



# Team Training Session Plan “Scoring Goals”

The following session was taken from a clinic conducted by Jeff Tipping, Director of Coaching Education for the National Soccer Coaches Association of America (NSCAA) at the 2008 NSCAA Convention in Baltimore, MD

## WARMUP PHASE

### 1. DYNAMIC MOVEMENTS > “Ball to Ball”

- Place more balls than there are players around a 40 yard x 40 yard grid
- To start, players line up along side a ball
- At “Go”, players move from “ball to ball” in the following sequence  
-- Jog, Slide/Shuffle Left, Slide/Shuffle Right, Backward Run

### 2. KICKING TECHNIQUE > “Ball to Ball” (same setup as above)

- At “Go” players run to a ball and fake kicking it, “freezing” for a count of 1-2-3 before moving to the next ball (**Coaching Point: Emphasize proper technique**)

### 3. DYNAMIC STRETCHES

## TECHNICAL PHASE

### 1. KICKING TECHNIQUE > Pairs: Kick and Move

- Partners face each other 8 yards apart, move from sideline to sideline
- Player 1, facing the direction of movement, kicks ball to partner, who traps ball, leaves it, and runs backwards toward opposite sideline, Player 2 follows
- Start with inside-of-foot shot; Progress to outside-of-foot, to laces

### 2. KICKING TECHNIQUE > Trios

- 3 players, 8 yards apart.....P1 > • < P2 < P3
- Player 1 kicks to middle player P2, who traps, turns, and shoots to third player, P3, who then restarts the drill; players alternate positions  
< “The Kenny Dalglish”  
--middle player (P2) receives pass, touches to side with outside of one foot, turns and shoots with opposite foot to Player 3  
< “The Landon Donovan”  
--P2 receives pass, touches ball out to side with toe of one foot, turns and shoot with opposite foot to Player 3

### 3. FINISHING TECHNIQUE > “Zig Zag Shooting”

### 4. FINISHING TECHNIQUE > “Dynamic Duos”

## TACTICAL PHASE

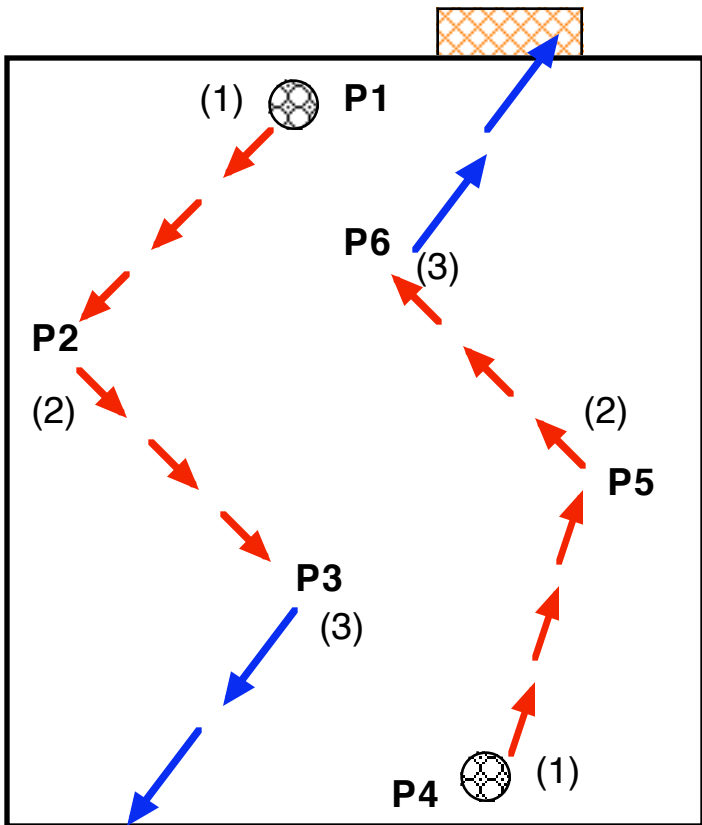
### 1. GAME ONE > 4+1 vs. GK

### 2. GAME TWO > “4+2 v 4”

### 3. GAME THREE > “6v6 with Halfway Line & Restrictions”

*NOTE: See accompanying sheets -- “Scoring Goals: Diagrams”, “Scoring Goals: Game 1”, “Scoring Goals: Game 2”, and “Scoring Goals: Game 3” for descriptions of diagrams and games. These can be found on TSFT website -- [www.totalsoccerft.com](http://www.totalsoccerft.com)*

