SHOOTING SHOULD BE FUN

Repeated finishing -> conditioning -> transition

SESSION OVERVIEW

SESSION AIM

Provide frequent, varied shooting opportunities while maintaining speed, concentration, motivation and realistic physical demand.

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Shooting	**DOUBLE PLAY**	**TRIPLE PLAY**	**Finish effectively under fatigue**

PRACTICE 1 | DOUBLE PLAY

ORGANISATION

Set up a 30-yard shooting circuit with a goal and goalkeeper. A starts from an inside position; B serves from the end line.

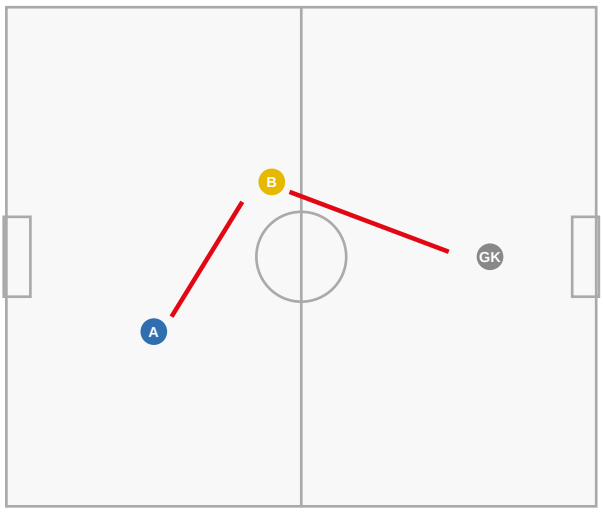
HOW IT WORKS

A dribbles to about 20 yards and shoots. Immediately after the first shot, B plays a ground pass from the end line and A finishes first time.

COACHING POINTS

- Stay focused after the first shot.
- The second service must arrive immediately.
- Execute both actions at realistic speed.
- Adjust the finishing technique to the service.

DIAGRAM



Shot from dribble followed immediately by a second finish.

PROGRESSIONS

1. Alternate the starting side.
2. Set a target number of goals in a time block.

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PRACTICE 2 | TRIPLE PLAY

ORGANISATION

Use the Double Play setup and add C as a server for a high ball.

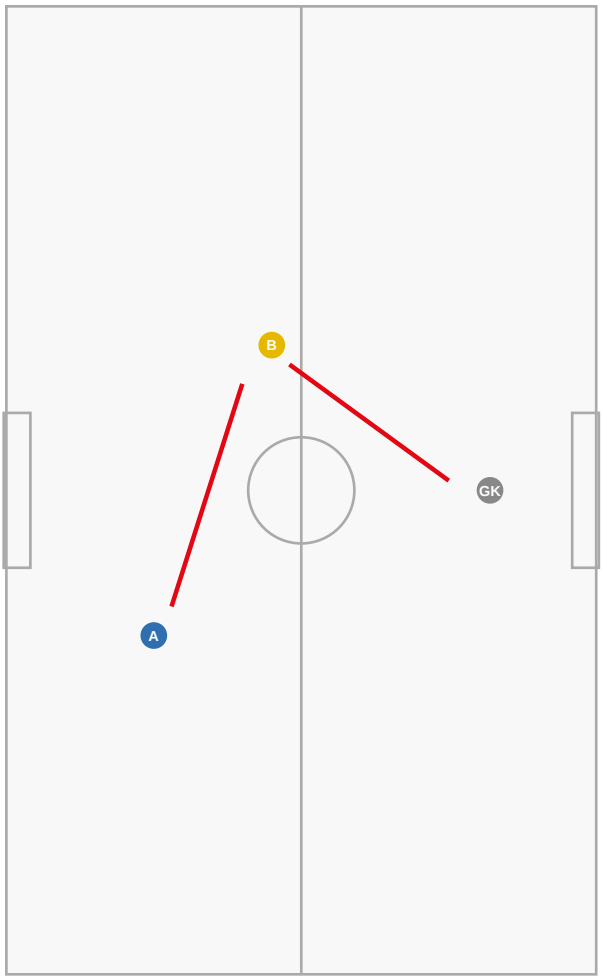
HOW IT WORKS

A completes the dribble and shot, then the ground-pass finish. C immediately serves a high ball for A to control on the chest and shoot, preferably quickly.

COACHING POINTS

- Combine receiving and finishing without losing concentration.
- Set the first touch to create the shot.
- Keep technique clean despite rising fatigue.
- Look at the goal before finishing.

