

ADVANCED *AND* SHOOTING AND FINISHING

*FUNCTIONAL FINISHING
EXERCISES FOR IN AND
AROUND THE PENALTY AREA*

by **LUCA BERTOLINI**

VOLUME
1



Advanced Shooting and Finishing

Volume 1

By

Luca Bertolini

Published by
WORLD CLASS COACHING

First published October, 2017 by
WORLD CLASS COACHING 12851 Flint Street Overland Park, KS 66213 (913) 402-0030

Copyright © WORLD CLASS COACHING 2017

All rights reserved. No parts of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior written permission of the publisher.

Authors – Luca Bertolini
Editor - Tom Mura
Cover Art By - Barrie Smith



Table of Contents

Introduction	5
Dribbling and/or Passing areas	6
Shooting areas	8
Dribble or pass from wide and deep spaces on the flanks and shoot from outside corners of the penalty area	10
Dribble or pass from wide and deep spaces on the flanks and shoot from the center spaces out of the penalty area	21
Dribble or pass from wide and deep spaces on the flanks and shoot inside the penalty area	32
Dribble or pass from and in the penalty area and shoot inside there	47

Introduction:

This e-book collection's goal is to help coaches and then the players to recognize some game situations on the field while their team is in possession in the final third which could help them move to the finishing stage.

How many times does a team lose a scoring chance because of a wrong last pass, because of a wrong run without the ball, or because of the right pass but with wrong timing?

Moreover, how many times is a scoring chance missed because of the wrong tempo or because the move rhythm was not accelerated before shooting on goal?

This is the reason why I divide the final third of an attack into four passing areas and three shooting areas; they are combined together in each section of this e-book and all the related exercises are useful to create scoring chances and to shoot on goal as quickly as possible.

All the exercises are organized following the principle of the increasing difficulty level: from a simple basic level without opposition's pressure, to more complex game situations involving small group duels, passing through exercises with 1 v 1 or 2 v 2 duels under the pressure of time.

Often a correctly oriented ball control or a simple but well weighted pass can make the difference between a score and a miss. The difference can also be a 1 v 1 duel quickly solved or a small group's duel quickly solved with the right pass at the right time.

The exercises of this e-book collection are designed while thinking about the areas where the last pass usually comes from or where the ball is usually dribbled through, and about the areas where the shots are usually kicked to finish; all the sequences and the small duels are suitable for shooting as many times as possible.

The final third is divided into 4 passing or dribbling areas:

- wide and deep spaces on the flanks
- wide spaces on the flank in the final third
- center spaces in the final third
- the penalty area

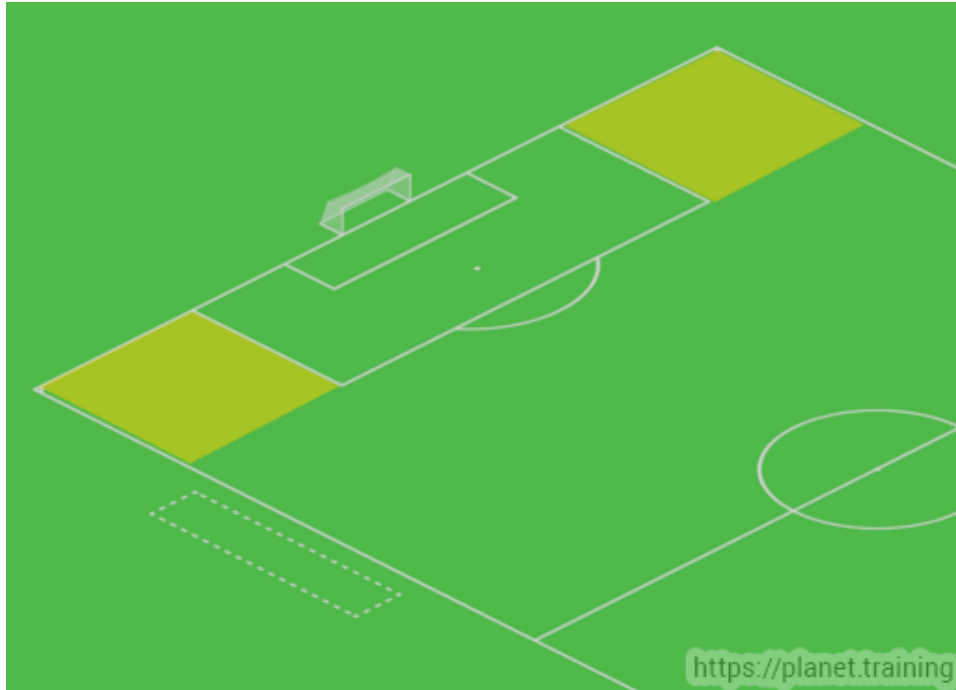
And the final third is divided in 3 shooting areas:

- outside corners of the penalty area
- the center spaces out of the penalty area
- inside the penalty area

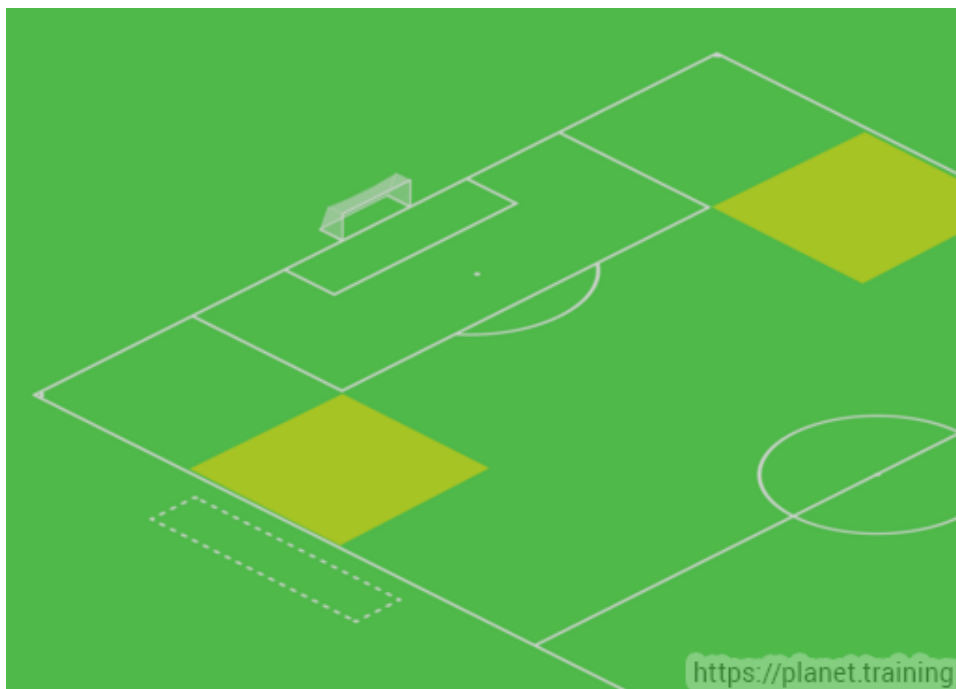
All the sequences are the results of the dribbling, passing and shooting combination between those areas and among the players who are placed inside those areas. The goalkeeper always starts the exercises.

Dribbling and/or Passing areas

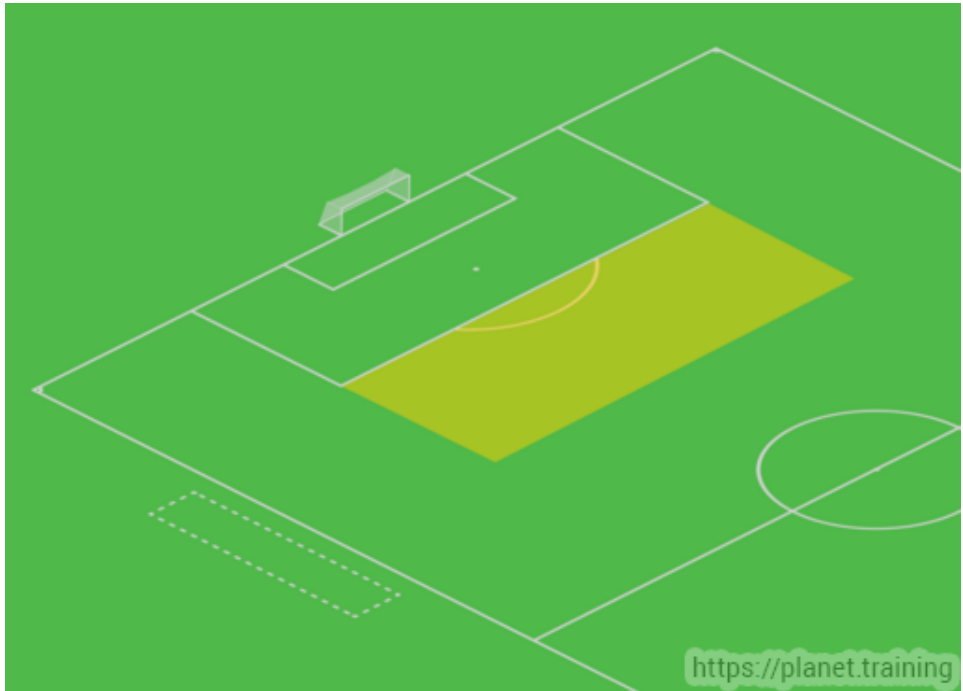
Dribble or pass from wide and deep spaces on the flanks: back passes are played toward the player or the players who must try to finish.



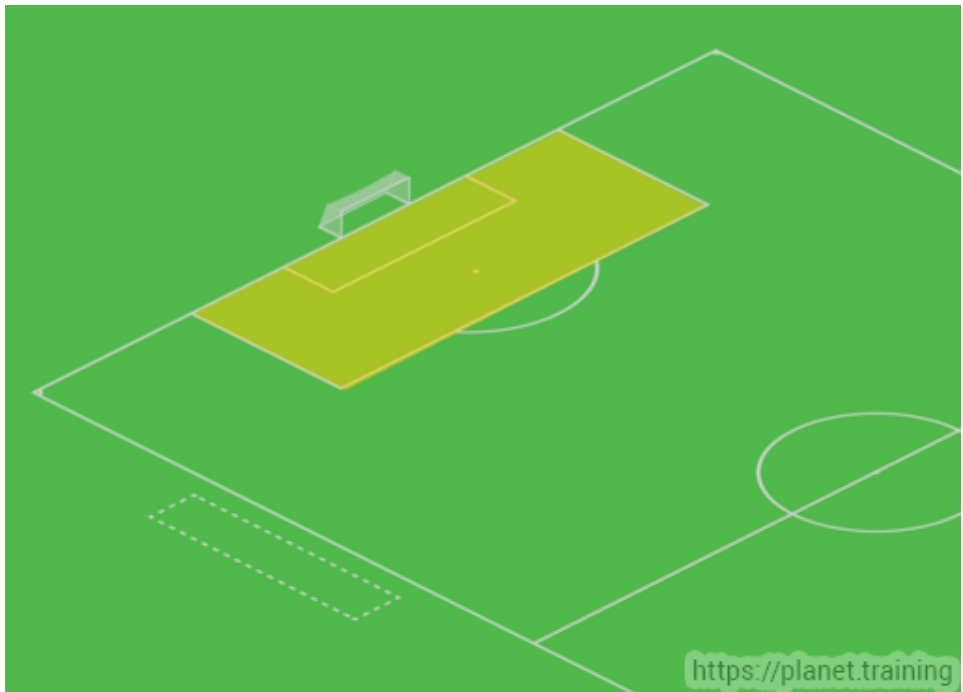
Dribble or pass from wide spaces along the flanks in the final third: from these areas, the last passes can be played toward the center spaces or inside the penalty area even through long balls.



Dribble or pass from center spaces in the final third: last passes are usually played inside the penalty area to finish as quickly as possible.

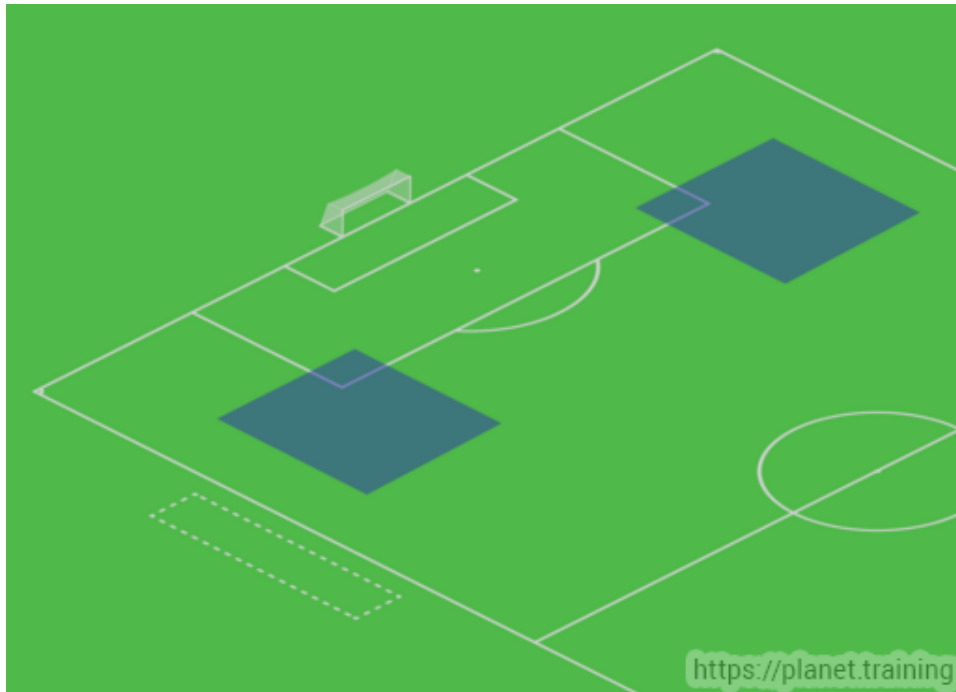


Dribble or pass from and in the penalty area: short and quick passes should be played inside or just outside with one touch passes to shoot on goal.

