

PRACTICAL 7

“THE GOLDEN ZONE”



DRILL NOTES

Based on FIFA 2015 World Cup Statistics:

80% of all goals are scored in the “Golden Zone”.

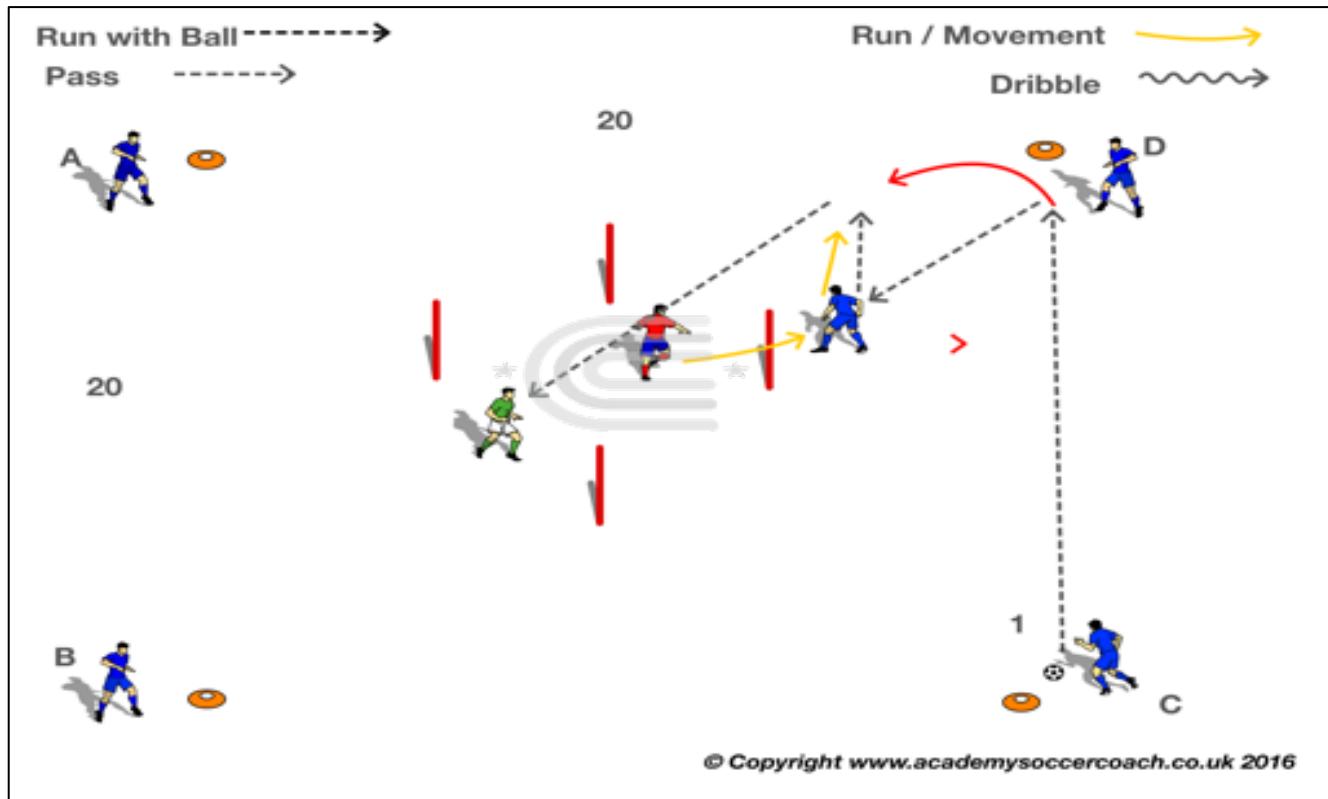
60% of all goals scored in the Golden Zone are First Time Strikes..

This session focuses on:

- First time finishing.
- Two touch finishing
- Finishing on the run
- Accurate Finishing
- Finishing under pressure

DRILL 66 (V1)

FIRST TIME FINISHING



SET UP: Set up a 20x20 yards square with a 5x5 yard diamond in middle, marked by tall cones.

4 players on the outside are attackers, 2 players in the inside diamond are defender & GK..In-between the big cones are the goals

ACTION:

V1: Attackers try to score after a minimum of 4 passes.

COACH'S TIP: Beginner players can take two touches, first control, second shot

PLAYER TIP: Try & keep your shots low

DRILL 66 (V2)

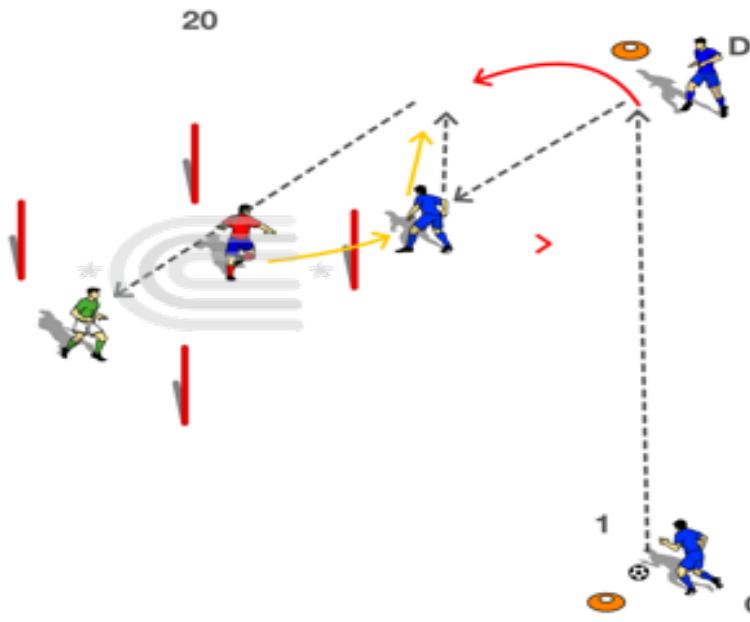
FIRST TIME FINISHING

Run with Ball ----->

Pass ----->

Run / Movement ----->

Dribble ~~~~~>



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SET UP: Set up a 20x20 yards square with a 5x5 yard diamond in middle, marked by tall cones

