LEARNING TO SHOOT

A progressive framework for realistic finishing practice

SESSION OVERVIEW

SESSION AIM

Build a broad and match-relevant shooting repertoire by progressing from simple technique into opposed, tactical and position-specific finishing situations.

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Shooting	**Technique**	**Opposed finishing**	**Game realistic**

PRACTICE 1 | TECHNIQUE TO FINISH

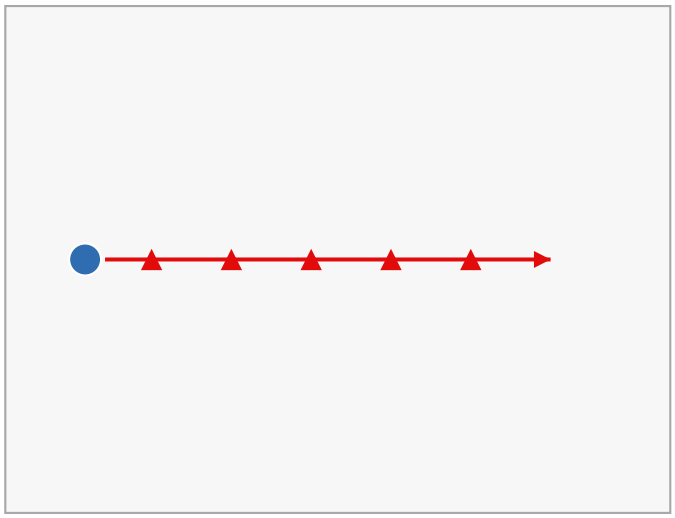
ORGANISATION

Organise small groups around goals so players get frequent repetitions. Use simple combinations that always finish with a shot.

HOW IT WORKS

- Work on inside-foot finishing, instep strikes, volleys and headers.
- Keep queues short by using multiple goals or stations.
- Progress from unopposed to time pressure.

DIAGRAM



COACHING POINTS

- Accuracy before maximum power.
- Prepare the ball quickly.
- Use the technique that fits the situation.
- Encourage players to take responsibility for finishing.

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PRACTICE 2 | 1v1 TO SHOOT

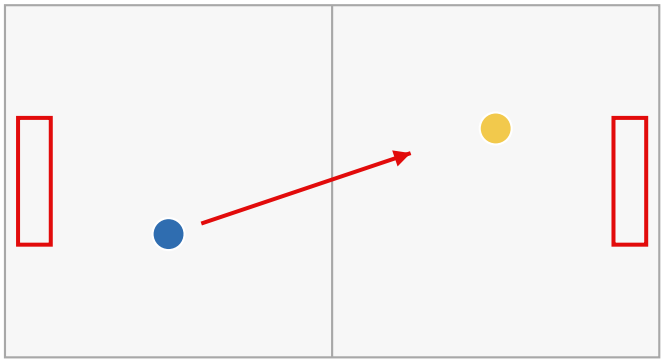
ORGANISATION

Set two goals with goalkeepers facing each other, separated by roughly twice the penalty-box length. One defender works in a central zone.

HOW IT WORKS

- First attacker dribbles toward the defender, tries to beat them and shoots.
- Next attack begins from the opposite side.
- Rotate defenders after several repetitions.
- If the defender wins the ball, allow transition or swap roles.

DIAGRAM



COACHING POINTS

- Attack the defender positively.
- Create the shooting angle early.
- Finish as soon as the opportunity appears.
- Make time and opposition pressure realistic.

PRACTICE 3 | 4v4 + PASSERS

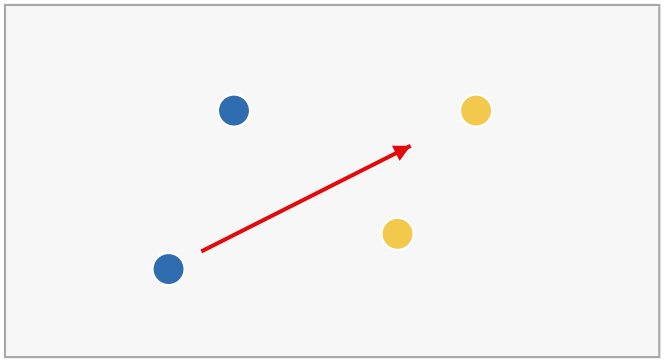
ORGANISATION

Play 4v4 inside the penalty area with a goalkeeper. A third team acts as outside passers around the area.

HOW IT WORKS

- Attackers combine with outside passers to create shooting opportunities.
- If defenders win the ball and find a passer, the teams immediately change roles.
- Progress by requiring direct finishes from selected passes.

DIAGRAM



COACHING POINTS

- Movement before the pass creates the shot.
- Shoot quickly in crowded areas.
- React to rebounds and second balls.
- Use combinations that resemble match situations.

FINAL PRACTICE | POSITION-SPECIFIC FINISHING

ORGANISATION

Two forwards play against two defenders in front of goal, supported by two deeper passers.

HOW IT WORKS

- Play 1: 1v1 after a pass into a forward.
- Play 2: 2v2 after a pass from a supporting player.
- Play 3: one passer joins, creating a 3v2 or 2v1 overload.

COACHING POINTS

- Make runs relevant to playing positions.
- Vary the service and finishing technique.
- Work from simple to complex.
- Keep the majority of finishing close to goal and under realistic pressure.

SESSION DIAGRAM