**“Scoring Goals”  
 Diagrams**



**Finishing Technique--“ZIG ZAG”**

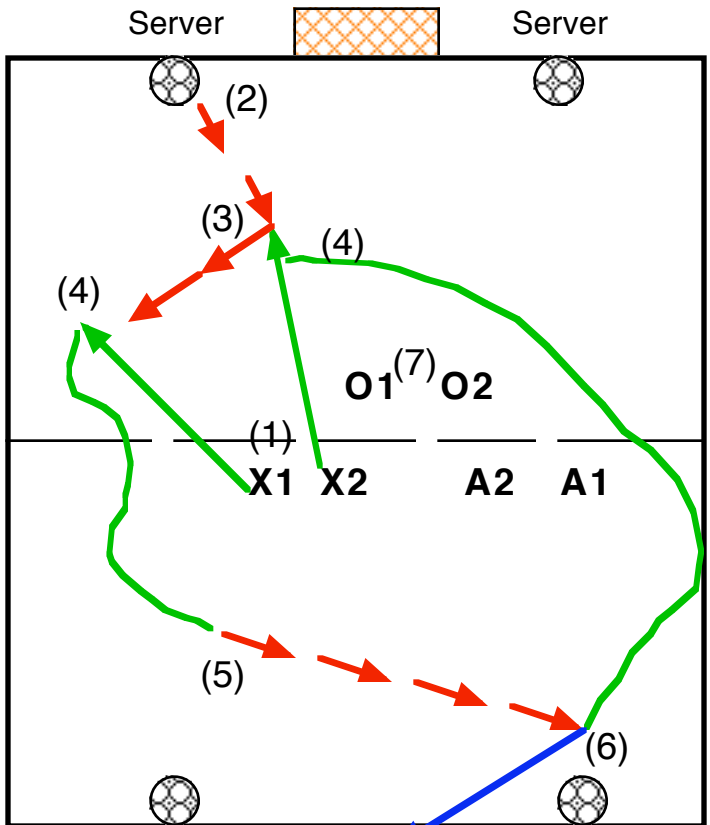
**Setup:** 30x30 grid with 2 regulation goals on each endline set in staggered fashion

- (1) Players 1 & 4 begin the drill by passing to Players 2 & 5 respectively
- (2) Players 2 & 5 pass to Players 3 & 6 respectively
- (3) Players 3 & 6 shoot on goal

**Rotation:**  
 P1 to P2 to P3 to P4 to P5 to P6 to P1

**Variation:**

- Make one side shoot with left foot, the other side shoot with right foot
- Receive with left foot, shoot with right foot, receive with right, shoot with left