DIAGRAM



Add a high service and finish after chest control.

PROGRESSIONS

1. Vary the height and angle of C's service.
2. Encourage direct finishes when the service allows.

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PRACTICE 3 | FOUR PLAYS WITH HEADER

ORGANISATION

Use the Triple Play setup and add D as an additional server.

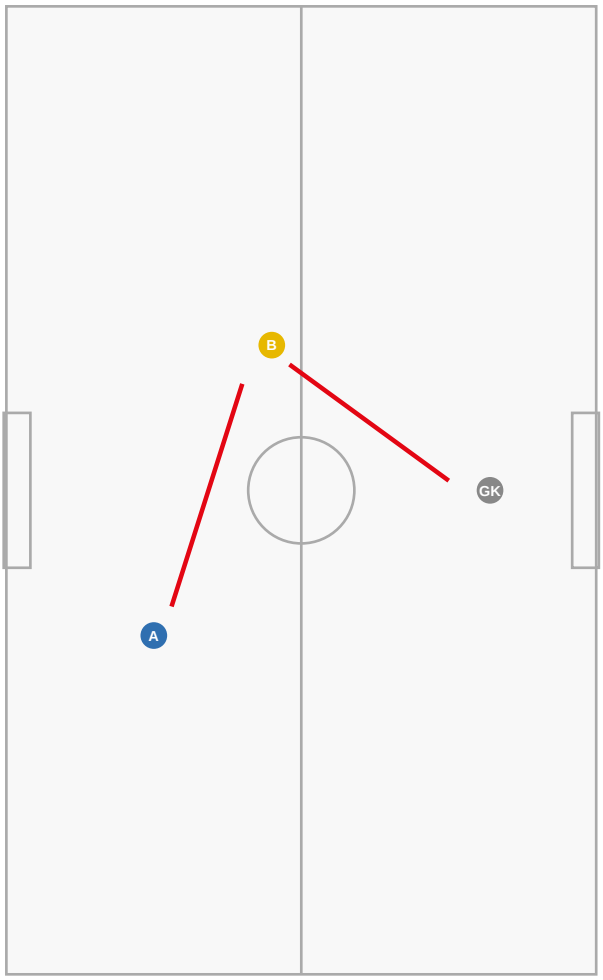
HOW IT WORKS

After the first three finishes, D throws a ball for A to attack and head toward goal.

COACHING POINTS

- Attack the service positively.
- Meet the ball with the forehead.
- Time the run and jump.
- Aim rather than simply generating power.

DIAGRAM



Finish the repeated shooting sequence with an attacking header.

PROGRESSIONS

1. Vary the header service to near and far post.
2. Run a scoring competition between players.

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PRACTICE 4 | FOUR PLAYS ON TWO GOALS

ORGANISATION

Add a second goal to the circuit. After the initial finishes, A sprints toward D's service and carries the ball toward Goal 2.

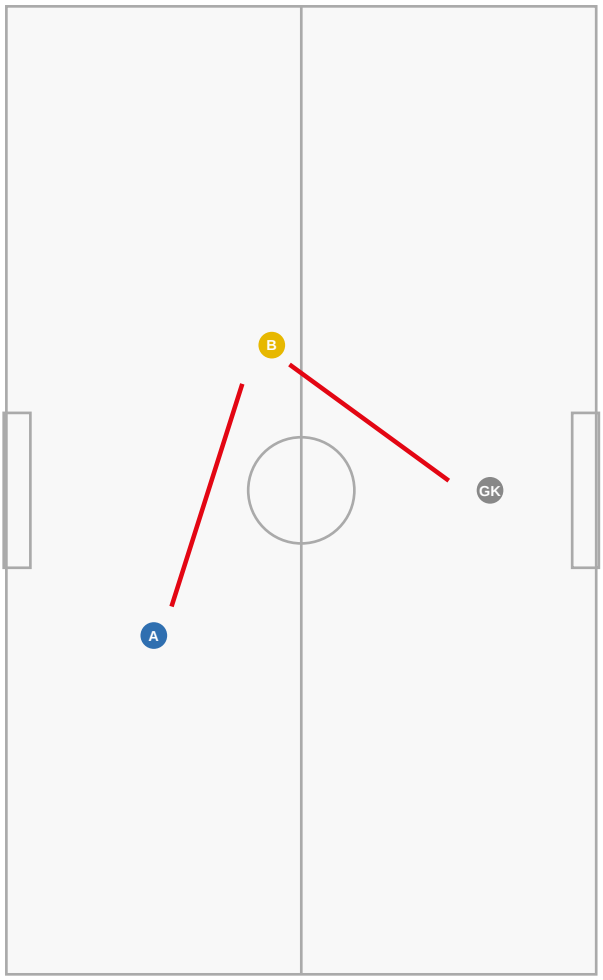
HOW IT WORKS

A completes the first three actions, then receives and controls D's service, dribbles toward Goal 2 and shoots from around 20 yards.