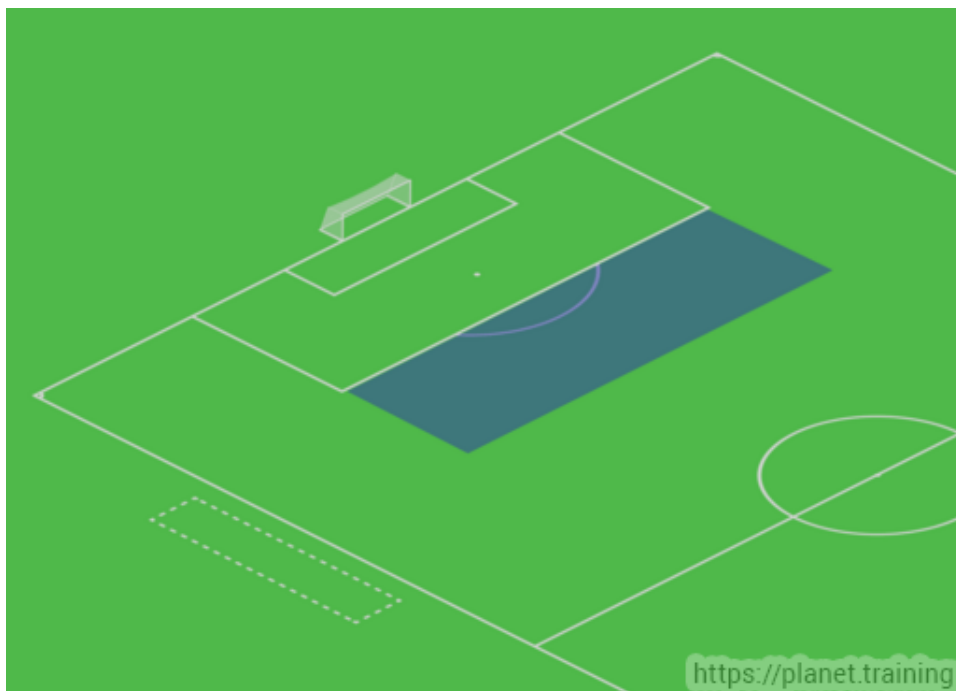


Shooting areas

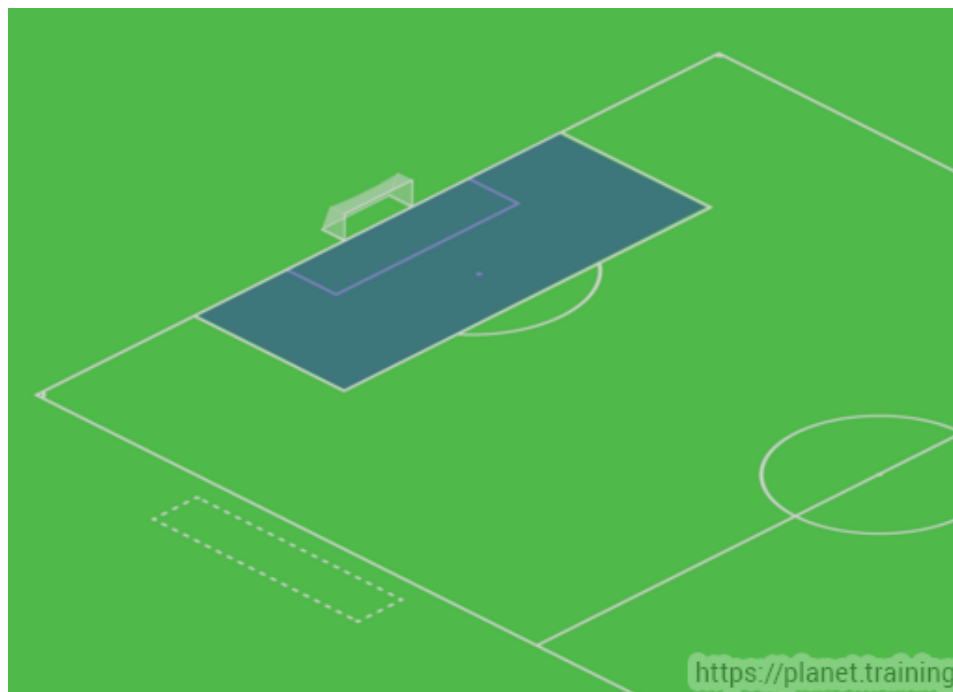
Shoot from outside corners of the penalty area: usually after feints or dribbling the ball toward the goal.



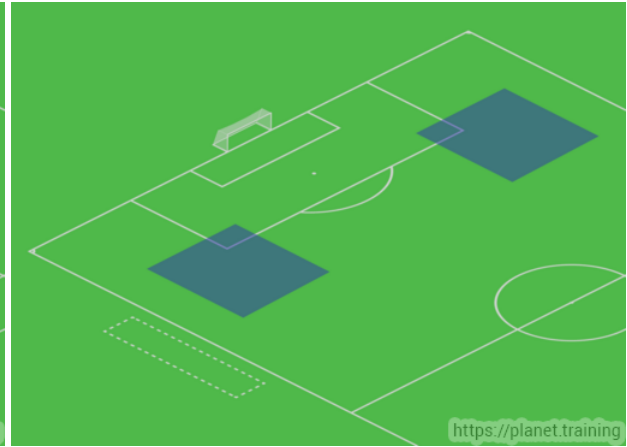
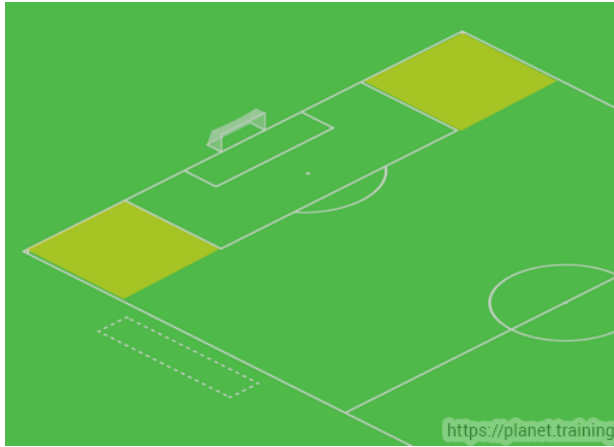
Shoot from the center spaces out of the penalty area: usually the players must shoot with one touch or through fast pass combinations and feints.



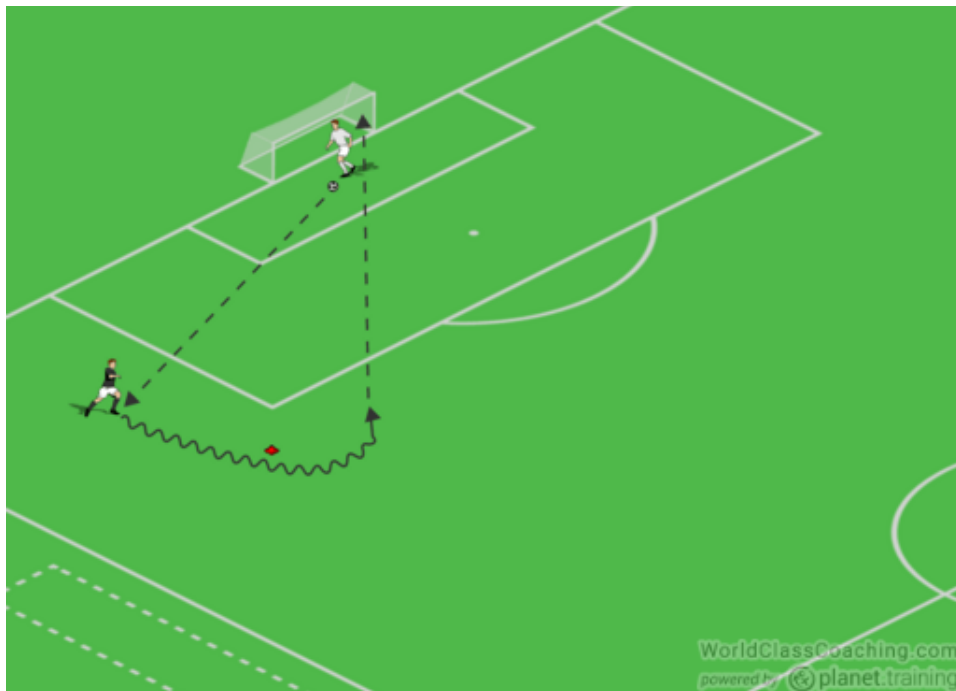
Shoot inside the penalty area: usually with one touch as the ball arrives from outer spaces (behind or from outside).



**Dribble or pass from wide and deep spaces on the flanks
and shoot from outside corners of the penalty area**



Exercise 1: 1 v the goalkeeper (1)



Sequence: The goalkeeper passes the ball outside the penalty area; the receiver must control the ball, dribble it, turn around the cone and shoot on goal. The same sequence can be carried out on the other side.

Variation: Fix a limit of time to shoot on goal.

Eye on: Dribble speed and quickness to shoot on goal after the change of direction around the cone.

Exercise 2: 1 v 1 (1)



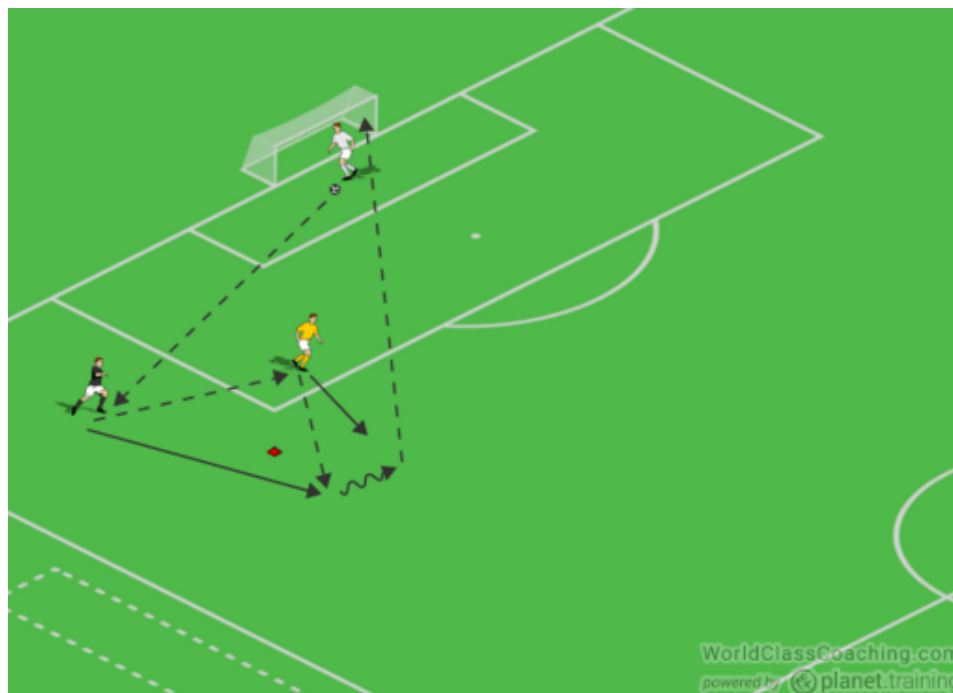
Sequence: The goalkeeper passes the ball outside the penalty area; the receiver must control the ball, dribble it, turn around the cone, win the 1 v 1 duel against the defender and shoot on goal. The same sequence can be carried out on the other side.

Variation 1: The defender can decide to put pressure on the receiver before the first control or after the change of direction around the cone.

Variation 2: Fix a limit of time to shoot on goal; after that the defender can shoot on goal.

Eye on: Dribble speed, feints to win the 1 v 1 duel, quickness to shoot on goal after the change of direction around the cone.

Exercise 3: 1 v 1 (2)



Sequence: The goalkeeper passes the ball outside the penalty area; the receiver must control the ball, play a triangle combination with the defender, receive the back pass over the cone, win the 1 v 1 duel against the defender and shoot on goal. The same sequence can be carried out on the other side.

Variation: Fix a limit of time to shoot on goal; after that the defender can shoot on goal.

Eye on: Quick passing combinations, feints to win the 1 v 1 duel, quickness to shoot on goal after the change of direction around the cone

Exercise 4: 1 v 1 (3)



Sequence: The goalkeeper passes the ball outside the penalty area; the receiver must control the ball, and pass back toward a teammate who then must control the ball on this side of the cones, saving the possession against the defender, win the 1 v 1 duel and shoot on goal. The defender must put pressure on the player in possession with the right time while he's receiving. The same sequence can be carried out on the other side.