4 players on the outside are attackers, 2 players in the inside diamond are defender & GK..In-between the big cones are the goals

ACTION:

V2: Add Midfield Player. They have one touch and set up shots for outside players who must shoot first time

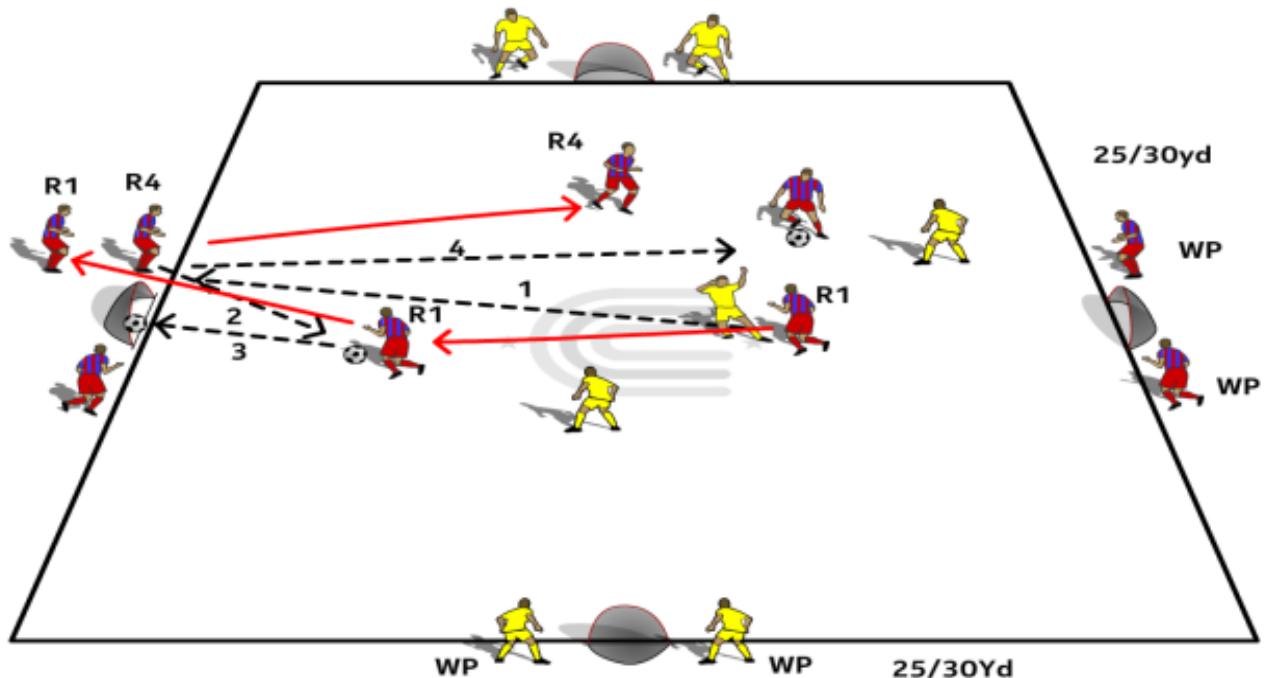
COACH'S TIP: You can have GK and defender protecting the diamond , but you can also have to Goal Keepers

PLAYER TIP: Neutral player keep moving and speaking



DRILL 67

FIRST TIME FINISHING



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PURPOSE. To Improve First Time Finishing.

SET UP. A 30 x 30yd area with 4 small goals on each side.

Red Team plays E & W and has two players positioned either side of their two small goals.

Yellow play N & S and also have two players positioned by the side of their two goals.

ACTION. The perimeter players by the goals only have one touch each time they play the ball and try to set up their team mates to score.

The two teams in the middle play 2 v 2, 3v3 or 4v4 according to their age and ability levels.

