

# SUPERSTARS

## SHOOTING AND FINISHING SESSIONS



### SHOOTING AND FINISHING 1- SIDE FOOT FINISH

Category: Technical: Shooting  
Difficulty: Beginner

John Shannon, Manchester, United Kingdom  
Individual-Adult Member

#### UNOPPOSED (10 mins)



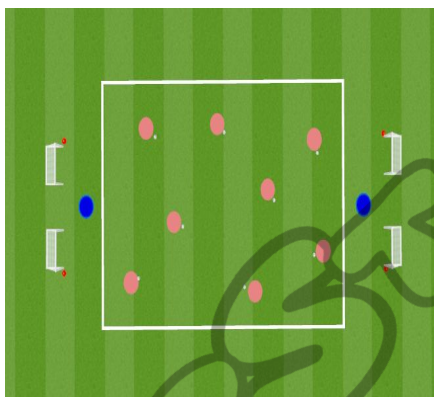
##### DESCRIPTION

- CONES SET OUT TO REPRESENT GOAL WIDTH, SMALL GOALS PLACED IN CORNER AS TARGET TO AIM FOR
- EVERY PLAYER STARTS WITH A BALL
- PLAYERS NUMBERED, 2 PLAYERS PER NUMBER
- COACH CALLS OUT PLAYERS NUMBER
- THEY RUN AND FINISH IN THE GOAL
- PROGRESSION: WEAKER FOOT, TIME LIMIT TO FINISH, COACH DECIDES WHICH GOAL TO FINISH IN

##### COACHING POINTS

- SIDE FOOT FINISH- FOOT STRIKE POSITION AND TECHNIQUE
- PLACEMENT INTO THE CORNER
- OPENING BODY BEFORE FINISH
- CHALLENGE- DISGUISED FINISH

#### OPPOSED (15 mins)



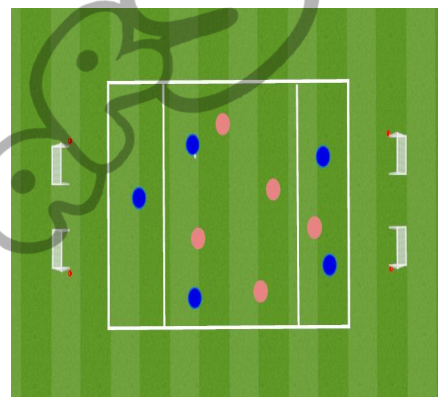
##### DESCRIPTION

- ADD DEFENDERS
- SWAP IF THEY WIN THE BALL/STOP SHOT, CAN ONLY ENGAGE PLAYER WHOSE NAME HAS BEEN CALLED

##### COACHING POINTS

- SHIFT AND SHOOT
- TIME TO SHOOT-TEMPO
- TECHNIQUE OF FINISH

#### GAME (20 mins)



##### DESCRIPTION

- ONE BALL
- CAN ONLY FINISH IN DIRECTIONALLY
- ONLY ONE DEFENDER ALLOWED IN DEFENSIVE ZONE TO ALLOW SHOOTING OPPORTUNITIES

##### COACHING POINTS

- ALL OF THE ABOVE

# SUPERSTARS

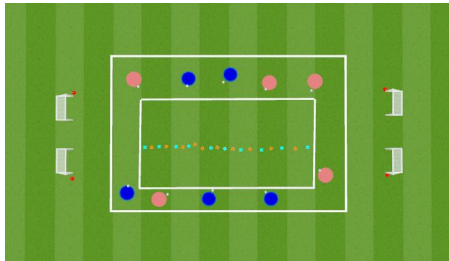


## SHOOTING AND FINISHING-LACES STRIKE TECHNIQUE

Category: Technical: Shooting  
Difficulty: Beginner

John Shannon, Manchester, United Kingdom  
Individual-Adult Member

### UNOPPOSED (10 mins)



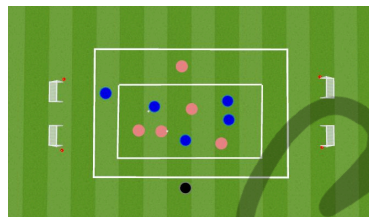
#### DESCRIPTION

- 4 CONES TWO COLOURS
- SPLIT INTO TWOS, FIRST TO KNOCK OVER THEIR COLOUR CONES WINS
- LACES TECHNIQUE ONLY
- ON RETRIEVAL OF BALL THEY CAN STAND OPPOSITION CONES UP-CARRYS GAME ON
- CAN MOVE AROUND OUTSIDE THE BOX
- REINFORCE CORRECT TECHNIQUE