Variation: Fix a limit of time to shoot on goal; after that the defender can shoot on goal.

Eye on: Quick passing combinations, feints to win the 1 v 1 duel, quickness to shoot on goal when the possession is ensured. Timing of the defensive pressure.

Exercise 5: 1 v 1 (3)

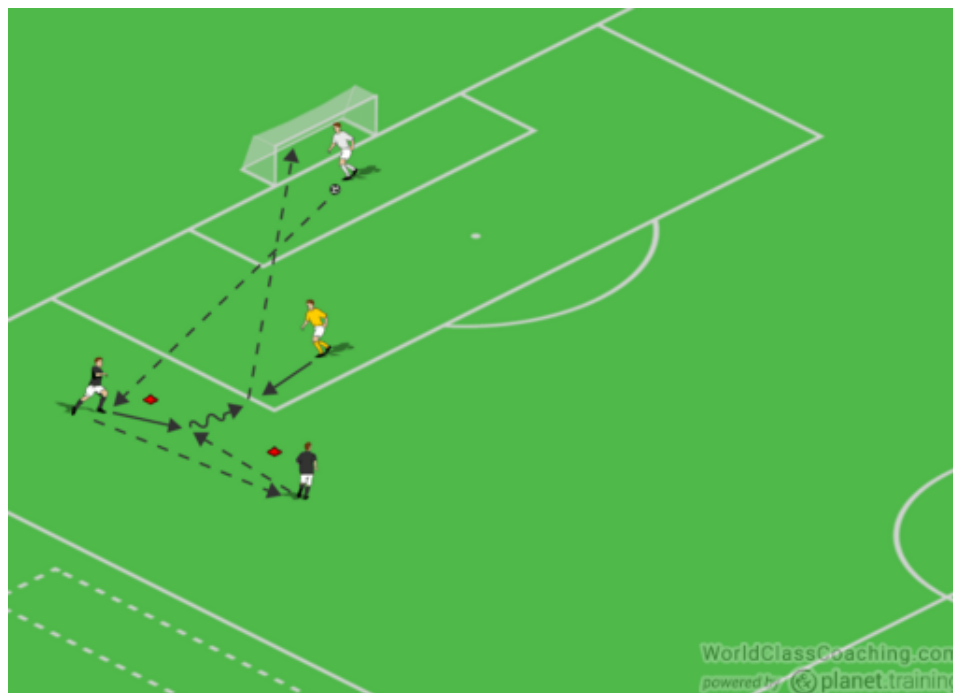


Sequence: The goalkeeper passes the ball outside the penalty area; the receiver must control the ball, and pass toward a teammate between the cones toward the direction of run of a teammate. The receiver then must control the ball cutting inside, saving the possession against the defender, win the 1 v 1 duel and shoot on goal. The defender must put pressure on the player in possession with the right time while he's receiving. The same sequence can be carried out on the other side.

Variation: Fix a limit of time to shoot on goal; after that the defender can shoot on goal.

Eye on: Quick passing combinations, feints to win the 1 v 1 duel, quickness to shoot on goal when the possession is ensured. Timing of the runs without the ball to receive and of the defending pressure to win it.

Exercise 6: 1 v 1 (4)

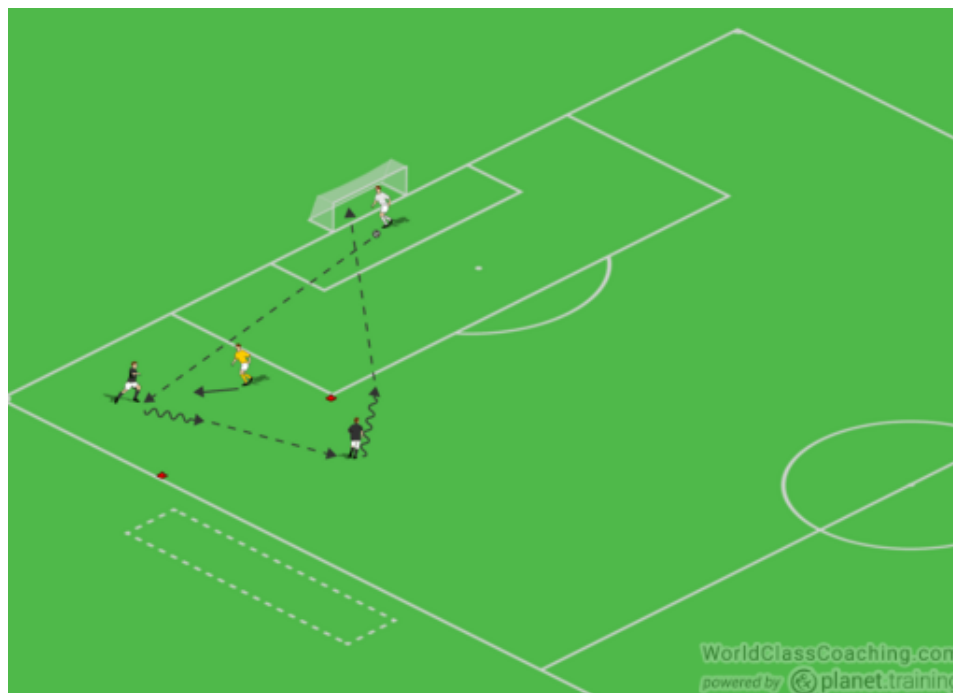


Sequence: The goalkeeper passes the ball outside the penalty area; the receiver must control the ball, and play a 1 - 2 combination with a teammate. He must receive the back pass in the space between the cones and on this side of the ideal defender line; this way he's not off-sides. The receiver then must control the ball cutting inside, saving the possession against the defender, win the 1 v 1 duel and shoot on goal. The defender must put pressure on the player in possession at the right time while he's receiving. The same sequence can be carried out on the other side.

Variation: Fix a limit of time to shoot on goal: after that the defender can shoot.

Eye on: Quick passing combinations, feints to win the 1 v 1 duel, quickness to shoot on goal when the possession is ensured, timing of the runs without the ball to receive and not to be off-side and of the defending pressure to win the ball.

Exercise 7: Shoot after receiving from a 1 v 1 duel (1)

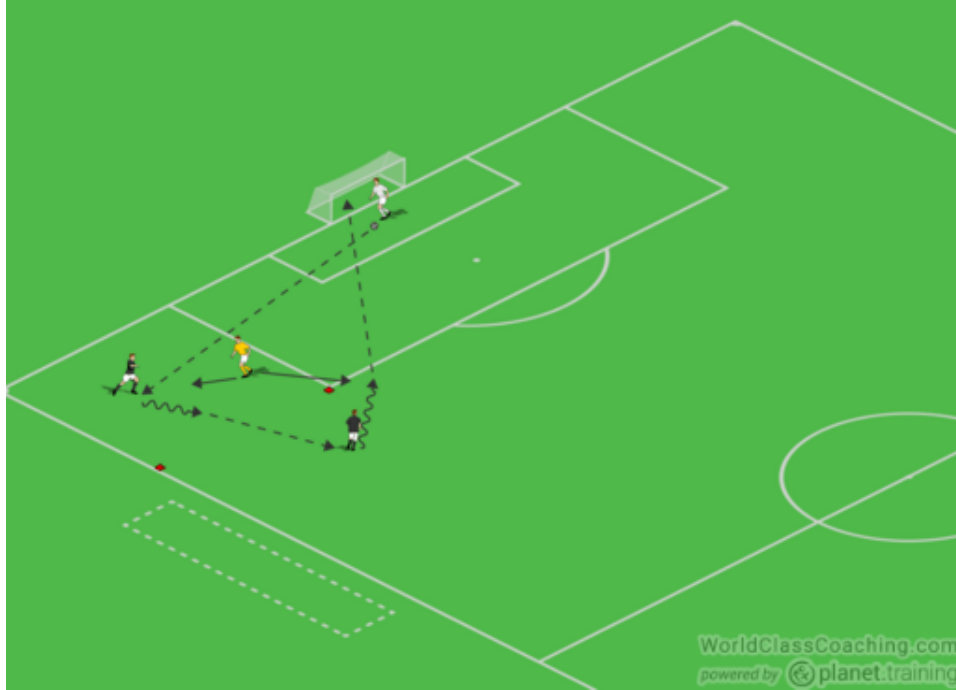


Sequence: The goalkeeper passes the ball into the square space between the penalty area and the side line; a 1 v 1 duel is played inside there. The attacker must receive and control the ball against the pressure of a defender. A second attacker must be served outside this space and he must shoot on goal quickly. The defender must put pressure on the first player in possession with the right time while he's receiving. The same sequence can be carried out on the other side.

Variation 1: Fix a limit of time to win the 1 v 1 duel: after that the defender can finish 1 v 1 against the goalkeeper.

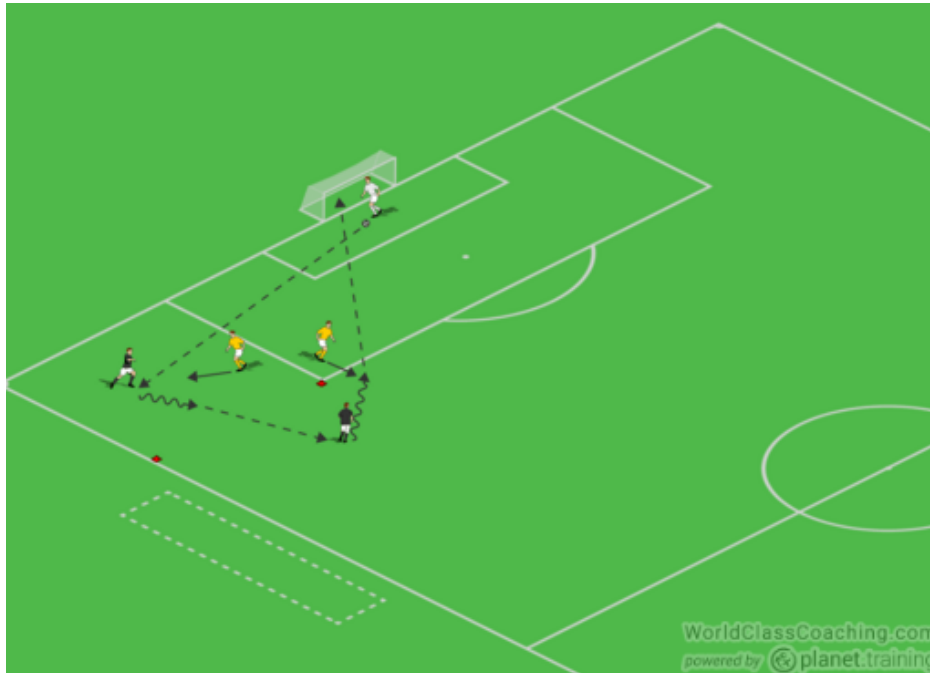
Eye on: Quick passing combinations, feints to win the 1 v 1 duel, quickness to shoot on goal as the ball is controlled.

Exercise 8: Shoot after receiving from a 1 v 1 duel (2)

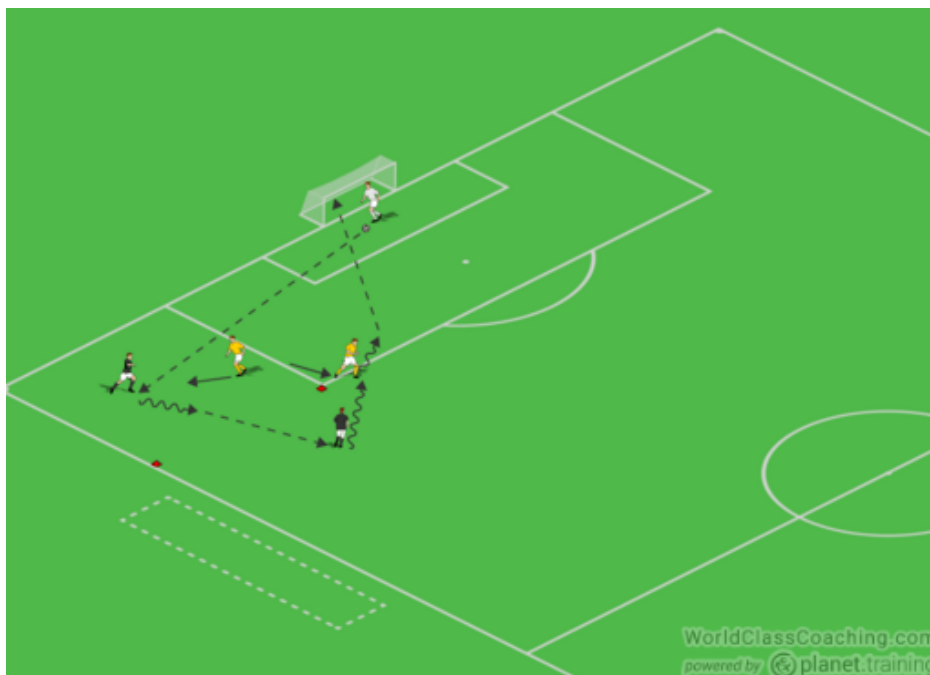


Variation 2: This is a second variation of the previous exercise. The defender can decide to defend 1 v 1 against the first receiver or against the attacker who must shoot. Or he can defend against them both.