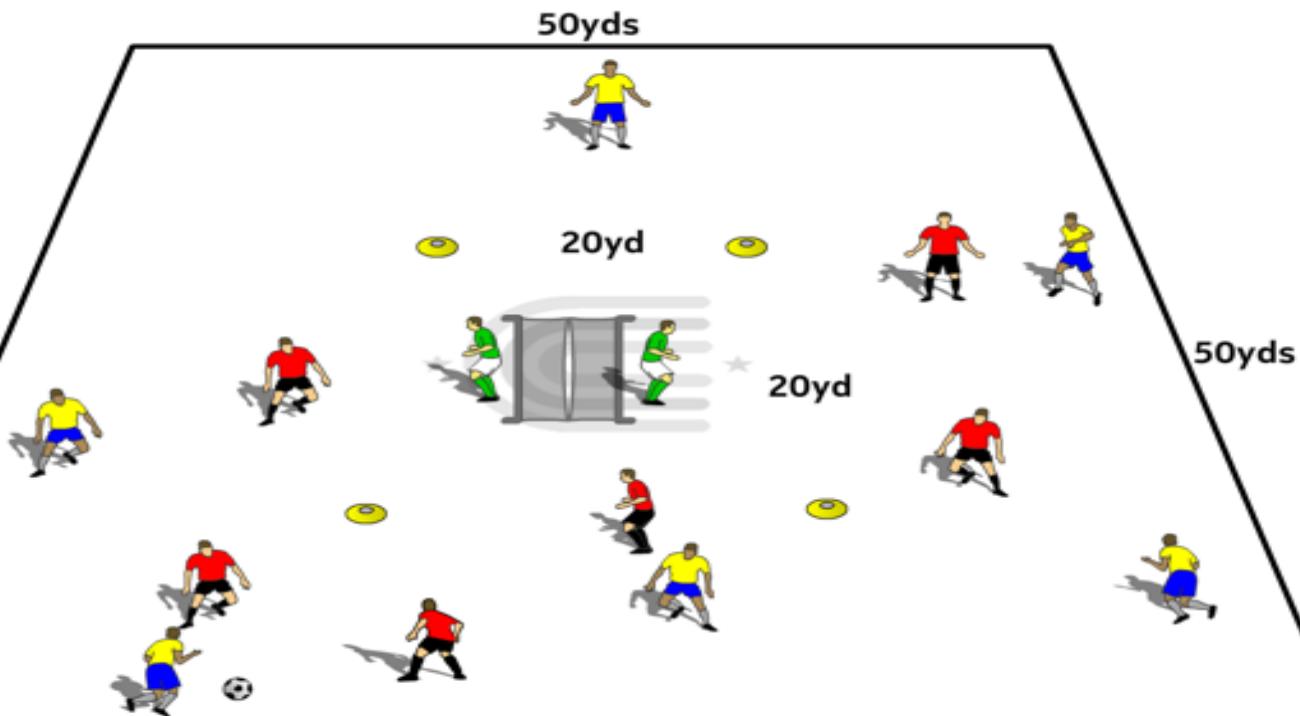
Teams can score in either of their goals from a first time pass from the players by the goals. The team that scores gets possession at the restart.

COACH TIP. Change the perimeter players often.

PLAYER TIP. The first player to the ball has the advantage of scoring; so focus all the time.

DRILL 68

FIRST TIME FINISHING



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PURPOSE: To improve first time shooting.

SET UP. A 40x40 or larger field with two goals back to back in the middle with a GK in each goal. 4 cones mark a 18x20yd box around the goals.

ACTION. Teams of 5/6 players try to score on either goal but they cannot shoot inside the box around the goal, except with a one touch finish or a header.

First team to set score wins.

V 1: Two GK's

V 2: One GK

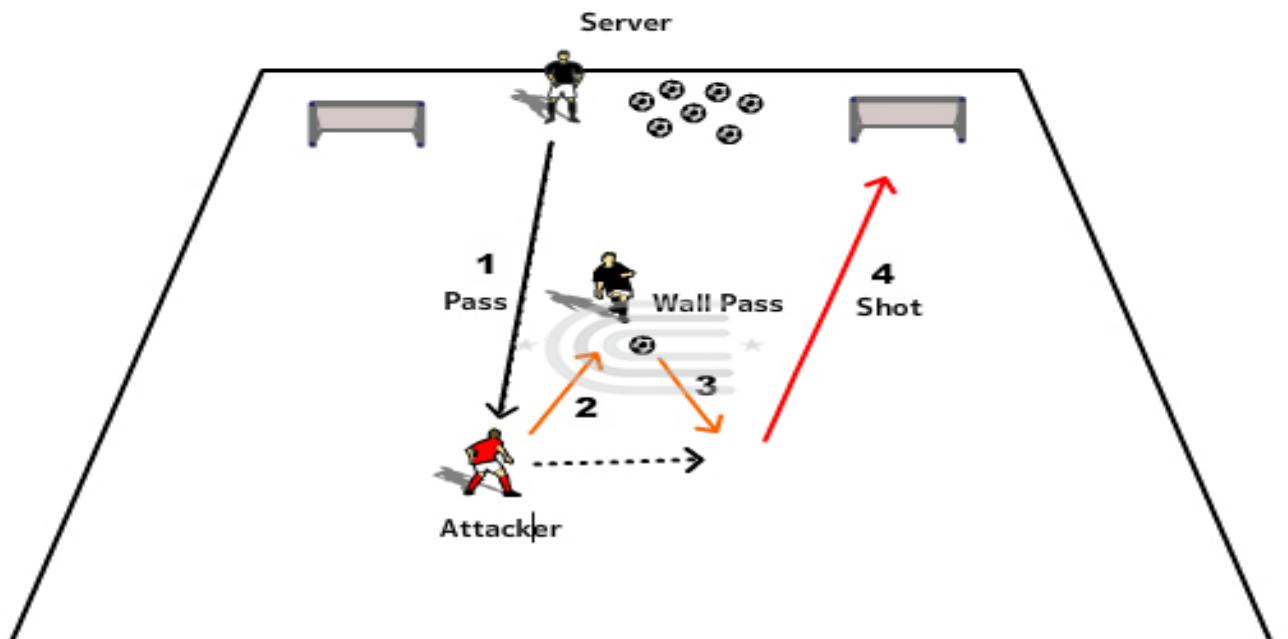
COACH TIP. Make the field bigger according to the numbers and abilities of your players. Smaller for harder, bigger for easier.

PLAYER TIP.