#### COACHING POINTS

- LACES, STRONG FOOT/ANKLE
- DRIVING BALL LOW
- HEAD OVER BALL
- STANDING FOOT PLACEMENT

### GAME (10 mins)



#### DESCRIPTION

- TWO TEAM
- 3 IN THE BOX WITH A BALL 1 OUTSIDE (3 IN THE BOX NUMBERED)
- COACH CALL OUT NUMBER AND PLAYER WORKS WITH FLOATER ON OUTSIDE TO SCORE
- AIMING FOR THE GOALS IN THE CORNERS
- CAN SCORE IN ANY GOAL
- PLAYERS SWAP AFTER NUMBER IS CALLED

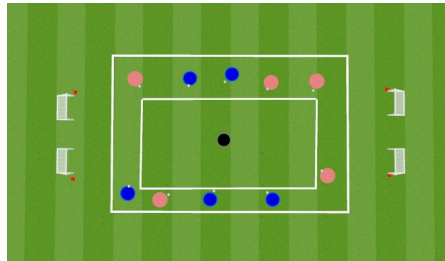
#### COACHING POINTS

LACES, STRONG FOOT/ANKLE  
DRIVING BALL LOW  
HEAD OVER BALL  
STANDING FOOT PLACEMENT

#### PROGRESSION

- ONE TOUCH FINISH
- TWO TOUCH FINISH
- SHIFT AND SHOOT
- WEAKER FOOT

### UNOPPOSED 2 (10 mins)



#### DESCRIPTION

- FLOATER/COACH IN BOX
- NUMBER PLAYERS
- COACH CALL OUT NUMBER AND PLAYER PASSES BALL TO COACH FOR A BOUNCE PASS AND THEN LACES FINISH
- AIMING FOR THE GOALS IN THE CORNERS
- CAN SCORE IN ANY GOAL

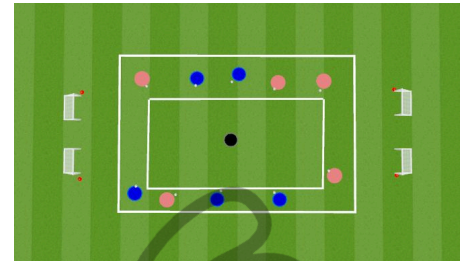
#### COACHING POINTS

LACES, STRONG FOOT/ANKLE  
DRIVING BALL LOW  
HEAD OVER BALL  
STANDING FOOT PLACEMENT

#### PROGRESSION

- ONE TOUCH FINISH
- TWO TOUCH FINISH
- SHIFT AND SHOOT
- WEAKER FOOT

### OPPOSED (10 mins)



#### DESCRIPTION

- FLOATER/COACH IN BOX
- PARTNER NUMBERED PLAYERS
- COACH CALL OUT NUMBER AND PLAYER PASSES BALL TO COACH FOR A BOUNCE PASS AND THEN LACES FINISH PLAYERS PARTNER IS THE DEFENDER
- AIMING FOR THE GOALS IN THE CORNERS
- CAN SCORE IN ANY GOAL

#### COACHING POINTS

LACES, STRONG FOOT/ANKLE  
DRIVING BALL LOW  
HEAD OVER BALL  
STANDING FOOT PLACEMENT

#### PROGRESSION

- ONE TOUCH FINISH
- TWO TOUCH FINISH
- SHIFT AND SHOOT
- WEAKER FOOT

# SUPERSTARS

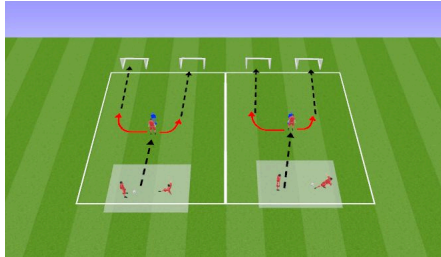


## TURN AND FINISH

Category: Technical: Shooting  
Difficulty: Beginner

John Shannon, Manchester, United Kingdom  
Individual-Adult Member

### UNOPPOSED (10 mins)



#### DESCRIPTION

- POSSESSION BOX WITH MAX 4 PLAYERS IN
- ONE PLAYER STANDS UP AGAINST MANNEQUIN OR CONE REPRESENTING A DEFENDER
- NUMBERED IN THE BOX
- CALL OUT THE NUMBER THAT PLAYER TAKES CONTROL OF THE BALL AND PLAYS INTO THE SHOOTING PLAYER
- HE TURNS LEFT OR RIGHT AND THEN FINISHES THE BALL
- SHOOTING PLAYER RETRIEVES BALL AND RETURNS TO POSSESSION BOX.
- PASSING PLAYER BECOMES SHOOTER