Exercise 9: Shoot after a double 1 v 1 duel

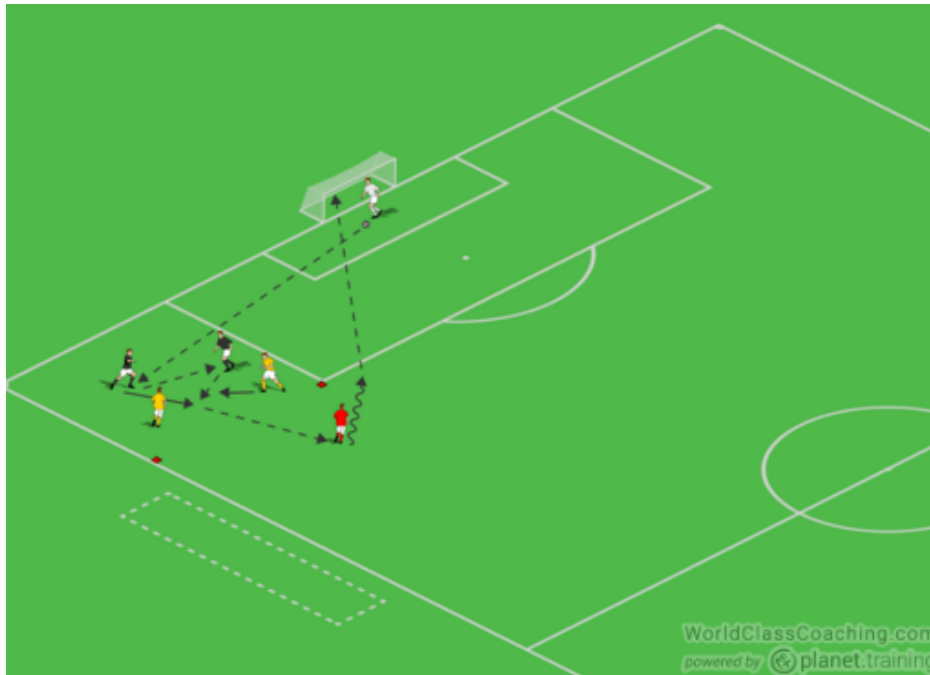


Sequence: The goalkeeper passes the ball into the square space between the penalty area and the side line; a 1 v 1 duel is played inside that area. The player who is able to keep the possession passes the ball out of the space, where a second 1 v 1 duel is carried out. Both the defenders must put pressure on the opponent in possession with the right time while he's receiving. **Variation 1:** Fix a limit of time to win the 1 v 1 duel: after that the defender wins the possession or the second one can finish.

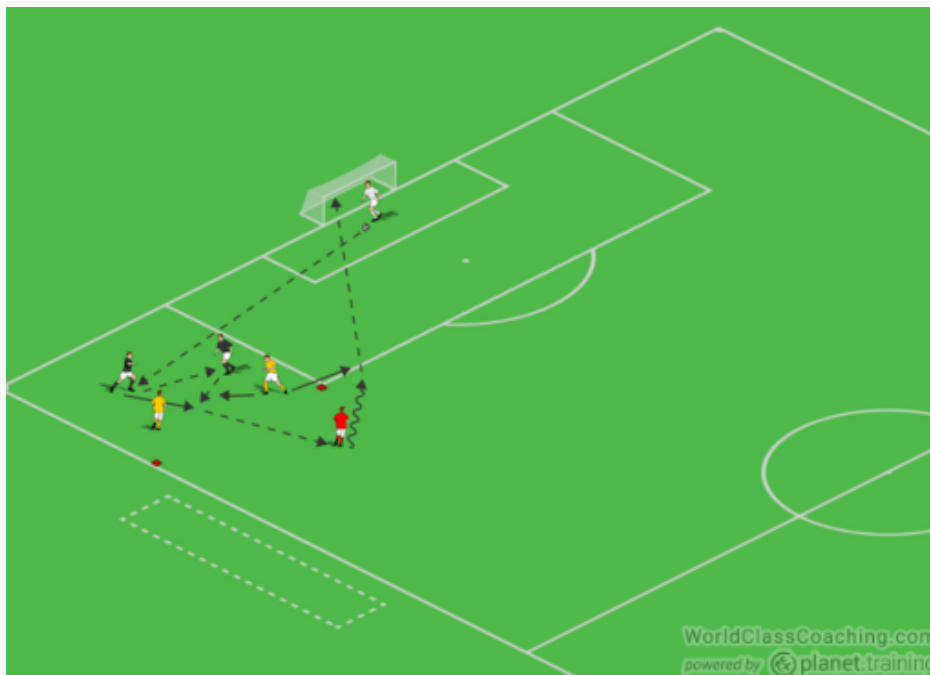


Eye on: Feints to win the 1 v 1 duels, quickness to shoot on goal as the ball is received.

Exercise 10: The 3rd man shoots after a double 2 v 2 duel (1)



Sequence: The goalkeeper passes the ball into the square space between the penalty area and the side line; a 2 v 2 duel is played inside there. The red free player can be served only after a 1-2 or wall passing combination; he must score for the team in possession. Both the defenders can put pressure only on the black players. **Variation 1:** Fix a limit of time to win the 2 v 2 duel: after that the defenders win the possession. **Variation 2:** One defender can play against the free player out the square.



Eye on: Passing combinations to win the 2 v 2 duel, quickness to shoot on goal as the ball is received.

Exercise 11: The 3rd man shoots after a double 2 v 2 duel (2)



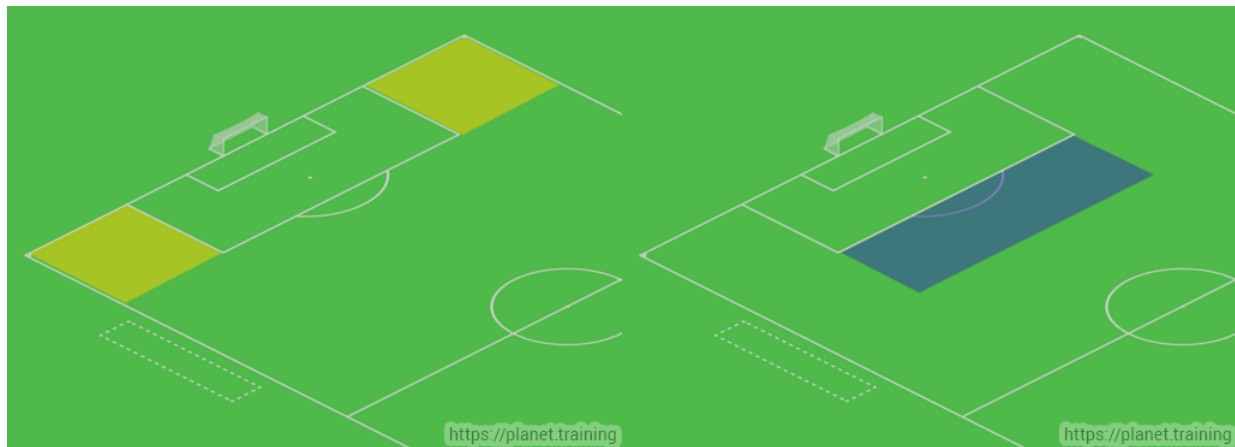
Sequence: The goalkeeper passes the ball into the square space between the penalty area and the side line; a 2 v 2 duel is played inside there. The red free player can be served only after a 1-2 or wall passing combination; the players in possession can score after a new wall passing combination with the red free player, paying attention to receive the ball when they are not off-side. Both the defenders can put pressure only on the black players inside or outside the square.

Variation 1: Fix a limit of time to win the 2 v 2 duel: after that the defenders win the possession.

Variation 2: One defender can play against the free player out the square.

Eye on: Passing combinations to win the 2 v 2 duel, quickness to shoot on goal as the ball is received.

Dribble or pass from wide and deep spaces on the flanks and shoot from the center spaces out of the penalty area



Exercise 12: Receive and shoot on goal after a feint (1)



Sequence: The goalkeeper passes the ball outside the penalty area; the first receiver must control the ball and pass it again out of the penalty area toward a teammate who must receive, dribble, overcome an air-body with a feint and shoot on goal.

Variation: Fix a limit of time to shoot on goal.

Eye on: Dribble speed, feints quality and quickness to shoot on goal.

Exercise 13: Receive and shoot on goal after a feint (2)



Variation 2: This is a second variation of the previous exercise. The goalkeeper decides which is the air-body to be overcome before shooting on goal.

Exercise 14: Escape the marker and shoot on goal



Sequence: The goalkeeper passes the ball outside the penalty area; the first receiver must control the ball and pass it again out of the penalty area toward a teammate who must escape from the air-body receive, dribble, and shoot on goal.

Variation: Fix a limit of time to shoot on goal.

Eye on: Movements without the ball, quality and quickness to shoot on goal.

Exercise 15: Escape a marker, 1 v 1 duel and shoot on goal (1)



Sequence: The goalkeeper passes the ball outside the penalty area; the first receiver must control the ball and pass it again out of the penalty area toward a teammate who must receive, overcome the air-body, win a 1 v 1 duel against an opponent who is coming from his left or right and shoot on goal. If the defender recovers the ball, he can shoot on goal directly.

Variation: Fix a limit of time to shoot on goal.

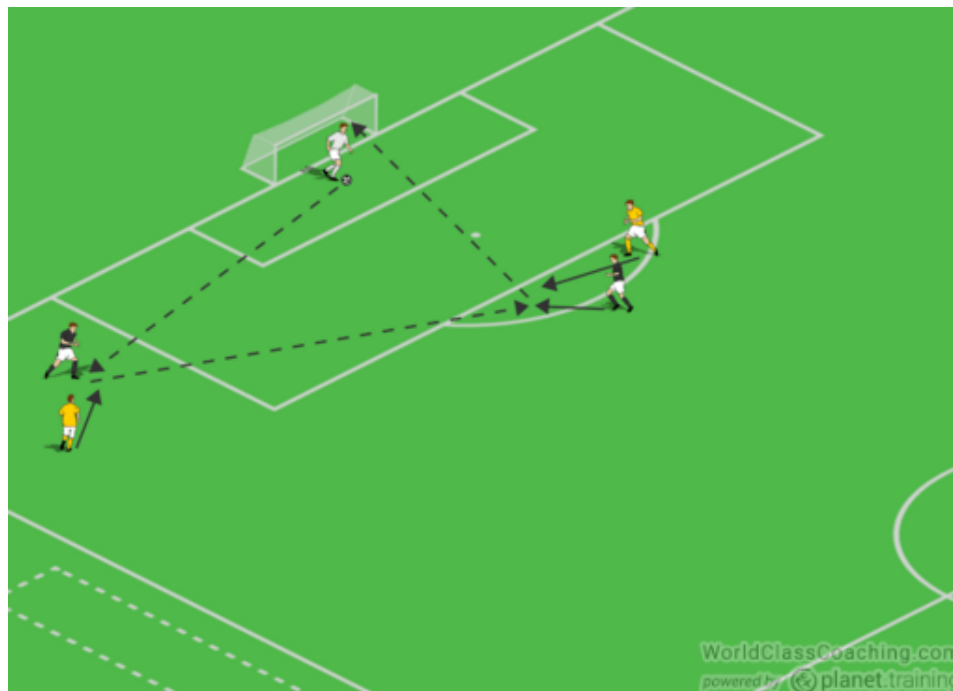
Eye on: Feints, skills to keep the possession, quality and quickness to shoot on goal.

Exercise 16: Escape a marker, 1 v 1 duel and shoot on goal (2)



Variation 2: This is a variation of the previous exercise; the second receiver overcomes one of the outer air-body (on the left or on the right), win a 1 v 1 duel against an opponent who is coming from the center and shoot on goal. If the defender recovers the ball, he can shoot on goal directly.

Exercise 17: Shoot after a double 1 v 1 duel

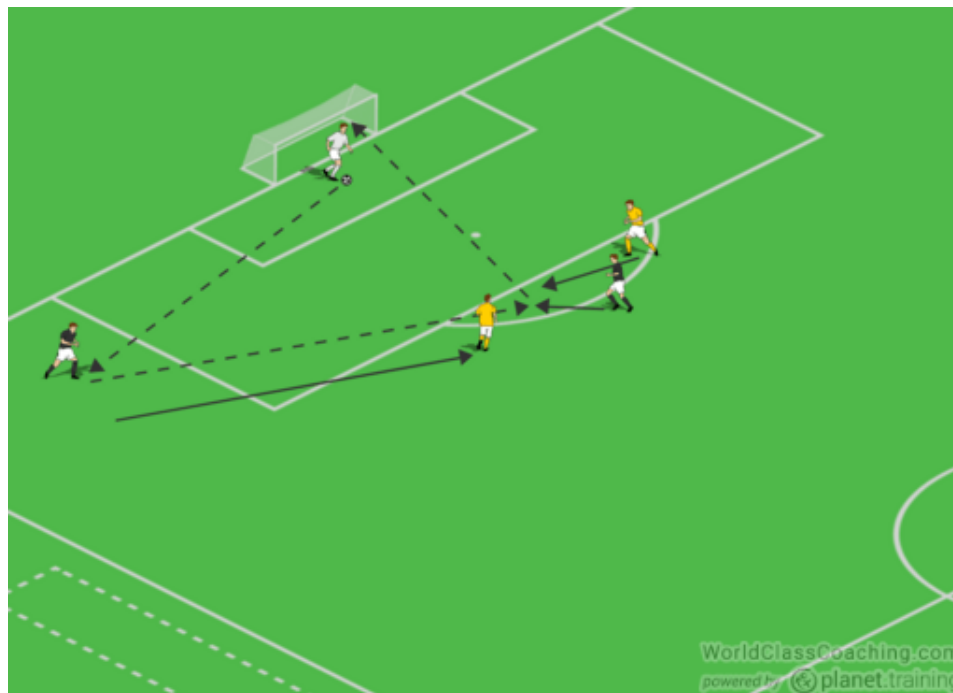


Sequence: The goalkeeper passes the ball into the square space between the penalty area and the side line; a 1 v 1 duel is played inside there. The player who is able to keep the possession passes the ball toward the center space out of the penalty area, where a second 1 v 1 duel is carried out. Both the defenders must put pressure on the opponent in possession with the right time while he's receiving.