Follow up shots

DRILL 69 (V1)

FINISHING ACCURATELY



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VIDEO LINK

PURPOSE

SET UP : Defender & GK ,serve in between two small Coerver goals.
End player striker, middle player wall passer

ACTION

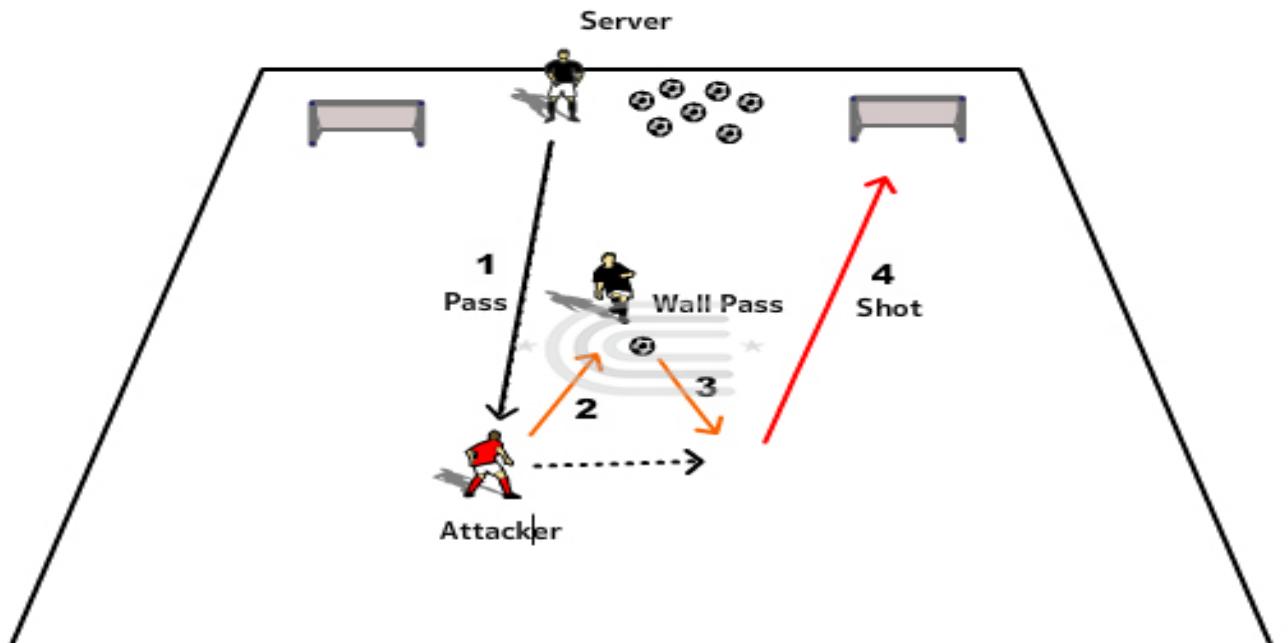
V.1: Server to Striker who lays the ball first time to Wall Passer ; WP plays first touch to striker, then runs to opposite side, striker shots first time.

COACH TIP. GK can roll ball out with his hands.

PLAYER TIP.

Striker eyes up to help your accuracy, before you shoot

DRILL 69 (V2) FINISHING ACCURATELY



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VIDEO LINK

PURPOSE

SET UP : Defender & GK ,serve in between two small Coerver goals.
End player striker, middle player wall passer

ACTION

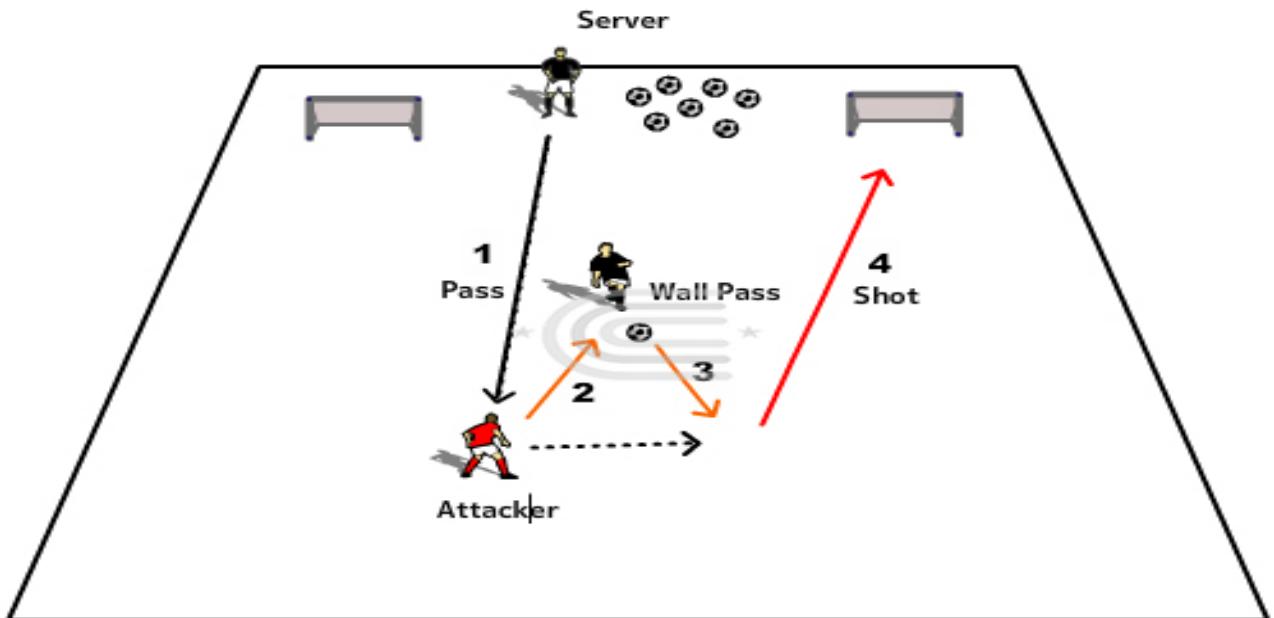
.V 2: This time WP , overlaps striker, who lays ball off for WP to shoot

COACH TIP. Make sure there is a good supply of the balls with the end players

PLAYER TIP.

Use the outside of your foot to set up the shoot for your team mate

DRILL 69 (V3) FINISHING ACCURATELY



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PURPOSE

SET UP

GK,defender serve .

End player striker, middle player wall passer

ACTION

V 3: Server to Striker who lays the ball first time to WP; WP plays first touch to striker, when WP touch's the ball the defender comes out to block, the GK behind defender tries to save.