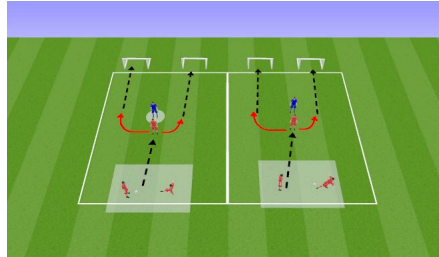
#### COACHING POINTS

- BODY POSITION: SIDE ON? SQUARE?
- CONTROL AND FINISH IN TWO
- PUSHING THE BALL AWAY FROM DEFENDER SO HE CANT REACH TO BLOCK
- MOVEMENT OFF DEFENDER BEFORE PASS TO CREATE SPACE
- TYPE OF FINISH- SIDE FOOT/LACES

#### PROGRESSION

- SET BACK TO PASSER FOR THROUGH BALL

### OPPOSED (15 mins)



#### DESCRIPTION

- ADD DEFENDER
- ROTATE DEFENDER EVERY 90 SECONDS
- ADD BOX AROUND SHOOTER THAT DEFENDER CANT ENTER IF STRUGGLING
- CAN PLAY BACK TO POSSESSION BOX IF STRUGGLING

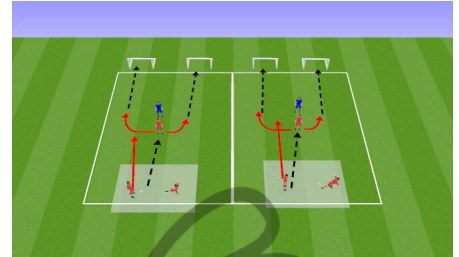
#### COACHING POINTS

- BODY POSITION: SIDE ON? SQUARE?
- CONTROL AND FINISH IN TWO
- PUSHING THE BALL AWAY FROM DEFENDER SO HE CANT REACH TO BLOCK
- MOVEMENT OFF DEFENDER BEFORE PASS TO CREATE SPACE
- TYPE OF FINISH- SIDE FOOT/LACES

#### PROGRESSION

- SET BACK TO PASSER FOR THROUGH BALL

### GAME RELATED (15 mins)



#### DESCRIPTION

- PASSING PLAYER JOINS IN THE ATTACK TO CREATE A 2V1
- DEFENDER CHANGES EVERY 90 SECONDS

#### COACHING POINTS

- BODY POSITION: SIDE ON? SQUARE?
- CONTROL AND FINISH IN TWO
- PUSHING THE BALL AWAY FROM DEFENDER SO HE CANT REACH TO BLOCK
- MOVEMENT OFF DEFENDER BEFORE PASS TO CREATE SPACE
- TYPE OF FINISH- SIDE FOOT/LACES

#### PROGRESSION

- SET BACK TO PASSER FOR THROUGH BALL

# SUPERSTARS

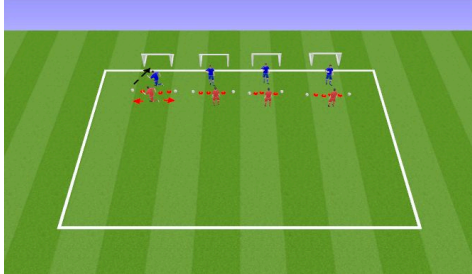


## FAKE SHOTS AND FINISHES

**Category:** Technical: Shooting  
**Difficulty:** Beginner

John Shannon, Manchester, United Kingdom  
Individual-Adult Member

### UNOPPOSED (10 mins)



#### DESCRIPTION

- IN PAIRS REACTIVE WARM
- RED PLAYER WORKS UP AND DOWN LINE OF CONES TRYING TO FEINT AND CREATE OPENING FOR SHOT
- CAN CHOOSE TO SHOOT WITH EITHER BALL
- BLUE PLAYER WORKS ALONG SAME LINE AND TRIES TO STOP THE RED PLAYER FROM SCORING. ONLY BY BLOCKING THE BALL
- SWAP AFTER TWO SHOTS ATTEMPTS