Variation 1: Fix a limit of time to win the 1 v 1 duels: after that the defender wins the possession or the second one can finish.

Eye on: Feints to win the 1 v 1 duel, skills to maintain possession, quality and quickness of shot on goal.

Exercise 18: Shoot after a 1 v 1 and a second 1 v 2 duel



Variation 2: The defender of the first 1 v 1 duel can help the second one, creating a defense situation with numerical advantage 2 v 1. If the defenders win the possession, they can finish directly.

Eye on: Skills to keep possession when outnumbered, quality and quickness to shoot on goal.

Exercise 19: Shoot after a 1 v 1 and a second 2 v 1 duel



Sequence: The goalkeeper passes the ball into the square space between the penalty area and the side line; a 1 v 1 duel is played inside there. The player who is able to keep the possession passes the ball toward the center space out of the penalty area toward a free player on the cone. Here a 2 v 1 duel is played with an outnumbered defender. The attacker can shoot only through a "killer pass" of the free player. The first defender must put pressure on the opponent in possession with the right time while he's receiving and the second one must be able to follow and put pressure on the attacker while he's dribbling toward the goal. .

Variation 1: Fix a limit of time to win the 1 v 1 duels: after that the defender wins the possession or the second one can finish.

Variation 2: The defender of the first 1 v 1 duel can help the second one, creating a 2 v 2 defense situation.

Eye on: Feints to win the 1 v 1 duel, skills to keep the possession with numerical advantage, quality and quickness to shoot on goal.

Exercise 20: Shoot after a 1 v 1 and a second 2 v 1 duel



Sequence: The goalkeeper passes the ball into the square space between the penalty area and the sideline; a free player receives there. Then the goalkeeper calls the couple in possession inside the center space out of the penalty area; one of those two must start from the cone as lower vertex to receive the pass and to play a "killer pass" forward toward his teammate. The defenders must recovering possession to try to shoot on goal directly.

Variation 1: Fix a limit of time to win the 2 v 2 duels: after that the defender wins the possession or the second one can finish.

Variation 2: The free player run toward the penalty area to win the second times of the ball for the couple in possession

Eye on: Skills to keep the possession, skills to play decisive passes, quality and quickness to shoot on goal.

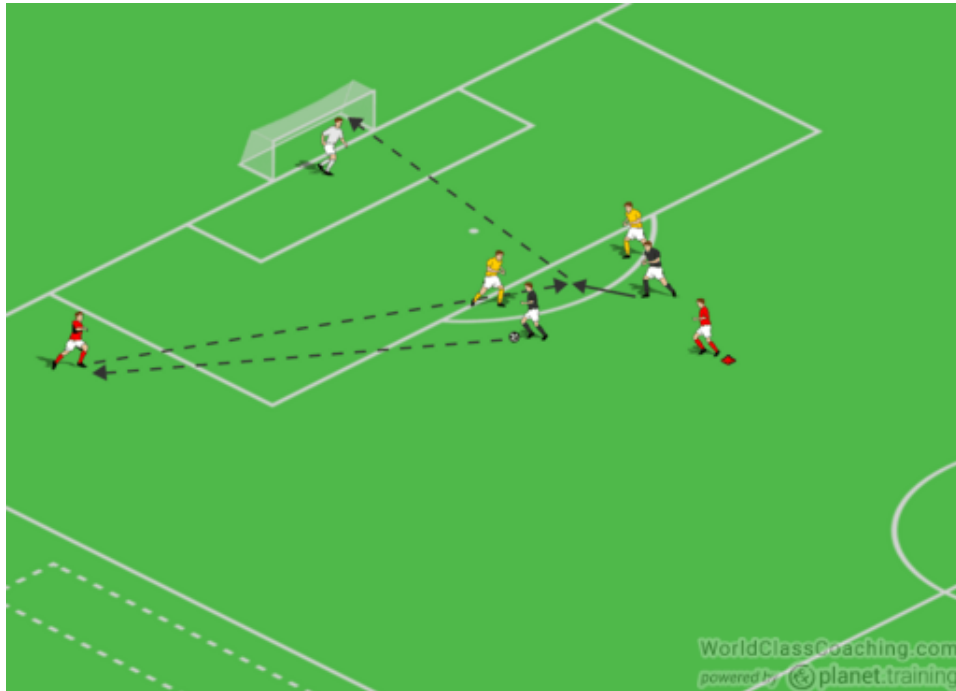
Exercise 21: Shoot after a 2 v 2 + 1 duel



Sequence: The goalkeeper passes the ball into the square space between the penalty area and the sideline; a free player receives there. Then the goalkeeper calls the couple in possession inside the center space out of the penalty area; a second free player receives the pass being placed on the center cone and he starts a 2 v 2 duel.



The first way to finish is to play a wall pass combination and a killer pass toward a 3rd man.



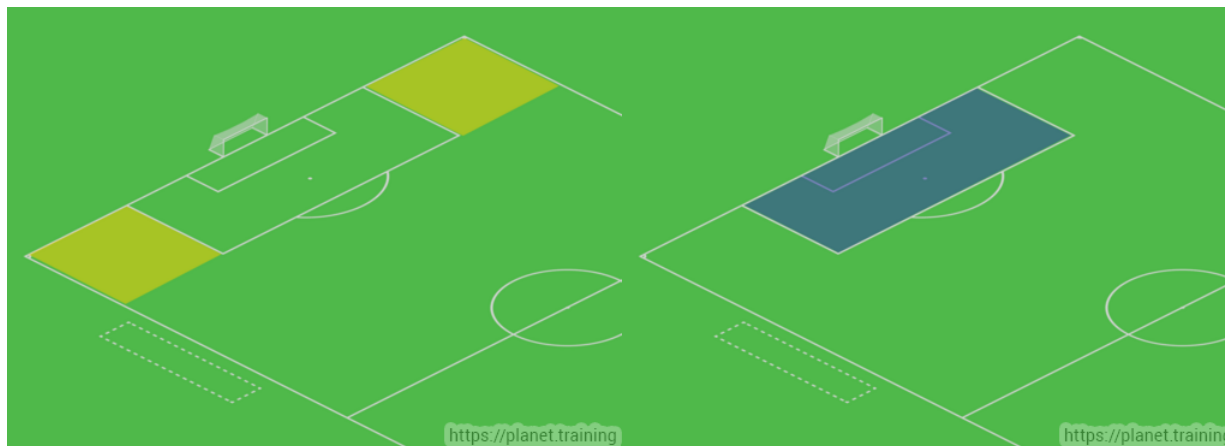
The second one is to play outside again toward the first free player and to finish shooting receiving on the run.

Variation 1: Fix a limit of time to win the 2 v 2 duels: after that the defender wins the possession or the second one can finish.

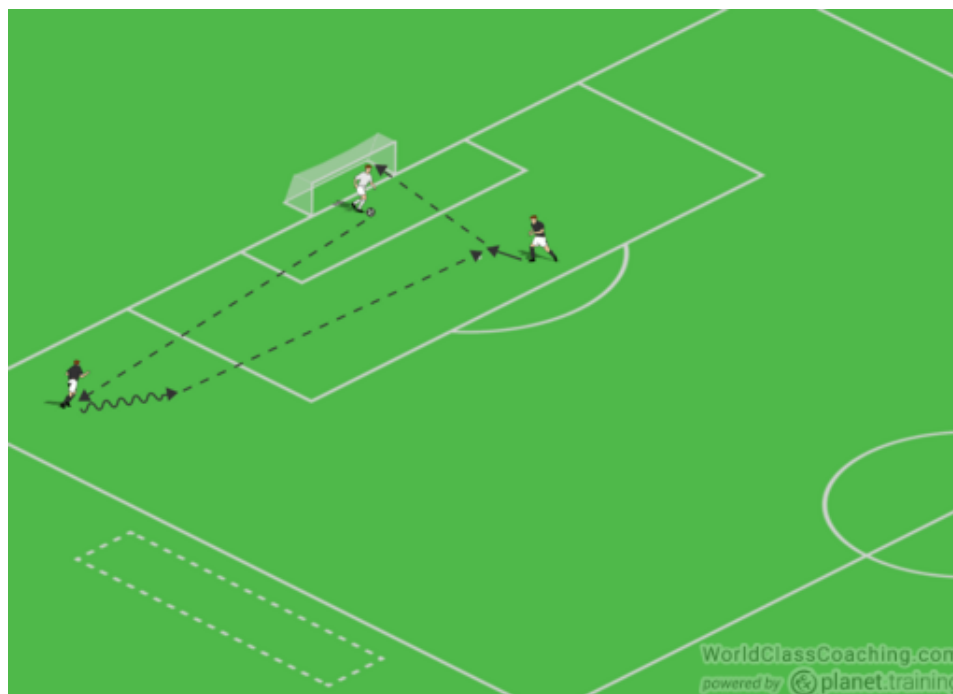
Variation 2: The free players can try to win the second balls, creating numerical advantage (3 v 2 or 4 v 2) for the couple in possession.

Eye on: Skills to keep the possession, skills to play decisive passes, quality and quickness to shoot on goal.

Dribble or pass from wide and deep spaces on the flanks and shoot inside the penalty area



Exercise 22: Shoot inside the penalty box (1)



Sequence: The goalkeeper passes the ball into the square space between the penalty area and the sideline; a first player receives, dribbles and passes back inside the goal area where a second forward must shoot on goal with one touch and/or with a volley touch, running toward the ball.

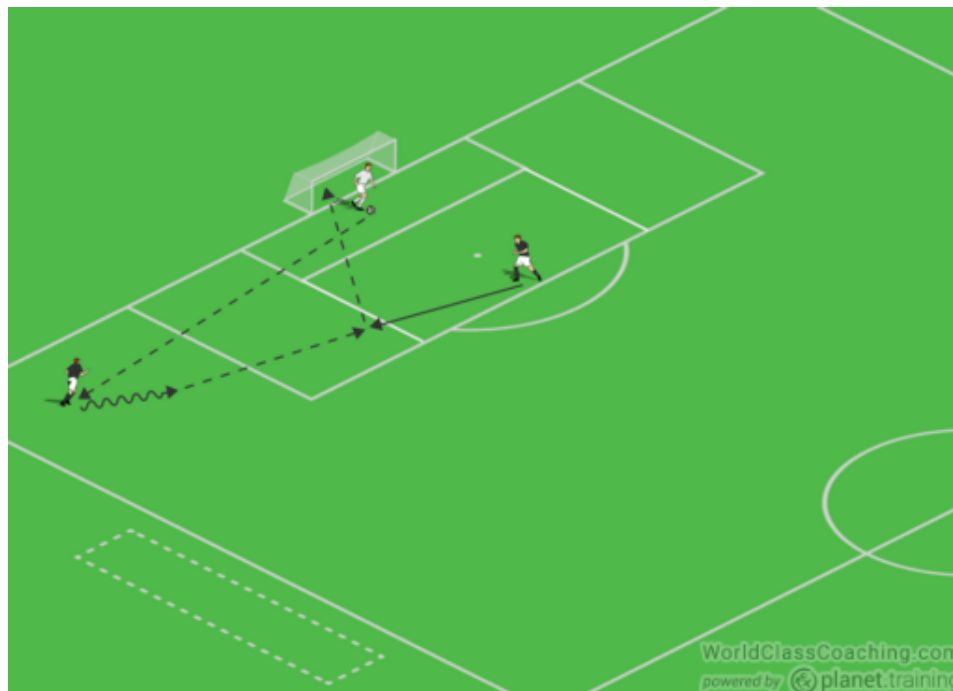
Variation 1: The goalkeeper calls the pole direction of the cross pass.

Variation 2: The goalkeeper calls the zone of the penalty area where the forward must receive.

Variation 3: The first receiver must dribble for a fixed limit of time.

Eye on: Attack the ball, right time to meet the ball direction, shoot with one touch (foot or header).