**Finishing Technique--“DYNAMIC DUOS”**

**Setup:** Grid is 36 yards long by 44 yards wide (two 18-yard boxes), with regulation goals on each endline

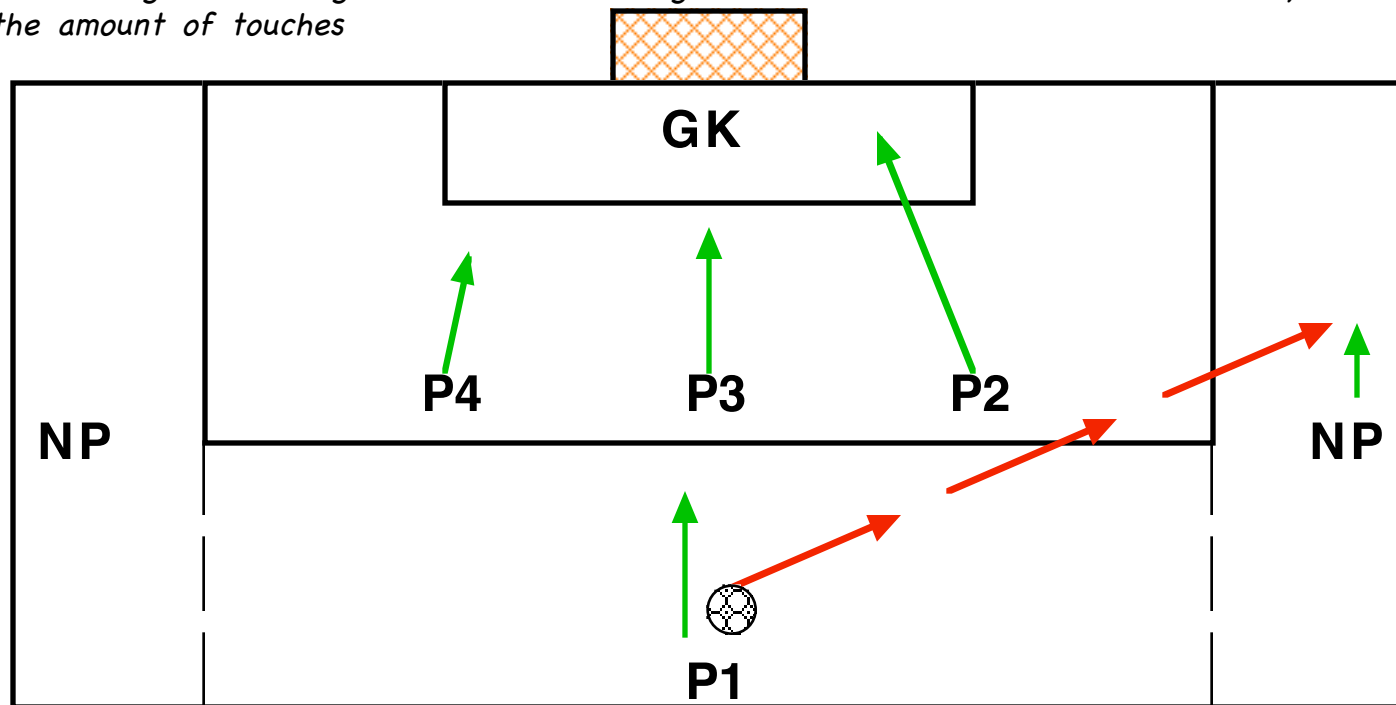
**Players:** Pair up

- (1) Partners X1 and X2 break toward server
- (2) Server plays ball to either X1 or X2
- (3) Here, X2 receives from server and plays ball to partner X1
- (4) X1 receives, turns and begins dribbling to goal, while X2 turns and runs to goal
- (5) X1 passes to X2
- (6) X2 shoots on goal
- (7) Next pair goes

**Rotation:**  
 Pairs inside grid become servers

# “Scoring Goals” Game 1

*This drill/game is designed to teach finishing and can be made to be “advanced” by limiting the amount of touches*



**GRID SIZE:**

> Attacking third of regulation field, with interior grid of 44 yards wide x 30 yards long

**NO. OF PLAYERS:**

> 7 -- 6 Attackers (3 inside 18 box, 1 at top of box, 2 Neutral Players on flanks), versus 1 Goalkeeper

**DRILL:**

- > Player 1 starts game by passing down flank to either of the Neutral Players
- > 3 Players inside 18 box attack/frame goal
- > Player 1 moves to top of 18 box
- > Neutral Player crosses into box