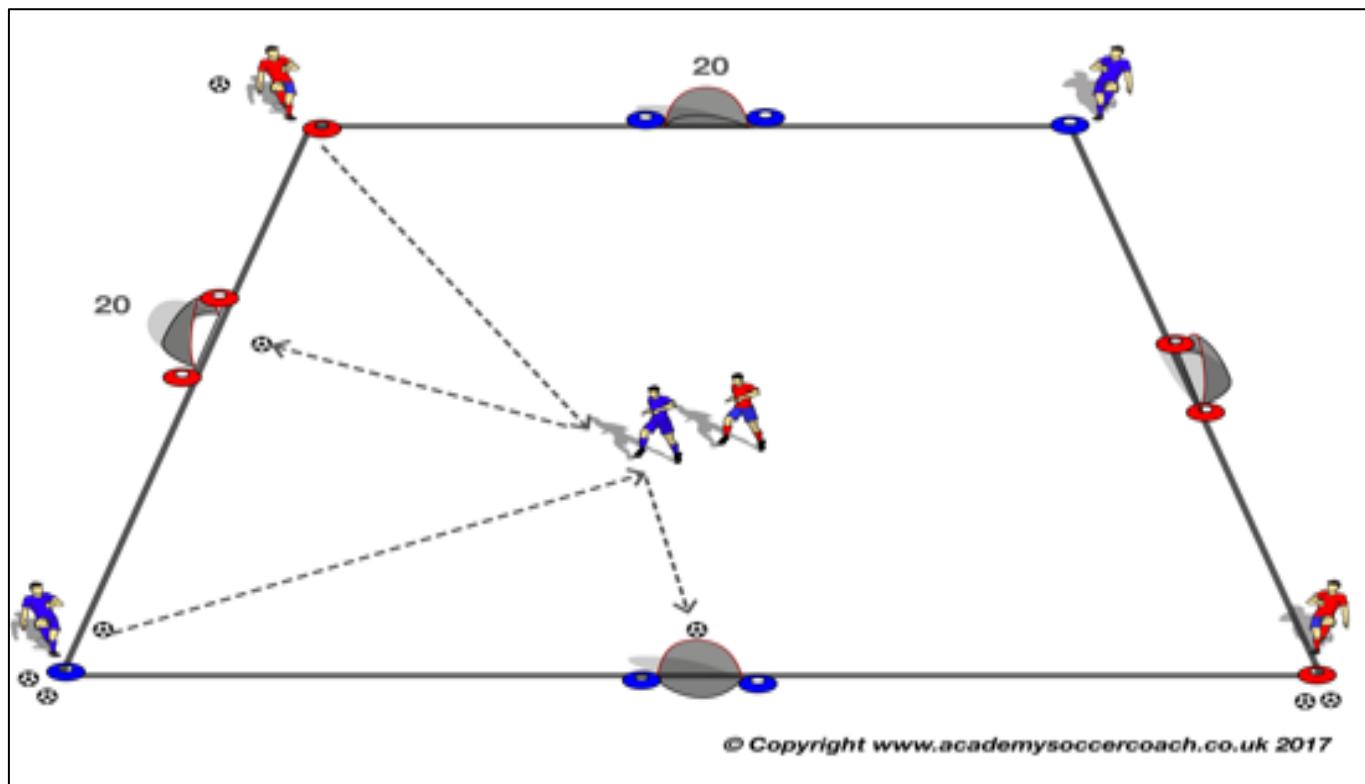
COACH TIP. Coach encourage GK to instruct defender

PLAYER TIP.

Striker you can shoot in either goal so try and disguise your shot.

DRILL 70

FINISHING UNDER PRESSURE



PURPOSE: To improve finishing under pressure

SET UP:

a 15 x 15 yard grid (with 2 x Blue/Orange discs as per diagram).

4 x target goals (North, South, East, West).

Goals that are North/South have Blue discs either side, Goals that are East/West have Orange discs either side.

Attacker and defender on the field

Servers on the outside.

ACTION

If Attacker scores then, a teammate serves again to him, if Attacker misses or defender touch's the ball attacker and defender change roles.

