

Ready, fire, aim

The goal doesn't move, so when your forwards receive the ball with their backs to goal they should know where to shoot without aiming.



What you tell your players the session is about

1. Playing with your back to goal.
2. Turning.
3. Shooting quickly and accurately.
4. Scoring goals.
5. Gaining confidence to shoot with both feet.

Session planner

Warm up 10 mins	Session 10-15 mins	Developments 10-15 mins	Game 15 mins	Warm down 10 mins
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Activity	Kit	Outcome
Warm-up	Balls	Dynamic stretching, gentle running and dribbling, passing
The session	Balls, disc cones, mini goals	Practising quick turns and shots without pressure
Development	Balls, disc cones, mini goals	Practising quick turns and shots but facing first passive then active pressure
Game situation	Balls, disc cones, mini goals, bibs	Applying techniques in a match situation
Warm-down	Balls	Gentle running, static stretching, ballwork, de-brief Q&A



Where it fits

Individual skills: Shooting, receiving, shielding, creating space

Team skills: Passing, communication

Related Smart Sessions

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What to think about

- Communication – is it verbal, by signal or through movement?
- Create space before the ball arrives.
- Accuracy and weight of pass.
- Quick control to set up immediate shot. Take a second touch if necessary.
- What type of turn – e.g. inside/outside hook? Let ball travel across body?
- Sharp body swivel.





Set-up

- 25 by 20 yard playing area.
- 2 forwards, 2 keepers, 4 servers.



What you get your players to do

Two forwards stand centrally, back-to-back, with their back to the goal they are attacking. A server stands in each corner. The first forward receives a ball from one of the servers facing them, then turns and shoots. The second forward does the same. Repeat with the second server.

Make sure forwards turn both ways and practice using the inside and outside of both feet to control the ball.

Now rotate players so servers become forwards and vice versa.



What to call out

- “On your toes to receive”
- “Get the “weight” of pass right so the attacker can focus on turn and shot technique and accuracy”
- “The goal doesn’t move so eyes on the ball!”
- “Hit the target with all shots”



Development

This time the forward not receiving a pass acts as a passive defender.

Make the defender more active, and then fully active.



Game

On a pitch 35 by 25 yards with two end zones, 10 yards in from each goal-line, play 4v4, with 2v2 in the central area and 1v1 in each of the two end zones.

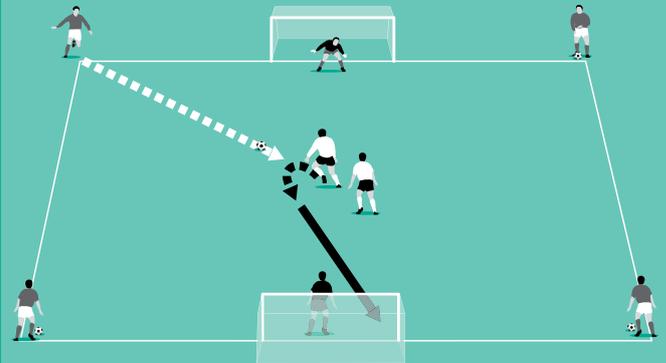
Each team has a goalkeeper protecting a goal. Encourage attackers in the end zones to turn and shoot by awarding bonus points for hitting the target.

Players from the central area can only enter the end zones once the attacker in that zone has touched the ball.

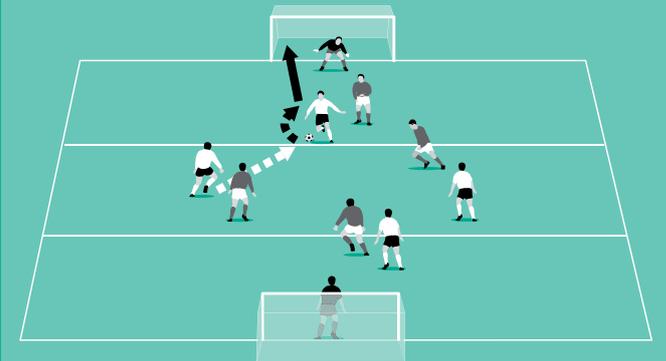
Regularly switch forwards so everyone has a go in the end zone.

Ready, fire, aim

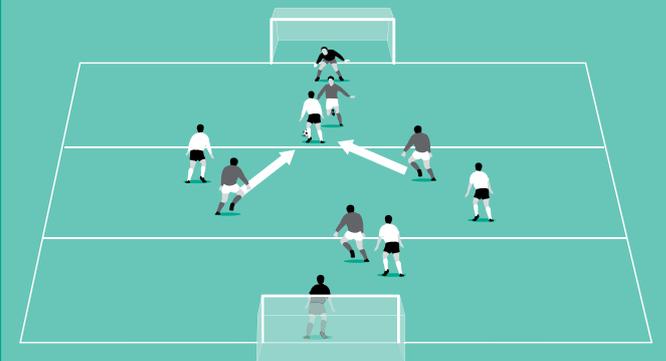
player movement pass turn with ball shot



Turn and shoot. It's that easy.



Under pressure, the forward controls and spins in one movement, to get a shot in.



Take too long and the other players can recover to make a tackle.