

Quick turning to shoot

This session is designed to improve your players' turning in and around the penalty area. The aim for the forward is to get a quick shot at goal and catch the goalkeeper by surprise.



What you tell your players the session is about

1. Improving ways of turning.
2. Improving finishing skills.
3. Improving composure when marked closely.

Session planner

Warm up	Session	Developments	Game	Warm down
10 mins	15 mins	15 mins	15 mins	5 mins

Activity	Kit	Outcome
Warm up	Balls	Players practice receiving the ball, turning and passing. From <i>The Ultimate Warm-ups Manual</i> , exercise 70
The session	Balls, cones or mannequins and goal	Players touch the ball across their body, turn and shoot
Development	Balls, cones or mannequins and goal	Players touch the ball away from their body, turn and shoot
Game	Balls, cones and goal	Attackers receive the ball from neutral players and either turn defenders to shoot or set up a team mate
Warm down	n/a	Gentle jogging and stretching exercises



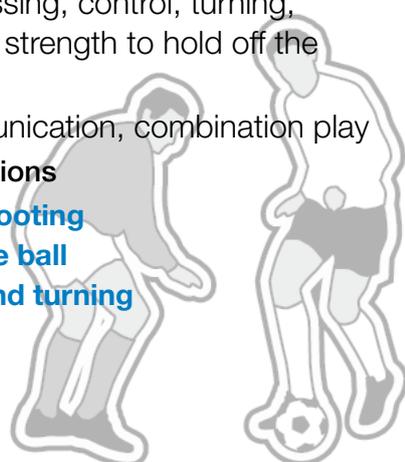
Where it fits

Individual skills: Passing, control, turning, dribbling, shooting, strength to hold off the defender

Team skills: Communication, combination play

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What to think about

In and around the penalty area, the best forwards have the ability to shoot within one or two touches of receiving the ball.

With fast reactions they are able to produce a surprise shot that the goalkeeper is not prepared for.

This session aims to develop your players' ability to disguise their intentions in order to turn and shoot when closely marked.





Set-up

- A 30 yards by 40 yards area with one goal and one goalkeeper. Use three cones or mannequins to act as a defensive line.



What you get your players to do

Players split into equal groups and serve from alternate sides of the pitch.

A server passes the ball to the forward who is standing side on to the cones or mannequins (defence).

The forward should receive the ball on the foot that is furthest away from the cones or mannequins (safe side). He must take the ball across the body with one touch, shooting quickly with the next touch. The server becomes the attacker for the next turn.



What to call out

- “How can you score?”
- “Switch”
- “React to the next game”



Development

The forward still receives with the furthest foot from the cones. But rather than taking a touch across his body, he should open his body to take a touch away and outside the defender in order to shoot with the other foot.



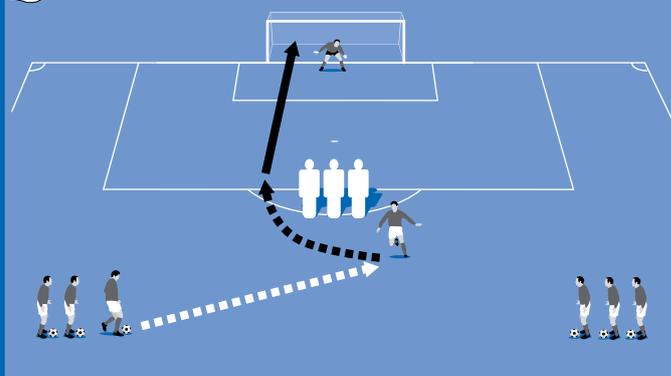
Game situation

Pick three teams of three players and place a goalkeeper in the goal. One team are the servers (neutral players), one team are the forwards and one team are the defenders.

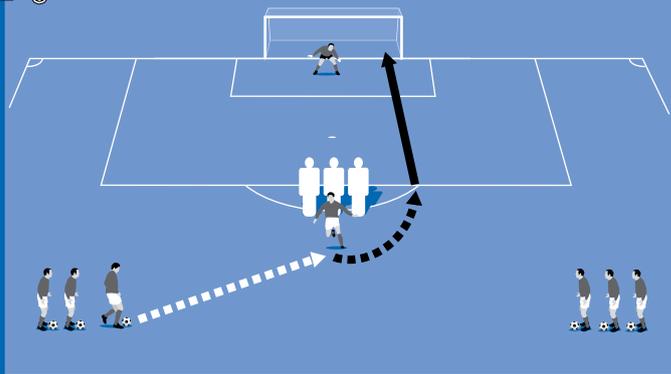
The game starts with the goalkeeper, who throws a ball out to the neutral players. The forwards must try to receive a pass from the neutrals with their back to goal, turn and shoot. If that is not possible, can they set up a supporting team mate to score?

Quick turning to shoot

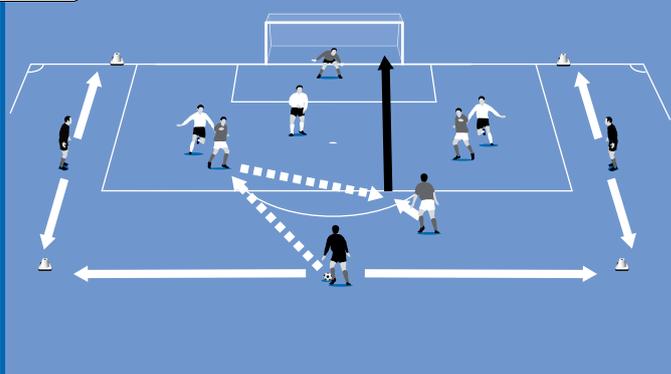
direction of run pass dribble shot



The forward receives the ball and takes a touch across his body to turn and shoot.



The forward takes a touch away from his body in a spinning motion to shoot.



The forwards must use the neutrals in order to beat the defenders and score a goal. If the forward can't turn, can he set up a team mate?