Exercise 23: Shoot inside the penalty box (2)



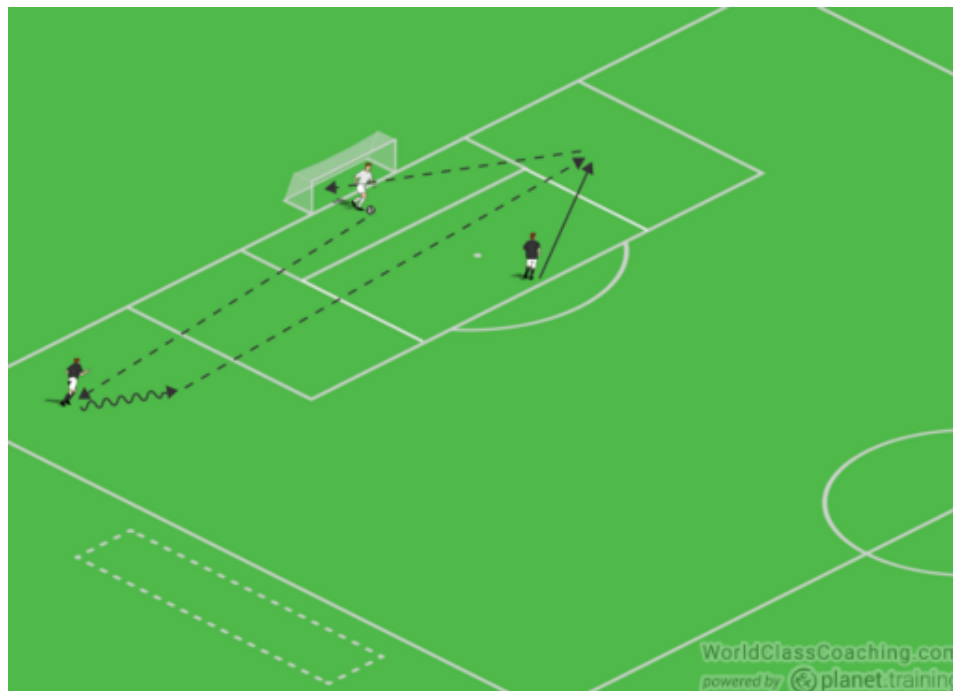
Sequence: The goalkeeper passes the ball into the square space between the penalty area and the sideline; a first player receives, dribbles and passes back inside the goal area where a second forward must shoot on goal with one or two touches and/or with a volley touch running toward the ball. The penalty area is divided in three parts and the shot must come from the first pole zone and the forward must come from the center or the second pole part.

Variation 1: The goalkeeper can be active during the cross pass phase also.

Variation 2: The first receiver must dribble for a fixed limit of time.

Eye on: Attack the ball, right time to meet the ball direction, shoot with one touch (foot or header).

Exercise 24: Shoot inside the penalty box (3)



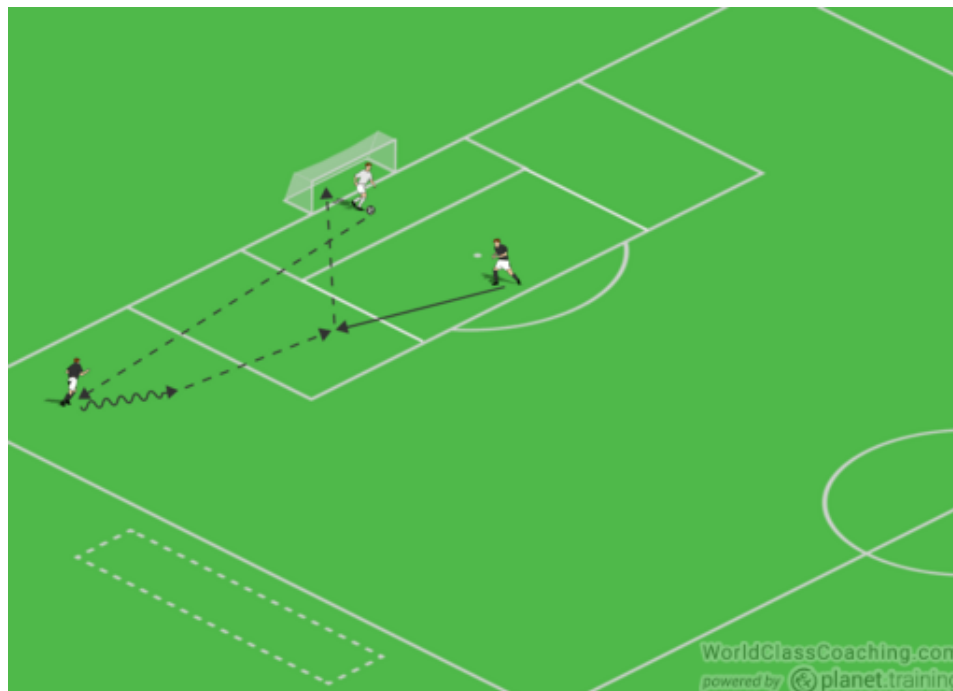
Sequence: The goalkeeper passes the ball into the square space between the penalty area and the sideline; a first player receives, dribbles and passes back inside the goal area where a second forward must shoot on goal with one or two touches and/or with a volley touch running toward the ball. The penalty area is divided in three parts; the shot must come from the second pole zone and the forward must arrive on the ball from the center or the first pole part.

Variation 1: The goalkeeper can be active during the cross pass phase also.

Variation 2: The first receiver must dribble for a fixed limit of time.

Eye on: Follow the ball, right time to meet the ball direction, shoot with one touch (foot or header).

Exercise 25: Shoot inside the penalty box (4)



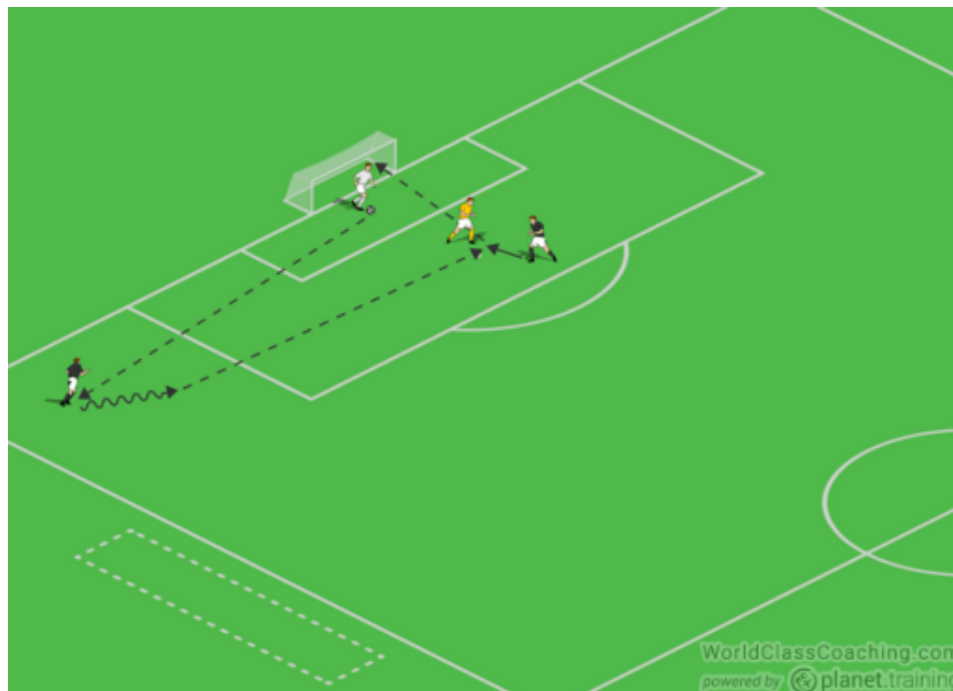
Sequence: The goalkeeper passes the ball into the square space between the penalty area and the sideline; a first player receives, dribbles and passes back inside the goal area where a second forward must shoot on goal with one or two touches and/or with a volley touch running toward the ball. The penalty area is divided in three parts; the shot must come from the zone which is called by the first forward before passing the ball.

Variation 1: The goalkeeper can be active during the cross pass phase also.

Variation 2: The first receiver must dribble for a fixed limit of time.

Eye on: Follow the ball, right time to meet the ball direction, shoot with one touch (foot or header).

Exercise 26: Shoot inside the penalty box after a 1 v 1 duel (1)



Sequence: The goalkeeper passes the ball into the square space between the penalty area and the sideline; a first player receives, dribbles and passes back inside the goal area where a second forward must shoot on goal running toward the ball and playing 1 v 1 against a defender. The goals are worth double if they are scored with one or two touches and/or with a volley touch, anticipating the opponent.

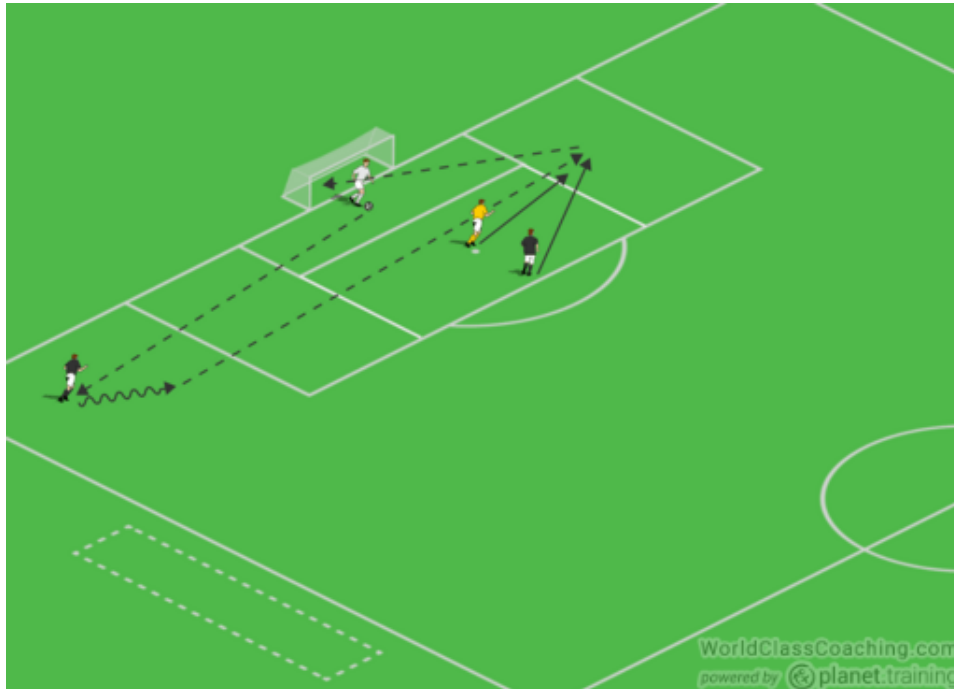
Variation 1: The goalkeeper calls the pole direction of the cross pass.

Variation 2: The goalkeeper calls the zone of the penalty area where the forward must receive.

Variation 3: The first receiver must dribble for a fixed limit of time.

Eye on: Attack the ball, right time to meet the ball direction, shoot with one touch (foot or header), separation from the marker, save the goal space.

Exercise 27: Shoot inside the penalty box after a 1 v 1 duel (1)



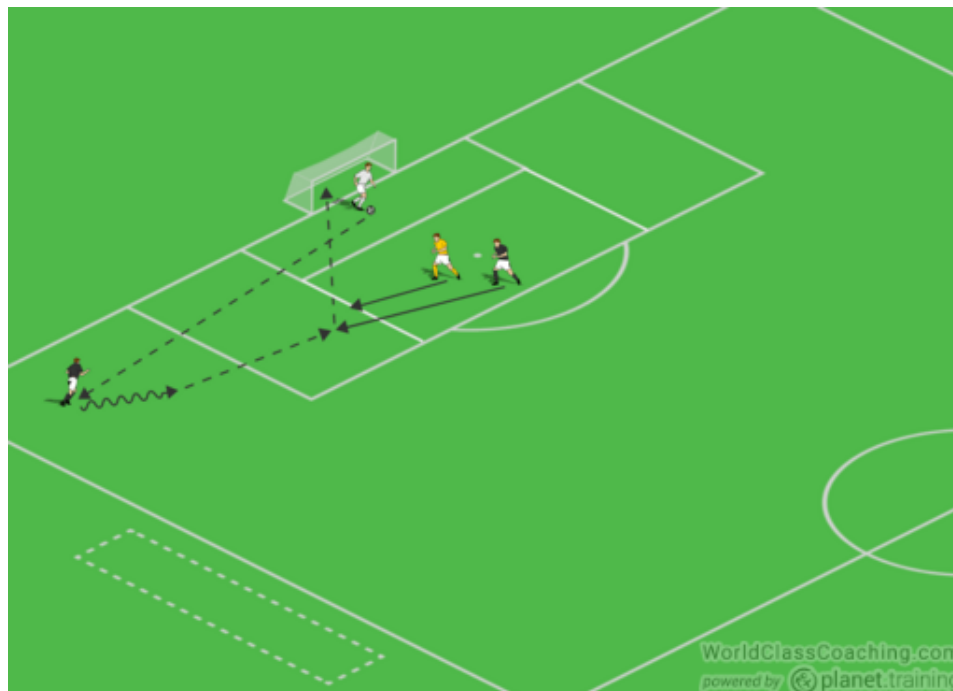
Sequence: The goalkeeper passes the ball into the square space between the penalty area and the sideline; a first player receives, dribbles and passes back inside the goal area where a second forward must shoot on goal running toward the ball and playing 1 v 1 against a defender. The goals are worth double if they are scored with one or two touches and/or with a volley touch, anticipating the opponent. The penalty area is divided in three parts and the shot must come from the second pole zone. The forward and the defenders must come from the center part.