Coach Tip

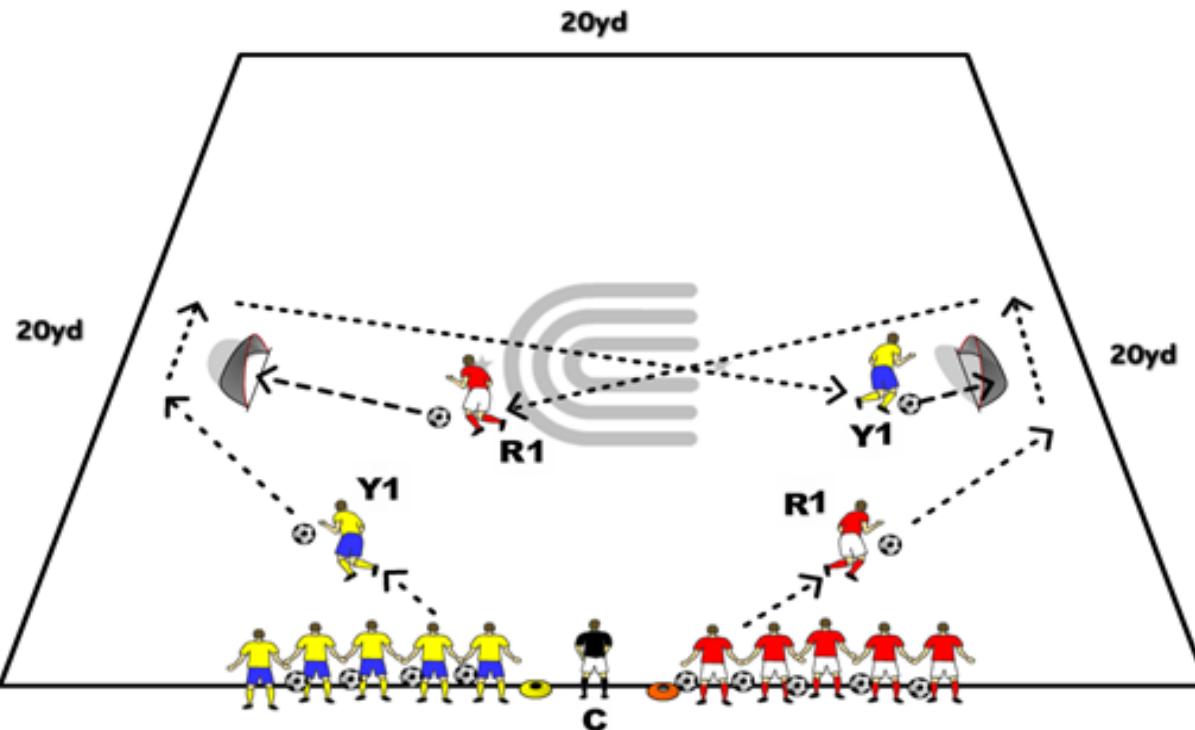
Change middle players every 60 seconds

Player Tip

Attacker use your C.O.D's to make space to shoot

DRILL 71

FINISHING ON THE RUN



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PURPOSE: To improve Shooting on the run

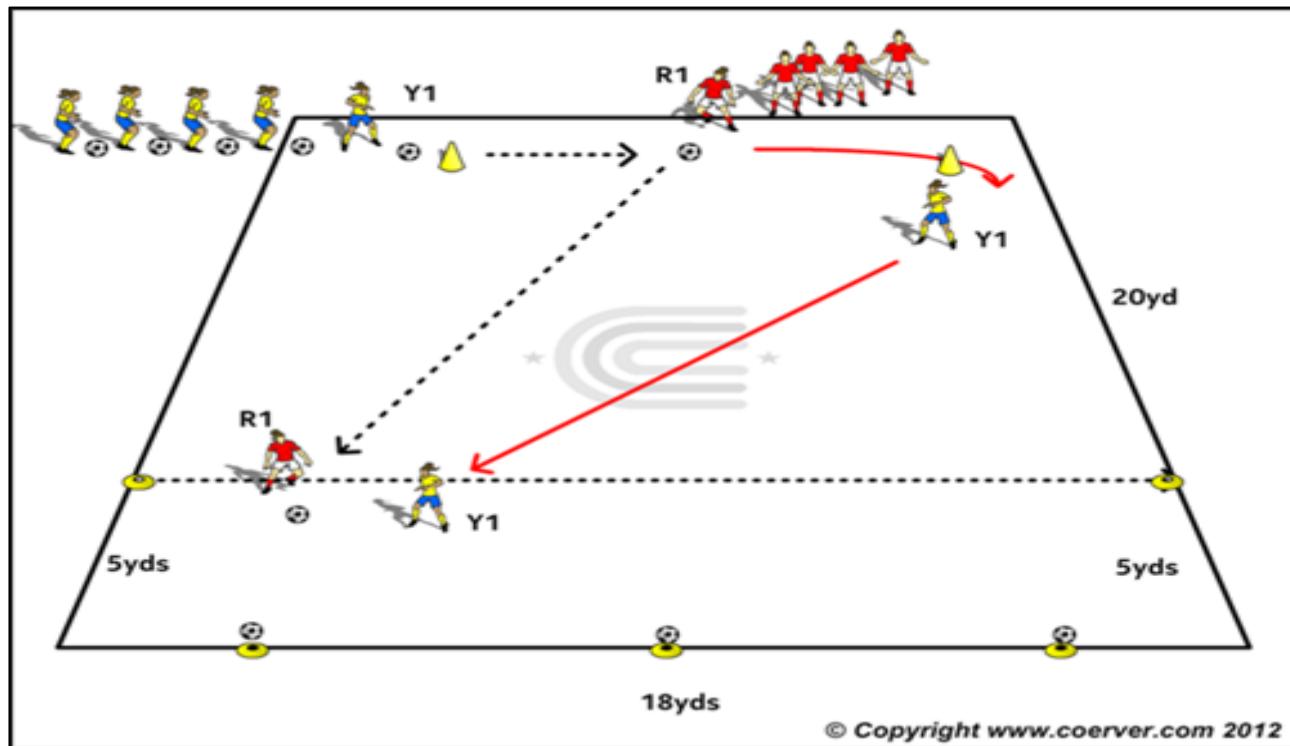
SET UP: Two mini goals 18yds apart inside a 20 x 20 yds. grid with a ball on the mid line in front of each goal. Two teams lined up on either side of the coach on a sideline.

ACTION: Each Player with a ball. The first player on each team dribbles from the side-line around their own goal and shoots on the opponents goal then sprint to release their next team mate. Every ball must be in the goal for team to win.

COACH'S TIP. Keep score of goals scored. Adjust distance according to age & level.

PLAYER TIP: Eyes up before you set off and before you shoot.

DRILL 72 (V1) FINISHING ON THE RUN



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PURPOSE: To Improve Shooting on the run

SET UP. A 25 x 25 yds. grid with three balls set on cones 8 yds. apart at one end of the grid.

At the opposite end three cones are set 6/7 yds. apart.

Red team line up (attackers, without a ball) to the side of the first cone on the side farthest from the balls.

The Yellow team (defenders) line up 3/4 yds. behind the line of the cones with a ball.