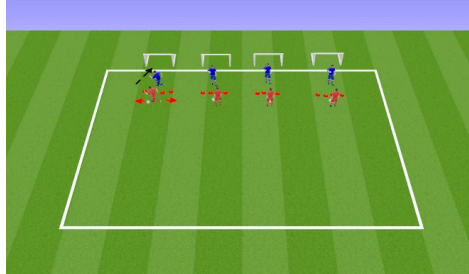
#### COACHING POINTS

- QUICK FEET
- BODY FEINTS
- FOOT FEINTS

#### PROGRESSIONS

- 

### OPPOSED (15 mins)



#### DESCRIPTION

- RED PLAYER NOW HAS THE BALL AT THEIR FEET AND HAS TO DRIBBLE
- SOLE ROLES, DRIBBLE MOVES, QUICK FEET TO CREAT OPENING TO SCORE
- DEFENDER STILL CANNOT CROSS LINE
- SWAP AFTER TWO SHOTS ATTEMPTS

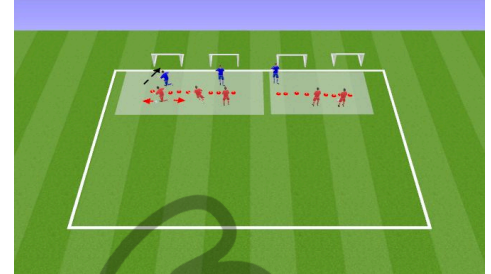
#### COACHING POINTS

- QUICK FEET
- BODY FEINTS
- FOOT FEINTS
- TWO FEET
- SHIFT AND SHOOT

#### PROGRESSIONS

- CAN SHOOT AT ANY POINT NOT JUST AT END OF CONES

### GAME RELATED (20 mins)



#### DESCRIPTION

- 2V1 OR MAKE OVERLOAD TO ENABLE MORE SHOTS
- CAN PASS AND WORK BETWEEN BOTH PAIRS
- DEFENDERS STILL CAN'T CROSS LINE OF CONES

#### COACHING POINTS

- QUICK FEET
- BODY FEINTS
- FOOT FEINTS
- TWO FEET
- SHIFT AND SHOOT

#### PROGRESSIONS

- TAKE OUT CONES AND CREATE AREA TO WORK IN. DEFENDERS CAN NOW ENGAGE
- EVEN UP TO MAKE 2V2 ETC.

# SUPERSTARS

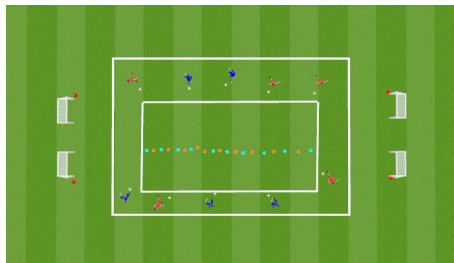


## UNDER 6 SHOOTING SESSION

Category: Technical: Shooting  
Difficulty: Beginner

John Shannon, Manchester, United Kingdom  
Individual-Adult Member

### UNOPPOSED (10 mins)



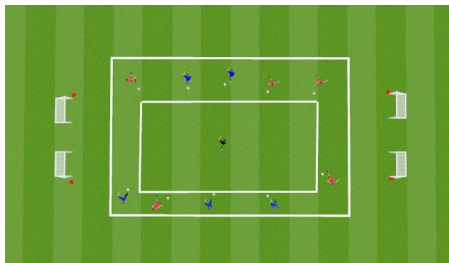
#### DESCRIPTION

- 4 CONES TWO COLOURS
- SPLIT INTO TWOS, FIRST TO KNOCK OVER THEIR COLOUR CONES WINS
- LACES TECHNIQUE ONLY
- ON RETRIEVAL OF BALL THEY CAN STAND OPPOSITION CONES UP- CARRYS GAME ON
- CAN MOVE AROUND OUTSIDE THE BOX
- REINFORCE CORRECT TECHNIQUE

#### COACHING POINTS

- LACES, STRONG FOOT/ANKLE
- DRIVING BALL LOW
- HEAD OVER BALL
- STANDING FOOT PLACEMENT

### UNOPPOSED 2 (10 mins)



#### DESCRIPTION

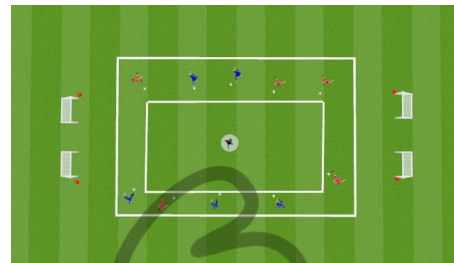
- FLOATER/COACH IN BOX
- NUMBER PLAYERS
- COACH CALL OUT NUMBER AND PLAYER PASSES BALL TO COACH FOR A BOUNCE PASS AND THEN LACES FINISH
- AIMING FOR THE GOALS IN THE CORNERS
- CAN SCORE IN ANY GOAL