Variation 1: The first receiver must dribble for a fixed limit of time.

Variation 2: The goalkeeper can be active during the cross pass phase also.

Eye on: Attack the ball, right time to meet the ball direction, shoot with one touch (foot or header), separation from the marker, cover the goal space.

Exercise 28: Shoot inside the penalty box after a 1 v 1 duel (2)



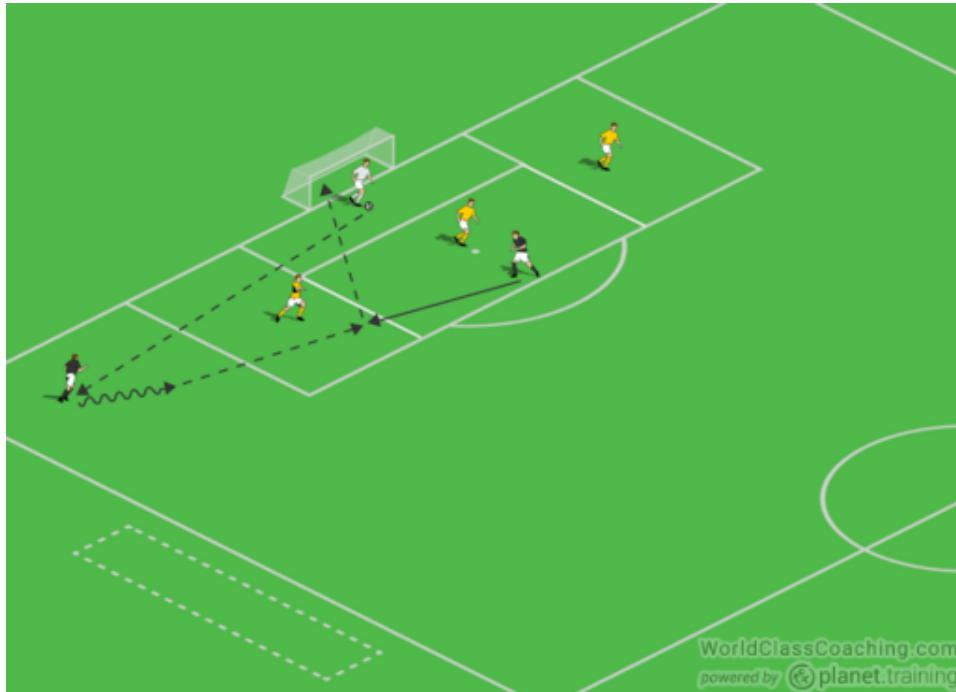
Sequence: The goalkeeper passes the ball into the square space between the penalty area and the sideline; a first player receives, dribbles and passes back inside the goal area where a second forward must shoot on goal running toward the ball and playing 1 v 1 against a defender. The goals are worth double if they are scored with one or two touches and/or with a volley touch, anticipating the opponent. The penalty area is divided in three parts and the shot must come from the first pole zone. The forward and the defenders must come from the center part.

Variation 1: The first receiver must dribble for a fixed limit of time.

Variation 2: The goalkeeper can be active during the cross pass phase also.

Eye on: Attack the ball, right time to meet the ball direction, shoot with one touch (foot or header), separation from the marker, save the goal space.

Exercise 29: Multiple 1 v 1 duels (1)



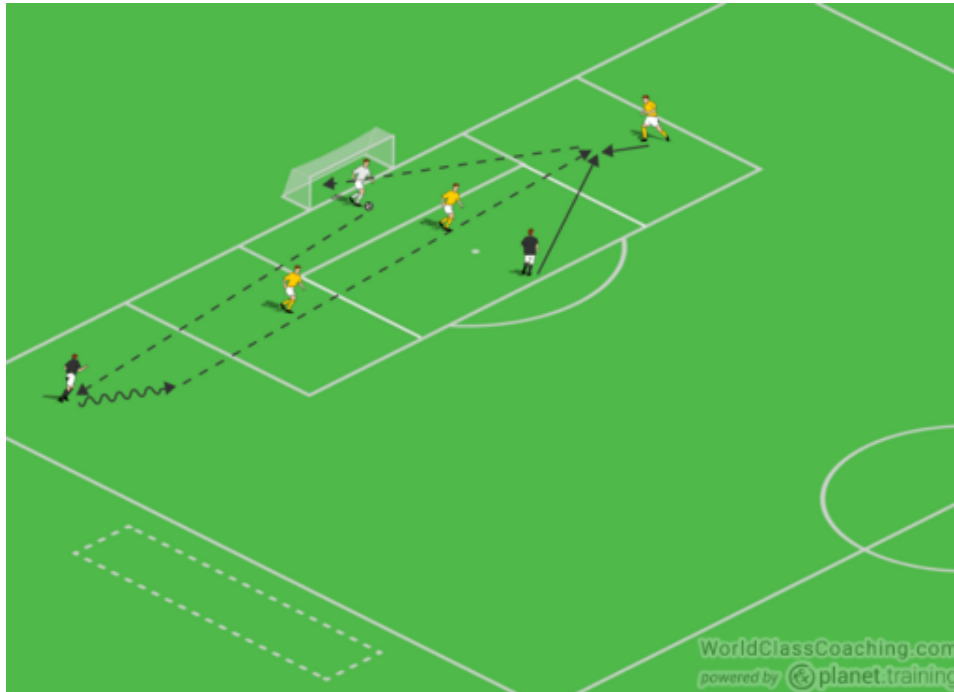
Sequence: The goalkeeper passes the ball into the square space between the penalty area and the sideline; a first player receives, dribbles and passes back inside the goal area where a second forward must shoot on goal running toward the ball and playing 1 v 1 against a defender. The goals are worth double if they are scored with one or two touches and/or with a volley touch, anticipating the opponent. The penalty area is divided in three parts and one defender is placed inside each part. In this first variation the forward comes from the center part and attacks the first pole area.

Variation 1: The first receiver must dribble for a fixed limit of time.

Variation 2: The goalkeeper can be active during the cross pass phase also.

Eye on: Attack the ball, right time to meet the ball direction, shoot with one touch (foot or header), separation from the marker, save the goal space.

Exercise 30: Multiple 1 v 1 duels (2)



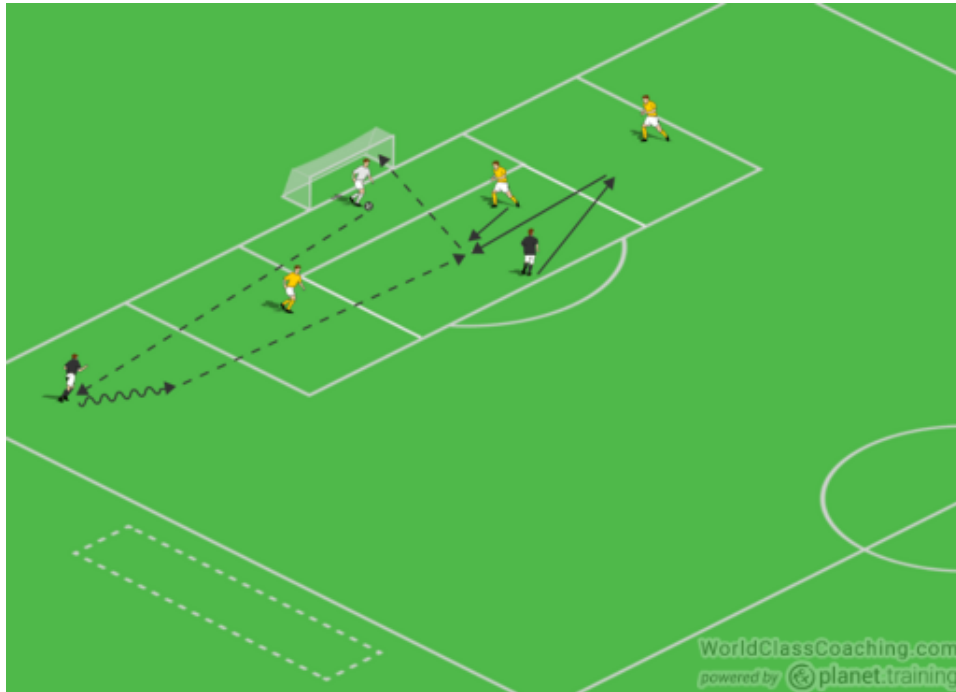
Sequence: The goalkeeper passes the ball into the square space between the penalty area and the sideline; a first player receives, dribbles and passes back inside the goal area where a second forward must shoot on goal running toward the ball and playing 1 v 1 against a defender. The goals are worth double if they are scored with one or two touches and/or with a volley touch, anticipating the opponent. The penalty area is divided in three parts and one defender is placed inside each part. In this second variation the forward comes from the center part and attacks the second pole area.

Variation 1: The first receiver must dribble for a fixed limit of time.

Variation 2: The goalkeeper can be active during the cross pass phase also.

Eye on: Attack the ball, right time to meet the ball direction, shoot with one touch (foot or header), separation from the marker, cover the goal space.

Exercise 31: Multiple 1 v 1 duels (3)



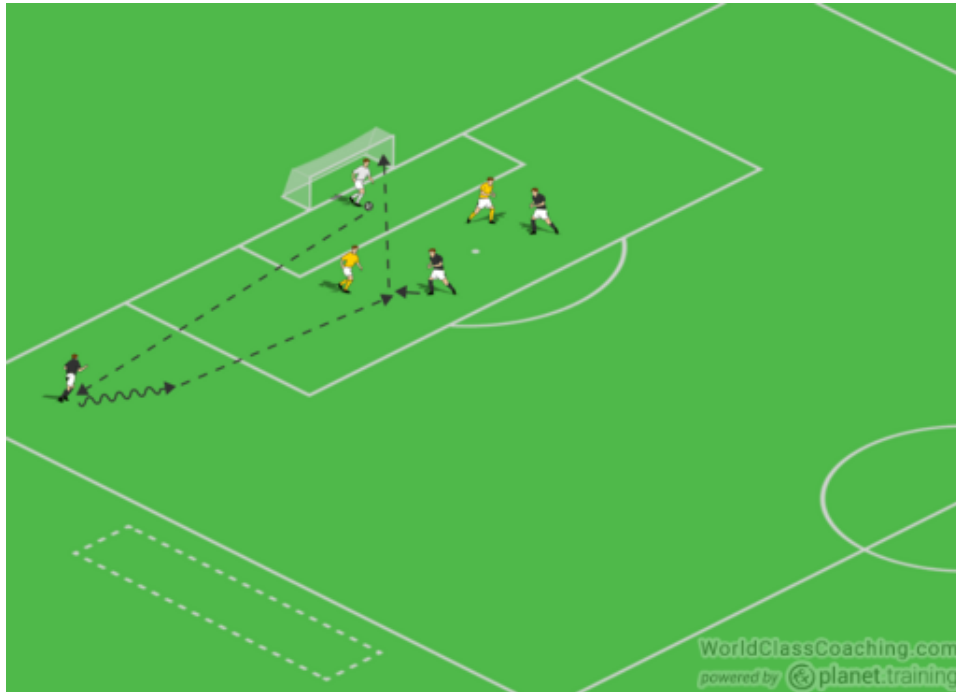
Sequence: The goalkeeper passes the ball into the square space between the penalty area and the sideline; a first player receives, dribbles and passes back inside the goal area where a second forward must shoot on goal running toward the ball and playing 1 v 1 against a defender. The goals are worth double if they are scored with one or two touches and/or with a volley touch, anticipating the opponent. The penalty area is divided in three parts and one defender is placed inside each part. In this third variation, the forward goes out and then runs back inside the center part and he attacks the goal directly.

Variation 1: The first receiver must dribble for a fixed limit of time.

Variation 2: The goalkeeper can be active during the cross pass phase also.

Eye on: Attack the ball, right time to meet the ball direction, shoot with one touch (foot or header), separation from the marker, anticipate the defender/forward.

Exercise 32: Shoot inside the penalty box after a 2 v 2 duel



Sequence: The goalkeeper passes the ball into the square space between the penalty area and the sideline; a first player receives, dribbles and passes back inside the goal area where a 2 v 2 is being played. The goals worth double if they are scored with one or two touches and/or with a volley touch, anticipating the direct opponent.