ACTION. Y1 dribbles the ball between the cones and steps on the ball with sole and leaves for R1, then sprints around the far cone to give chase to R1.

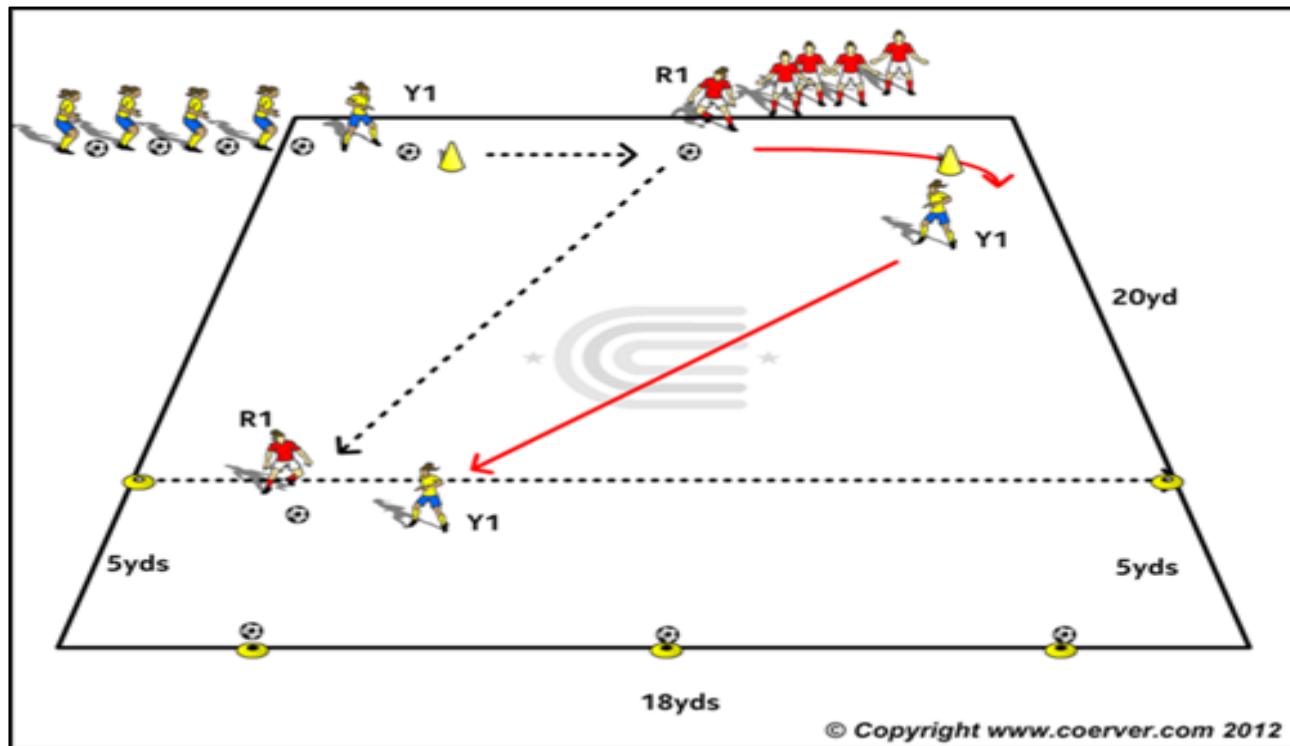
R1 takes possession of the stopped ball and speed dribbles to try to get inside the 5 yds. shooting zone in front of the three balls at the opposite end of the grid to shoot and knock a ball off.

V.1: Shoot inside end zone

COACH'S TIP. Adjust the position of the tall cone to make it harder/easier for the defender to get around and give chase. Closer = harder for Attacker. Further = easier for the Attacker.

PLAYER TIP. Get the ball out of your feet with a bold first touch preferably with the outside of the foot and then use the outside of the foot to take as few touches as possible to penetrate the shooting zone yet keep control at speed.

DRILL 72 (V2) FINISHING ON THE RUN



PURPOSE: To Improve Shooting on the run

SET UP. A 25 x 25 yds. grid with three balls set on cones 8 yds. apart at one end of the grid.

At the opposite end three cones are set 6/7 yds. apart.

Red team line up (attackers, without a ball) to the side of the first cone on the side farthest from the balls.

The Yellow team (defenders) line up 3/4 yds. behind the line of the cones with a ball.

ACTION. Y1 dribbles the ball between the cones and steps on the ball with sole and leaves for R1, then sprints around the far cone to give chase to R1.

R1 takes possession of the stopped ball and speed dribbles to try to get inside the 5 yds. shooting zone in front of the three balls at the opposite end of the grid to shoot and knock a ball off.