COACHING POINTS

- Maintain good technique after the sprint.
- Lift the head before shooting.
- Use the run between goals as a transition action.
- Stay mentally engaged through the complete sequence.

DIAGRAM



Transition from repeated finishes into a second-goal attack.

PROGRESSIONS

1. Reduce recovery time between players.
2. Require the final shot with the weaker foot.

SHOOTING SHOULD BE FUN

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PRACTICE 5 | FIVE PLAYS ON TWO GOALS

ORGANISATION

Use the two-goal setup and add E as a final server.

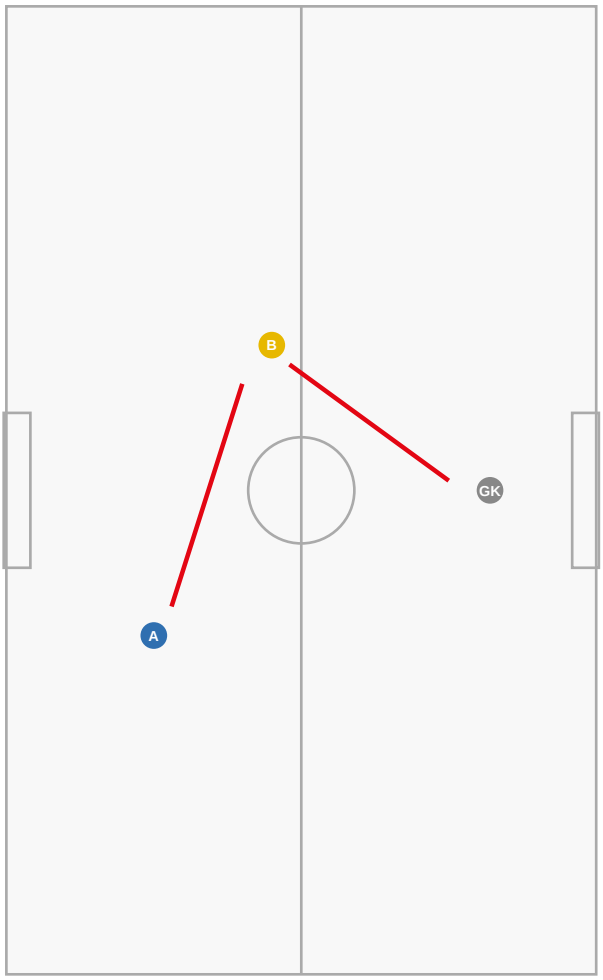
HOW IT WORKS

A completes the four-play sequence. E then plays an additional back pass for A to strike directly.

COACHING POINTS

- React quickly to the final service.
- Keep body shape prepared for a first-time finish.
- Maintain accuracy despite fatigue.
- Use small groups to maximise repetitions.

DIAGRAM



Add a final first-time finish after the two-goal sequence.

PROGRESSIONS

1. Track goals from each of the five actions.
2. Rotate servers after each complete circuit.

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PRACTICE 6 | FIVE PLAYS WITH OPPONENT

ORGANISATION

Use the same circuit. E now becomes an active defender in the final phase.

