



# Shooting Off A Dribble

Category: Technical: Shooting  
Difficulty: Moderate

Continental FC, Philadelphia, United States of America  
Individual-Adult Member

## Description

Shooting From Distance - From a Dribble and/or Pass

### Warm Up : 4v4 or 3v3 (10 mins)

#### SetUp

Two 20x30 fields with mini goals set up as shown

#### Organization

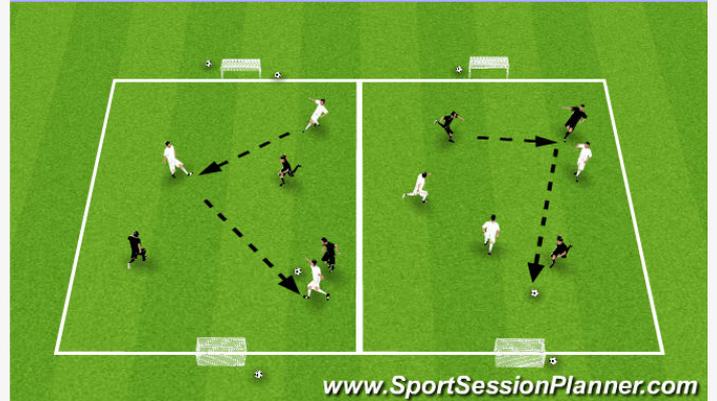
As players arrive they get set up into a small sided free play game.  
As full squad arrives set up two 3v3 small sided free play games.

#### Progressions

Rotate players/opponents every 3-4 minutes

#### Coaching Points

Little coaching but demanding a high tempo



### Shooting Exercise (15 mins)

#### SetUp

Penalty area, 1 full size goal

#### Organization

A) Player 1 starts with the ball playing into player 2, who opens up and passes to player 3. Player 3 takes a positive touch into the box and shoots on goal. Pass & follow.

#### Progressions

B) Player 1 starts with the ball playing a long pass to player 3. Player 3 plays to player 2 who dribbles into the box and shoots on goal. Pass & follow.

#### Coaching Points

Quick, precise passing

Positive first touch to set up the shot (A)

Type of shot - low & hard or curled (B)

Shoot for power and accuracy



### 1v1 Milan Shooting Exercise (20 mins)

#### SetUp

30x30 area, 2 full size goals

#### Organization

Player 1 starts as the attacker, player 2 the defender. The attacker must take on the defender and get outside the box. If successful and exit the box on the right, they shoot on the goal to their left. If exiting to the left they shoot to the right. The defender must stay in the box.

#### Progressions

- The defender is allowed to leave the box and pressure the shot but must exit through the gate

- Add additional attackers to make a 2v1

#### Coaching Points

Positive dribbling to take on the defender

Move/skill and accelerate away

If time, take a prep touch before shooting

Shoot for power and accuracy



## 4v4+2 Shooting Game (20 mins)

### Setup

25x35 area, 1 full size goal

### Organization

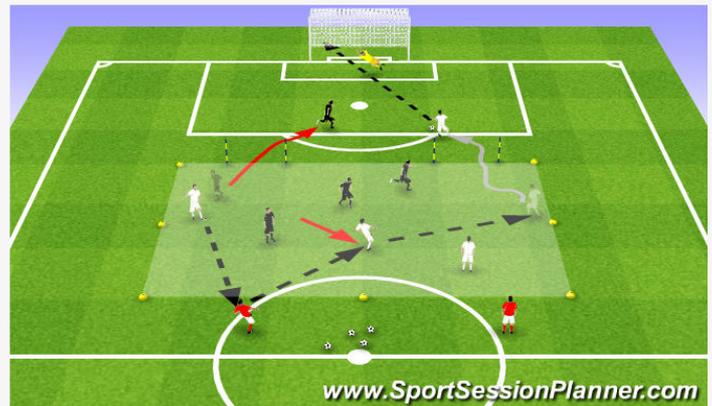
Two teams play 4v4 in the area. Attacking team (white) must make 4 passes before going to goal. To score they must dribble through one of the gates on either side of the area. One defender can track the runner through the same or opposite gate. Red players are neutral making it a 6v4.

### Progressions

- Remove gates, attackers can now break the line with a dribble or a pass but offside rule applies
- Add additional attacker to make a 2v1

### Coaching Points

- Quick, precise passing
- Decisive dribbling - move/skill & accelerate to goal
- If time, take a prep touch before shooting
- Shoot for power and accuracy
- Timing of runs, weight of pass (progressions)



## 4v4 Game (25 mins)

### Setup

Double penalty box, two goals

### Organization

Teams play 4v4 + keepers. Score from inside the box/opposition half is worth 1 goal. Score from outside the box/own half is worth 3. Kick-ins from the side. No corners, ball starts from your keeper.

### Progressions

- Various conditioned games

### Coaching Points

- High tempo
- Quick, precise passing & combinations to create space
- Confident dribbling - move/skill to create space for shot
- Shoot for power and accuracy