V.2: Shoot before end zone

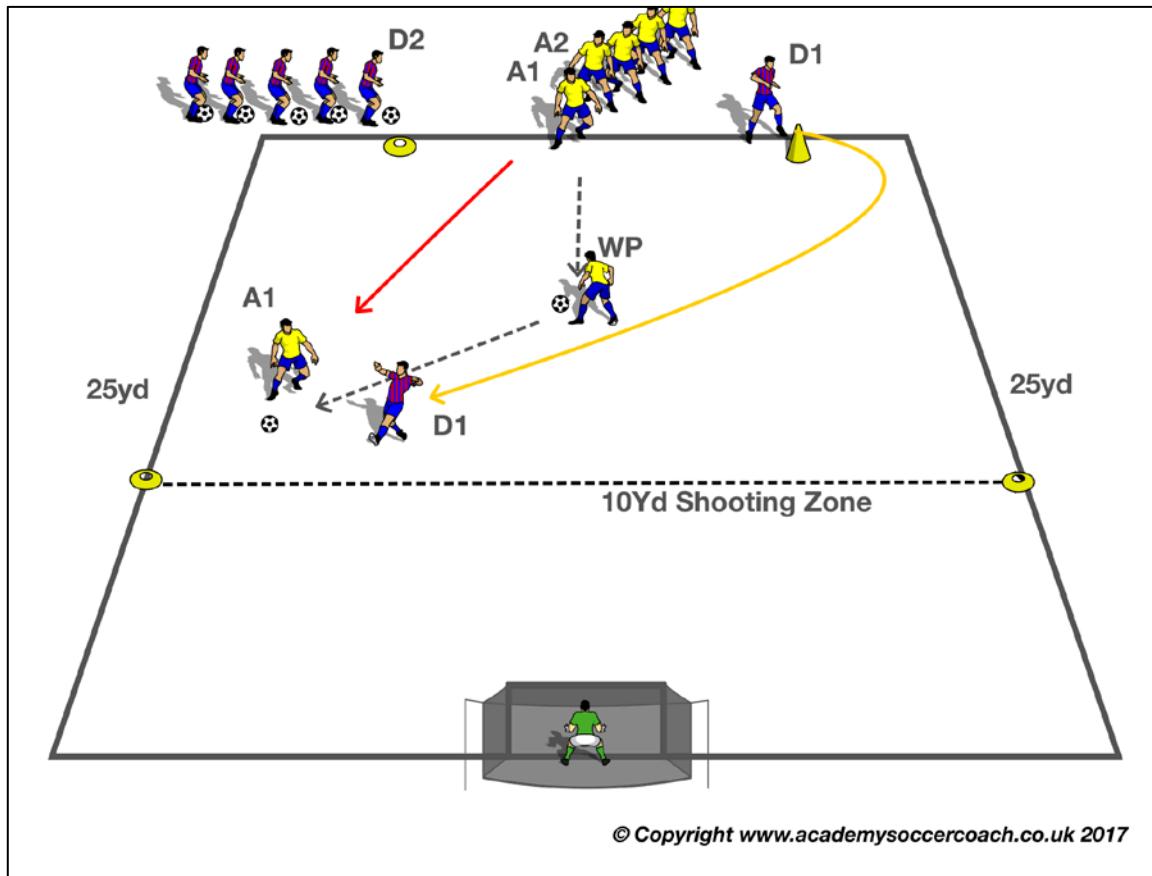
COACH'S TIP.

This is harder so you can put the target balls closer together

PLAYER TIP.

Remain calm and don't focus on your opponent but the target

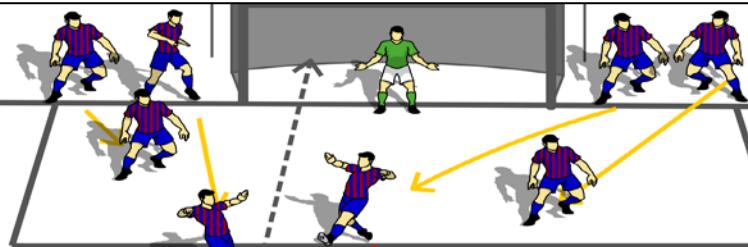
DRILL 72 (V3) FINISHING ON THE RUN



Same Drill as 72 V1, but this time the coach acts as a wall passer , You can have full size Goal and GK.

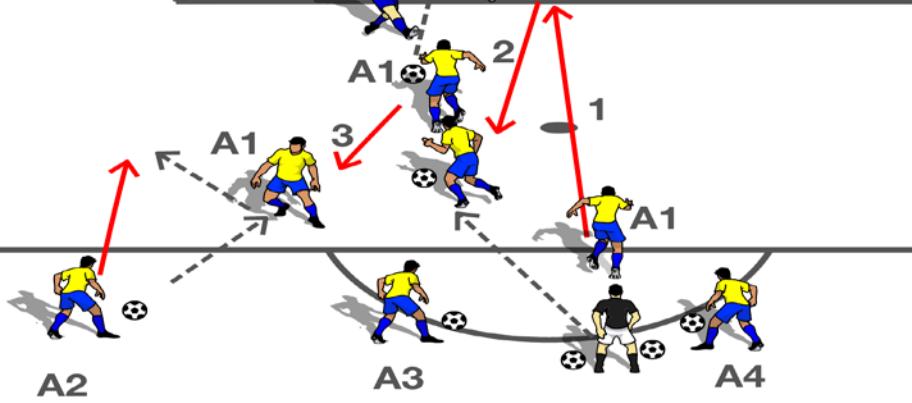
DRILL 73

FAST FINISHING



Full Pressure

- 1v4 + GK
- 2v4 + GK
- 3v4 + GK
- 4v4 + GK
- 5v4 + GK



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PURPOSE. Improve finishing.

SET UP. Coach and Attackers A1, A2, A3, A4 & A5 with a ball each lined up, 18 yards from goal. GK and 4 defenders on either side of the goal.

ACTION. A1 sprints to the 6yd line, touches it then turns to receive a pass from Coach and turns to shoot.

As A1 hits the 6 yd line the 4 Defenders enter the field to defend and stop A1 shooting.

Whether A1 shoots or is blocked or dispossessed he immediately turns to receive from A2 and plays a 1-2 with A2 or takes it himself while A2 supports

The defenders once on the field stay there and defend full pressure.

As soon as a A1 or A2 shoot or lose ball A1 immediately sprints towards A3 to receive and combine with A2 and A3 for any of them to get a shot on goal.

When this sequence is over A1 immediately sprints to A4 and repeats the previous sequences only it's now 4v4.

He does the same with A5 as the previous sequence ends for a 5v 4.

COACH TIP: Have a supply of balls so you can continue to serve to A1, after all players on field.

PLAYER TIP. Don't always look for perfect opportunities. Be prepared to shoot in traffic., other players follow up