**GAME:**

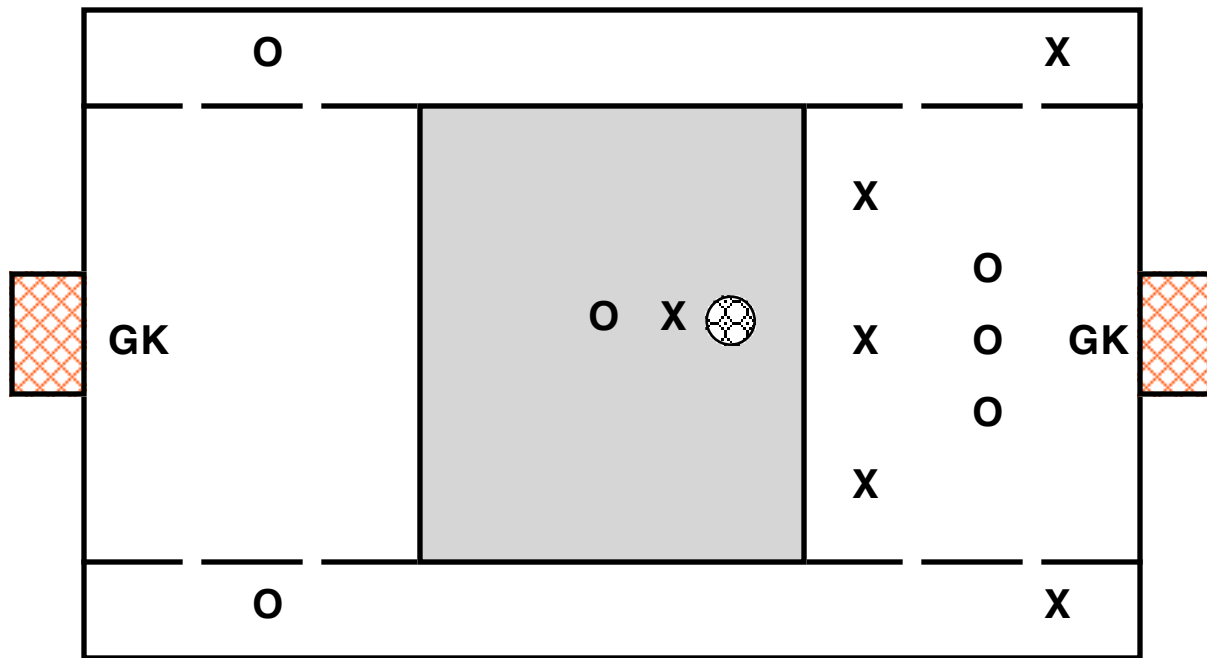
- > Limit touches of Neutral Players (no more than 3)
- > Limit touches of players inside 18 box (no more than 2)
- > Divide players into 2 teams and have timed competition: how many goals can be scored in a certain amount of time

**PROGRESSION:**

- > add 1 Defender inside 18 box
- > add another Defender who attacks flank/Neutral Player
- > add another Defender for a 2v3 inside the 18 box

## “Scoring Goals” Game 2

*This game is designed to teach finishing in a small-sided, numbers-up situation*



**GRID SIZE:**

> 54 yards long x 64 yards wide (divided into three equal zones); grid also includes a sideline zone that is 10 yards wide on each side x length of grid (54 yards)

**NO. OF PLAYERS:**

> 2 teams of 7 (includes goalkeepers)

