



Two Player Shooting Drill

Purpose & introduction: One of the most important skills in soccer is shooting. You have to shoot to score goals, and you need to score goals to win games. Therefore, it's important to strike the ball accurately to help improve your chances of scoring a goal.

To be a good attacking player, you will need both power and accuracy. The best way to learn kicking with power and accuracy is to start with a still ball, then progress to a rolling ball. This soccer drill will help to develop the basic mechanics and techniques of shooting.

Organization: Set up a 10 x 20 yard area, with one player at each end. Each pair needs just one ball. Place two discs/markers in the center of the area, approximately three yards apart, so that the players can see their partner between the discs.

Game Objective: Player #1 takes three steps back from the ball and shoots the ball across the area to Player #2. The goal is to strike the ball between the discs without the ball touching either disc. Player #2 repeats the practice from the other side.

Progressions:

1. Progress to two touches.
2. Make the goal narrower.
3. Progress to striking the ball on the first touch after your partner rolls it to you.

Playing Tips:

1. Take a slightly angled approach to the ball.
2. Place the non-kicking foot alongside the ball and 8-10 inches to the side of the ball.
3. Look at the ball.
4. Keep your knee over the ball.

“CREATING SMILES FOR TODAY, ATHLETES FOR TOMORROW AND KNOWLEDGE OF THE GAME FOR A LIFETIME.”