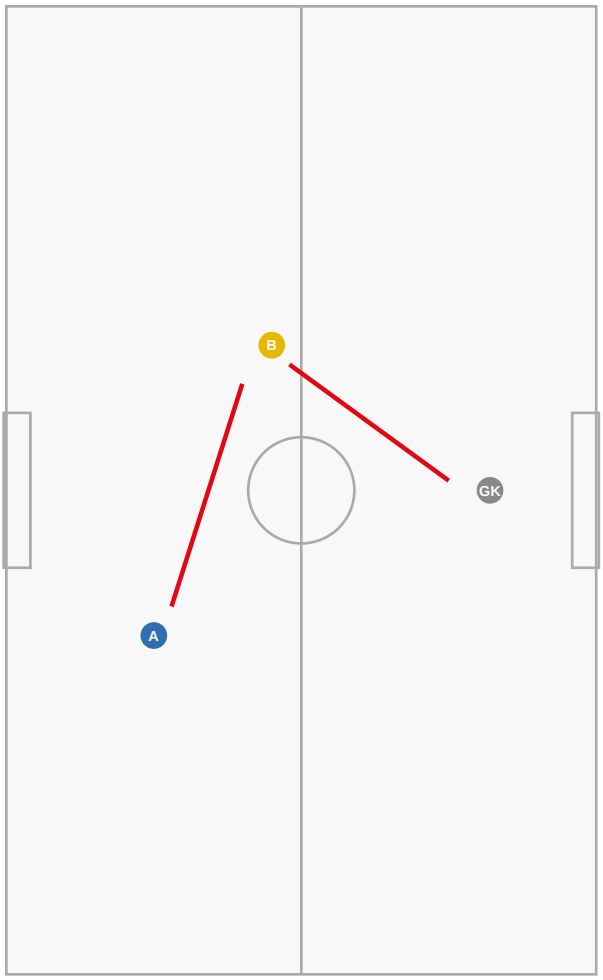
HOW IT WORKS

After completing the earlier shooting sequence, A combines with D, moves toward Goal 2 and faces E in a 1v1 before finishing.

COACHING POINTS

- Stay determined to finish after a demanding sequence.
- Use disguise and change of pace in the 1v1.
- Keep the ball within shooting distance.
- Build sufficient recovery into this high-intensity practice.

DIAGRAM



End the shooting circuit with a live 1v1 finish.

PROGRESSIONS

1. Allow E to counter if possession is won.
2. Finish with a competitive score between attackers and defenders.

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PRACTICE 7 | FIVE PLAYS WITH TRANSITION

ORGANISATION

Use the same two-goal circuit and final server/attacker E.

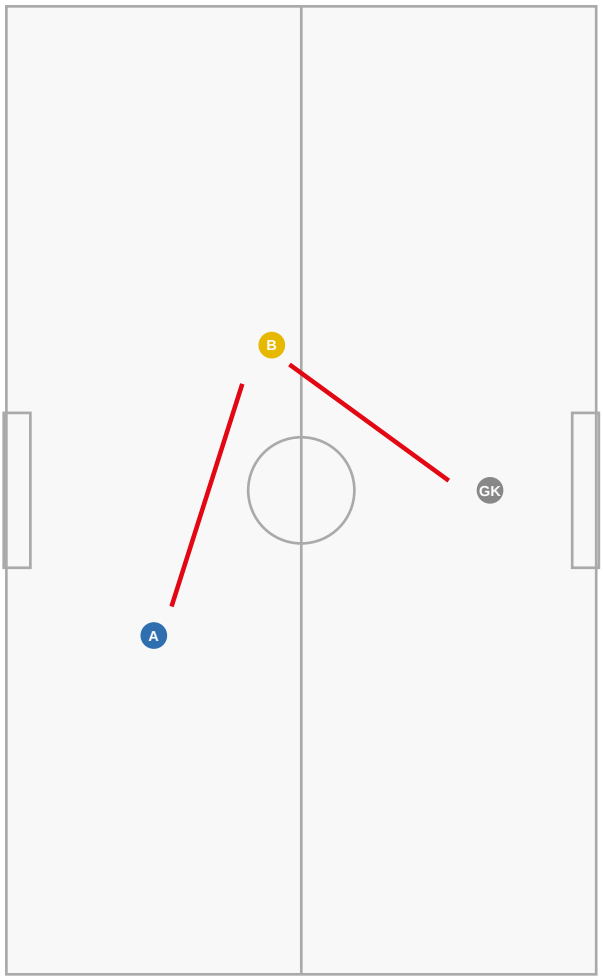
HOW IT WORKS

A completes the shooting sequence, then immediately switches to defending as E dribbles from the end line toward Goal 1.

COACHING POINTS

- React instantly from attack to defence.
- Recover goal-side as quickly as possible.
- Delay the new attacker if the ball cannot be won immediately.
- Use the transition to train concentration under fatigue.

DIAGRAM



Finish the circuit by switching immediately from shooter to defender.

PROGRESSIONS

1. Reward A for winning the ball and countering to Goal 2.
2. Shorten the recovery distance for higher defensive pressure.