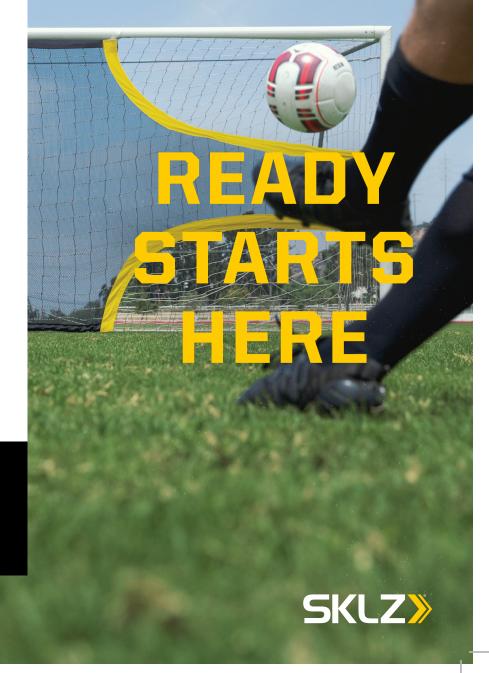




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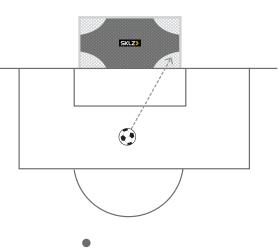
# GOALSHOT DRILLS

# **PENALTY KICK**

**STEP 1** Place the ball on the PK spot.

STEP 2 Focus on your routine and the zone you want to hit. STEP 3

Finish.



# FINISHING ON THE MOVE; TWO OR MORE PLAYERS

First, set up three cones as seen in a triangle on top of the box.

#### STEP 1

Player one touches the ball to the side of the middle cone and then passes to player two.

#### STEP 2

Player one then makes an off-the-ball movement back around the starting cone.

#### STEP 3

Player two passes the ball into the path of player one's run, and player one receives the ball (with the inside of his foot).

#### STEP 4

Player one dribbles past the outside cone and cuts back inside, then passes back to player two.

#### STEP 5

Player two lays the ball off with his first touch for player one. Player one times his run, and with his first touch takes a  $45^{\circ}$  prep touch, then finishes with his second touch in the desired zone.



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Ball Movement P1 Player Movement



# **FREE KICK**

#### STEP 1

Place the ball in the area of the field you want to work on. Find a comfortable starting point behind and to the side of the ball.

## STEP 2

Focus on the zone you wish to finish in. In this case, it's the upper right zone.

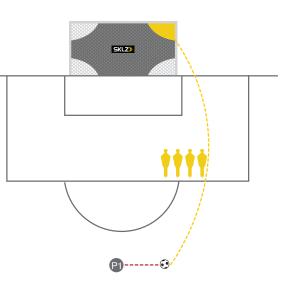
#### STEP 3

Block out the distractions and visualize the ball sailing over or around the wall and into the zone – hitting the back of the net.

# STEP 4

Approach the ball, then finish.

STEP 5 Repeat.



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# CROSS AND FINISH ONE TOUCH, THEN TWO TOUCH

#### STEP 1

Player one starts with a ball at his feet. Player two starts with an extra ball near his feet, to serve immediately following the first ball. Player one passes the ball to player two and then advances forward into the box.

#### STEP 2

Player one makes a run into the box by checking away from the ball and coming back to attack it for a first-time finish. Make sure player one has head up and sees goal on way to ball.

# STEP 3

Player two crosses the ball back on the ground, and player one finishes on his first touch. Make sure the ball has proper weight to be finished on the first touch.

## STEP 4

Player two immediately serves the second ball on the ground and communicates the ball is coming. An over-hit ball will challenge the finisher to control the ball with the first touch close by, in a crowded box.

### STEP 5

Player one receives the second ball and gets a visual of the goal (if there is time). The first touch is a prep touch, and the second touch is a finish into the zone of their choice.

#### **COACHING TIP:**

1. Make sure player one communicates when and where he wants the ball after he checks away.

2. Make sure player two gives information to player one on the service of both balls, and that player one is ready to receive the second ball immediately.

3. To make it a challenge for the finisher, make them finish the balls in different zones.

