BASIC SHOOTING & DRIBBLING

Dribbling technique, shooting accuracy and 1v1 competition

SESSION OVERVIEW

SESSION AIM

Develop close-control dribbling and confident shooting by progressing from individual ball work into realistic finishing and opposed play.

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Shooting + Dribbling	Slalom dribbling	Dribble & shoot	5v5 + 1v1

WARM-UP | SLALOM DRIBBLING

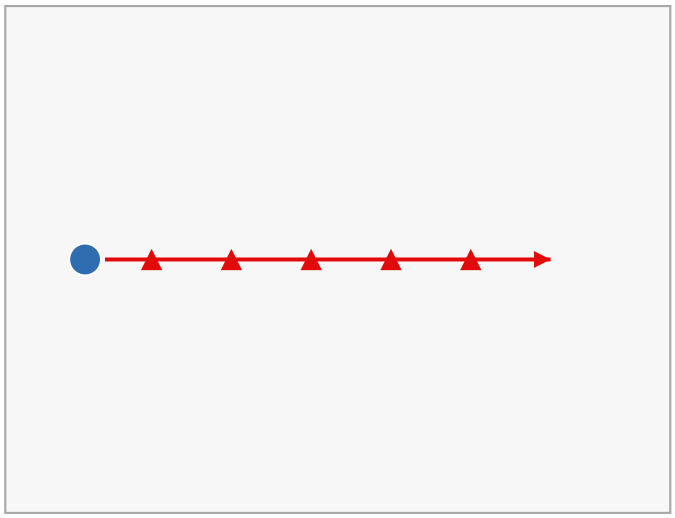
ORGANISATION

Set up three slalom courses with five cones per course, three yards apart. Divide players into three equal groups; every player has a ball.

HOW IT WORKS

- Dribble through the course and return to the start.
- Use right foot only, then left foot only.
- Use only the inside or outside of the foot.
- Sprint to the final cone, then dribble back through the slalom.
- Progress to races while keeping the ball under control.

DIAGRAM



COACHING POINTS

- Keep the head up whenever possible.
- Take frequent touches in tight areas.
- Use both feet and different surfaces.
- Balance speed with control.

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PRACTICE 1 | SHOOTING WHILE DRIBBLING

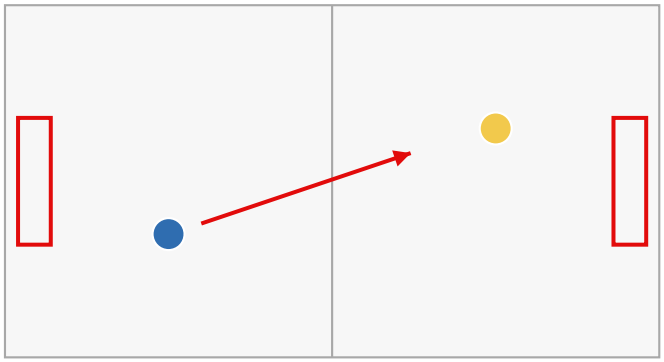
ORGANISATION

Two goals with goalkeepers face each other about 30 yards apart. Players form two equal groups, one beside each goal, every player with a ball.

HOW IT WORKS

- First players dribble diagonally toward the centre and shoot.
- After shooting, players join the opposite group.
- Progress by having players dribble around each other in the centre before shooting.
- Use the outside of the foot to move around the opponent/partner.

DIAGRAM



COACHING POINTS

- Head up while dribbling.
- Match speed to the space available.
- Set the ball out of the feet before shooting.
- Finish accurately before adding power.

PRACTICE 2 | SLALOM TO FINISH

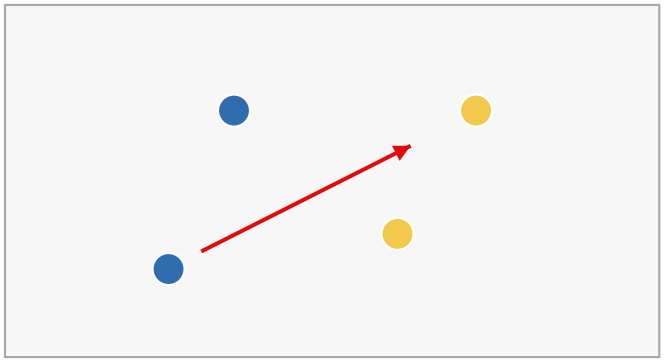
ORGANISATION

Two goals with goalkeepers face each other about 35 yards apart. A slalom course is positioned in front of each group.

HOW IT WORKS

- Players dribble through the slalom and shoot accurately at the opposite goal.
- Stagger the cones to vary the route.
- Add feints or quick-foot techniques through the cones.
- Add fast footwork immediately after the slalom before shooting.

DIAGRAM



COACHING POINTS

- Keep the ball close through the slalom.
- Accelerate out of the final cone.
- Prepare the ball for the strike.
- Aim for corners and insist on accuracy.

FINAL GAME | 5v5 + 1v1 BREAKS

ORGANISATION

Mark out a 20 x 35-yard field with a goalkeeper in each goal. Play 5v5.

HOW IT WORKS

- Play three 10-minute periods.
- Every goal in the game scores one point.
- During breaks, each player has one 1v1 attack and one 1v1 defence.
- All 1v1 goals are added to the team score.

COACHING POINTS

- Encourage positive dribbling in the middle third.
- Recognise opportunities to attack 1v1.
- Finish quickly after beating an opponent.
- Keep the game competitive and enjoyable.

SESSION DIAGRAM