#### COACHING POINTS

LACES, STRONG FOOT/ANKLE  
DRIVING BALL LOW  
HEAD OVER BALL  
STANDING FOOT PLACEMENT  
PROGRESSION

- ONE TOUCH FINISH
- TWO TOUCH FINISH
- SHIFT AND SHOOT
- WEAKER FOOT

### OPOSED (10 mins)



#### DESCRIPTION

- ADD DEFENDER-CHANGE EVERY 30 SECS- CAN ONLY DEFEND AND TACKLE THE PLAYER WHO IS SHOOTING
- COACH CALL OUT NUMBER AND PLAYER TRYS TO SCORE IN ANY OF THE GOALS LACES
- AIMING FOR THE GOALS IN THE CORNERS
- CAN SCORE IN ANY GOAL

#### COACHING POINTS

LACES, STRONG FOOT/ANKLE  
DRIVING BALL LOW  
HEAD OVER BALL  
STANDING FOOT PLACEMENT  
PROGRESSION

- SHOT CLOCK- 5 SECONDS TO SCORE
- 2 DEFENDERS

### GAME (10 mins)



#### TWO PITCHES

MAXIMUM OF 3V3

CONDITIONS: CAN'T SCORE PASSED THE LINES OF BOX

COACH FEEDS NEW BALLS IN

# SUPERSTARS

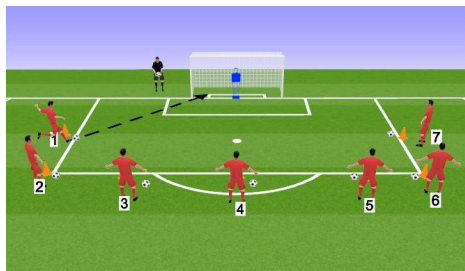


## 4-6 SHOOTING LACES SESSIONS

Category: Technical: Shooting  
Difficulty: Beginner

John Shannon, Manchester, United Kingdom  
Individual-Adult Member

### UNOPPOSED (10 mins)



#### DESCRIPTION

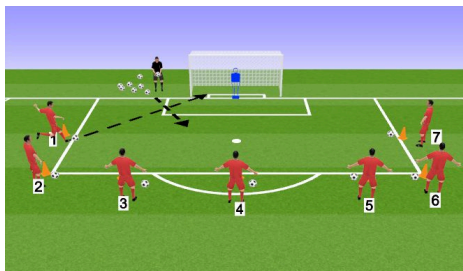
- COACH CALL NUMBER
- PLAYER STRIKES TOWARDS GOAL
- RETRIEVES BALL AND RETURNS TO STATION
- PLAYERS NOT SHOOTING GIVE SKILL TECHNIQUE E.G TOE TAPS, PUSH PULL, STEP OVERS ETC.

#### COACHING POINTS

- PLANT STANDING FOOT
- STATIONARY POSITION
- STRONG ANKLE
- FOOT STRIKE POSITION
- HEAD/BODY OVER THE BALL
- ARM POSITION

#### ROTATE POSITIONS

### OPPOSED (10 mins)



#### DESCRIPTION

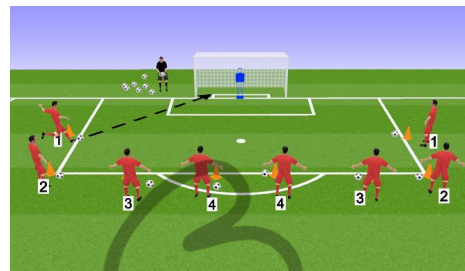
- PLAYER 1 SHOOTS THEN BECOMES DEFENDER AND SO ON
- COACH FEEDS 2ND BALL IN FOR 2ND SHOT

#### COACHING POINTS

- PLANT STANDING FOOT
- STATIONARY POSITION
- STRONG ANKLE
- FOOT STRIKE POSITION
- HEAD/BODY OVER THE BALL
- ARM POSITION

#### ROTATE POSITIONS

### GAME (20 mins)



#### DESCRIPTION

- PAIR PLAYERS UP
- PAIR ATTACK THEN DEFEND
- COACH FEEDS 2ND BALL IN

#### COACHING POINTS

- PLANT STANDING FOOT
- STATIONARY POSITION
- STRONG ANKLE
- FOOT STRIKE POSITION
- HEAD/BODY OVER THE BALL
- ARM POSITION
- FINDING SPACE TO SHOOT

#### ROTATE POSITIONS