**GAME:**

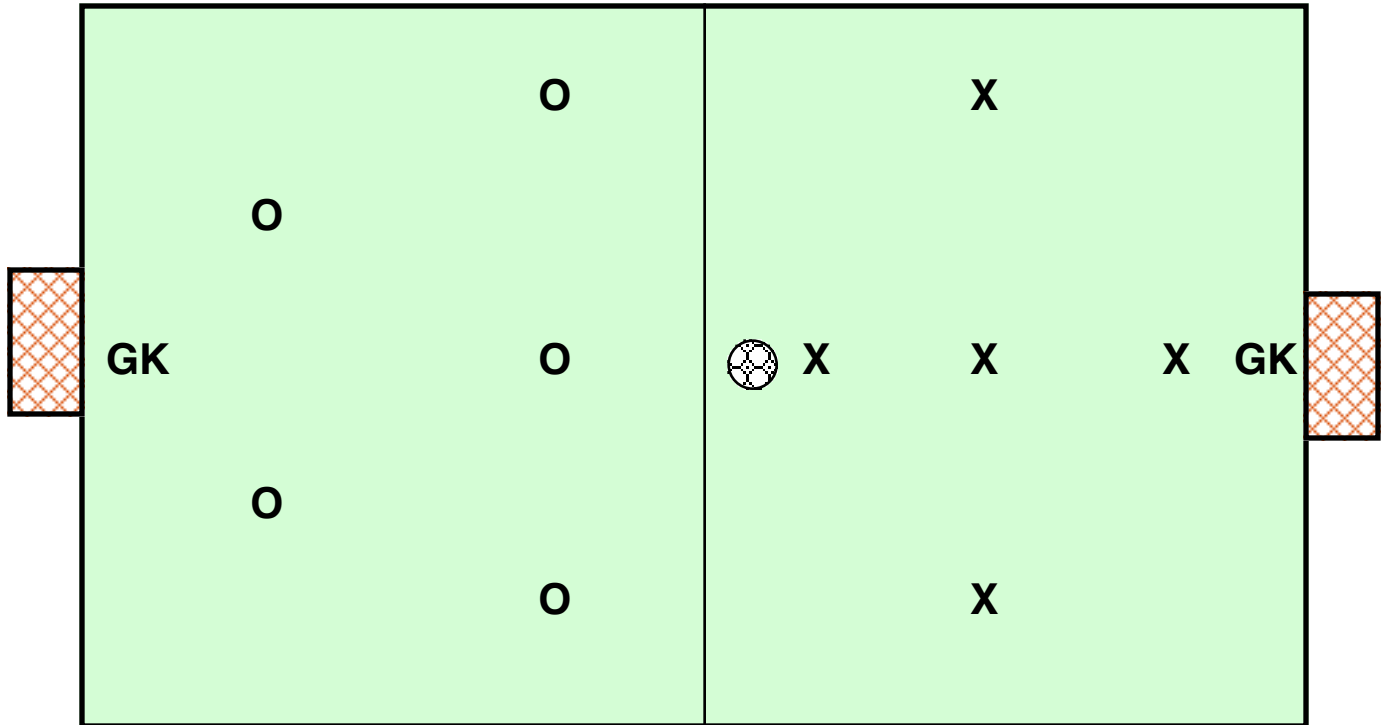
- > Play starts in middle zone (above, Team “X” is on attack vs. defending Team “O”)
- > All players inside attacking zone must remain inside
- > Attacking team can pass ball out to flank players in sideline zone
- > Attacking player who begins drill in middle zone can enter the attacking zone
- > Defending team players have to get ball out to teammate in middle zone
- > Play continues until: goal is scored or defending team successfully gets ball to middle zone
- > Play continues if ball goes out for throw-in (for either team), goal kick (defending team), or corner kick (attacking team)
- > If defending team gets ball into middle zone under possession, teams switch roles

**VARIATION (Advanced Play or Fitness Work):**

- > If defending team gets ball into middle zone, teams switch roles but play does not stop, as defending team becomes attacking team and immediately moves into other attacking zone
- > This works on quick transition

## “Scoring Goals” Game 3

*This game is designed to teach finishing and defending in a small-sided situation*



**FIELD SIZE:**

> 60 yards long (with a midfield/center line) x 50 yards wide

**NO. OF PLAYERS:**

> 2 teams of 6 -- 5 field players in formation (above, a 2-3 vs. 1-3-1) and 1 Goalkeeper

**GAME:**

- > Teams play a regular (directional) scrimmage
- > All 5 players on attacking team must be in attacking zone (over the midline) for a goal to count; this works on transition as well as attacking and defending

**COACHING POINTS:**

- > Small-sided play is a good way to teach various attacking and defending principles
- > By playing this game with formations, players learn positional responsibilities
- > Emphasize flank play -- crossing
- > Emphasize defenders moving into the attack
- > Emphasize transitional play