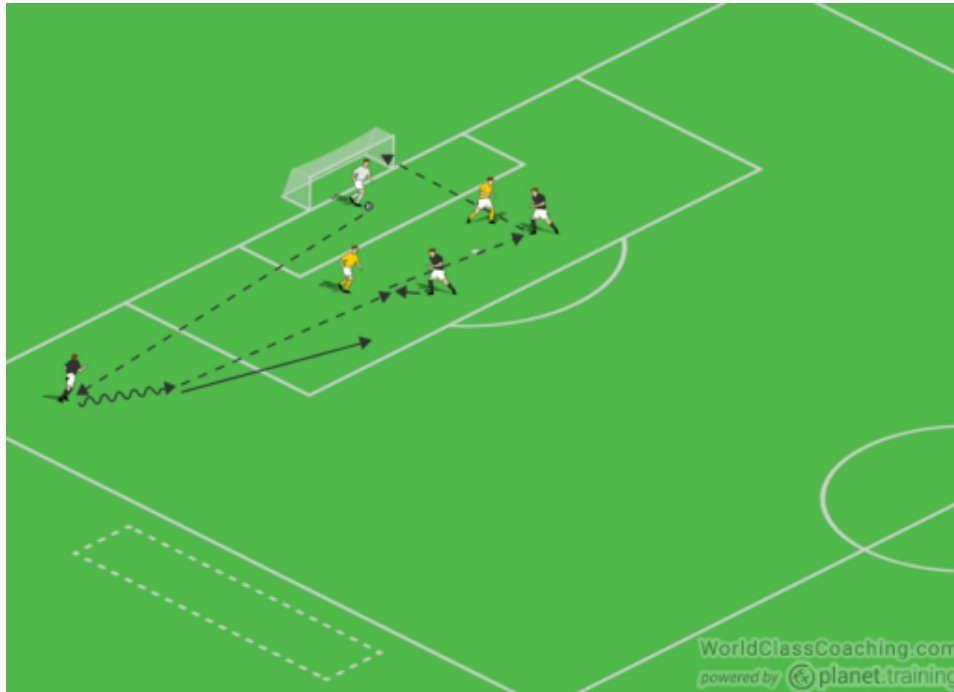
Variation 1: The first receiver must dribble for a fixed limit of time.

Variation 2: The goalkeeper can be active during the cross pass phase also.

Variation 3: The forwards must play at least a pass between them before shooting on goal.

Eye on: Attack the ball, right time to meet the ball direction, shoot with one touch (foot or header), separation from the marker, anticipate the defender/forward, be an option, speed of play to finish.

Exercise 33: Shoot inside the penalty box after a 2 v 2 + 1 duel



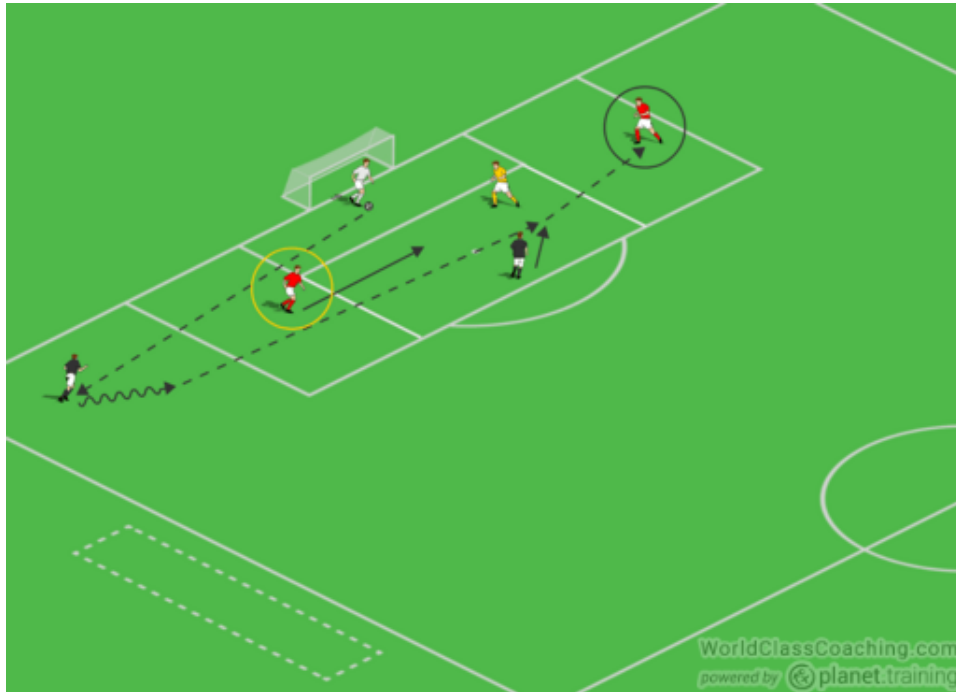
Sequence: The goalkeeper passes the ball into the square space between the penalty area and the sideline; a first player receives, dribbles and passes back inside the goal area where a 2 v 2 is being played. The goals worth double if they are scored with one or two touches and/or with a volley touch, anticipating the direct opponent. The first receiver runs inside the penalty area to create numerical advantage (3 v 2) for the team with possession. At least two players must touch the ball.

Variation 1: The first receiver must dribble for a fixed limit of time.

Variation 2: The goalkeeper can be active during the cross pass phase also.

Eye on: Attacking the ball, right timing to meet the ball direction, shoot with one touch (foot or header), separation from the marker, anticipate the defender/forward, be an option, speed of play to finish.

Exercise 34: Shoot inside the penalty box after the creation of a 2 v 2 duel

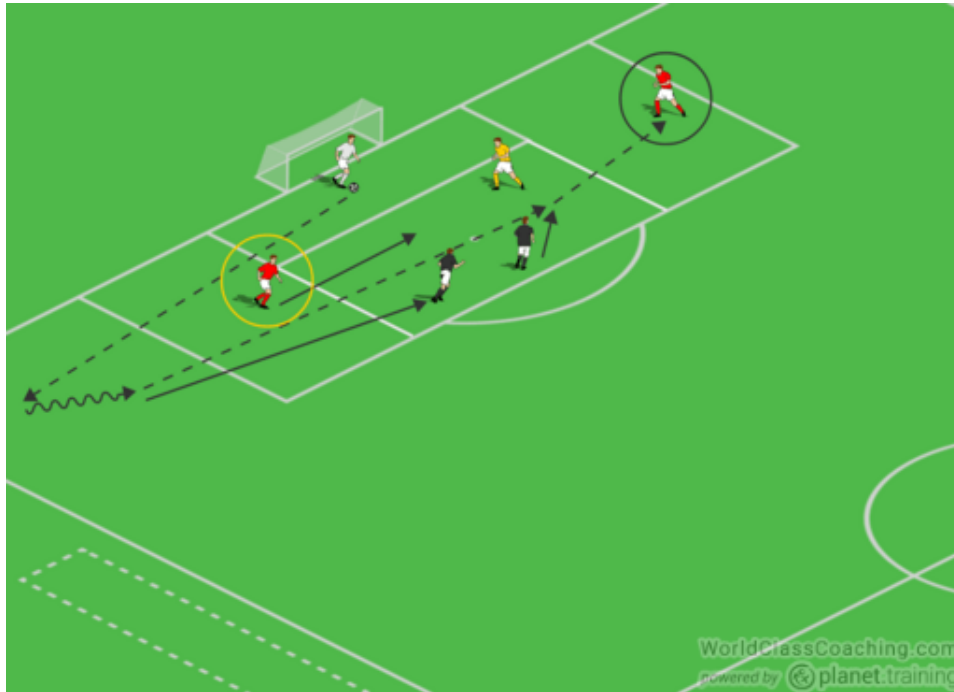


Sequence: The goalkeeper passes the ball into the square space between the penalty area and the sideline; a first player receives, dribbles and passes back inside the goal area where a 2 v 2 must be created. The first receiver is placed in the center part of the penalty area; he receives and decides who is the teammate between the two red free players placed in the outer zones of the penalty area. The second free player becomes defender. After the creation of the duel, the move must be finished as quickly as possible

Variation 1: The first receiver must dribble for a fixed limit of time.

Eye on: Attacking the ball, right timing to meet the ball direction, quick combination of passes, speed of play to finish, reactive speed

Exercise 53: Shoot inside the penalty box after the creation of a 2 v 2 + 1 duel



Sequence: The goalkeeper passes the ball into the square space between the penalty area and the sideline; a first player receives, dribbles and passes back inside the goal area where a 2 v 2 must be created. The first receiver is placed in the center part of the penalty area. He receives and decides who is his teammate between the two red free players placed in the outer zones of the penalty area. The second free player becomes defender. The first player runs inside the penalty area to create numerical advantage (3 v 2) for the team in possession. After the creation of the duel, players must move to finish as quickly as possible.

Variation 1: The first receiver must dribble for a fixed limit of time.

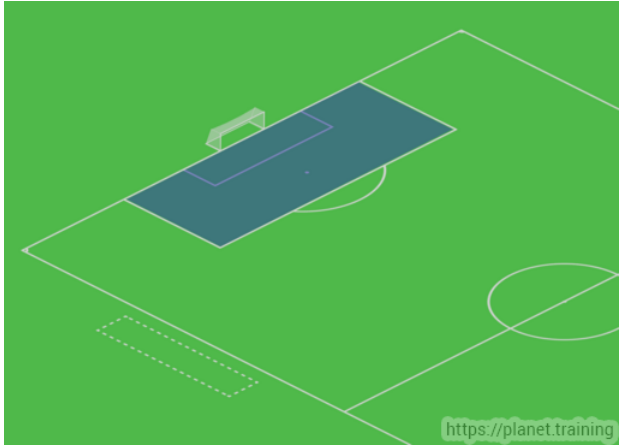
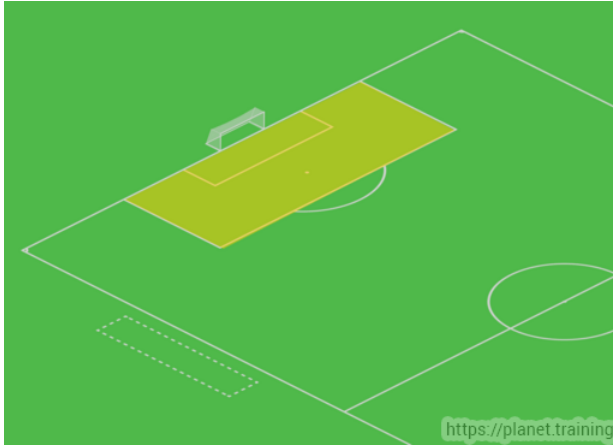
Eye on: Attacking the ball, correct timing to meet the ball direction, quick combination of passes, speed of play to finish, reactive speed

A basic structure for 2 v 2 and numerical advantage / outnumbered defense exercises



I would like to leave the reader a graphic that shows a basic structure of exercises for shooting on goal inside the penalty area I often use. The goalkeeper has the possession to start the sequence, two outside free players and a 2 v 2 inside the box. 2 v 2 situations, numerical advantage and outnumbered situations can be created to finish from this set-up-

Dribble or pass from and in the penalty area and shoot inside there



Exercise 36: Shoot quickly inside the penalty area



Sequence: The goalkeeper passes the ball inside the penalty area toward a first player who must control the ball, and pass it back to a second forward to shoot on goal with one touch.

Variation: The goalkeeper indicates the foot to shoot on goal and the direction of the second pass.

Eye on: Quick shots on goal, body placement to shoot with one touch with one foot or the other.

Exercise 37: Shoot quickly inside the penalty area after a 1 v 1 duel (1)

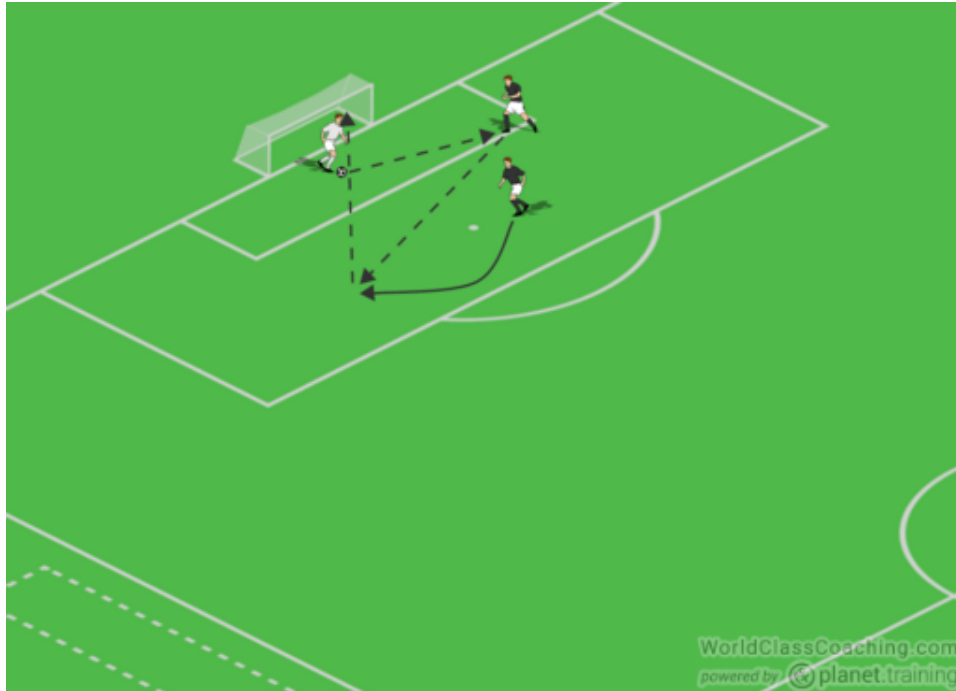


Sequence: The goalkeeper passes the ball inside the penalty area toward a first player who must control the ball, and pass it back to a second forward to shoot on goal; the first receiver becomes defender of the 1 v 1 duel.

Variation: The goalkeeper indicates a fixed limit of time to keep the possession before shooting on goal.

Eye on: Quick shots on goal, body placement to receive, feints, maintaining possession, recovering possession, cover the goal space

Exercise 38: Shoot quickly inside the penalty (2)

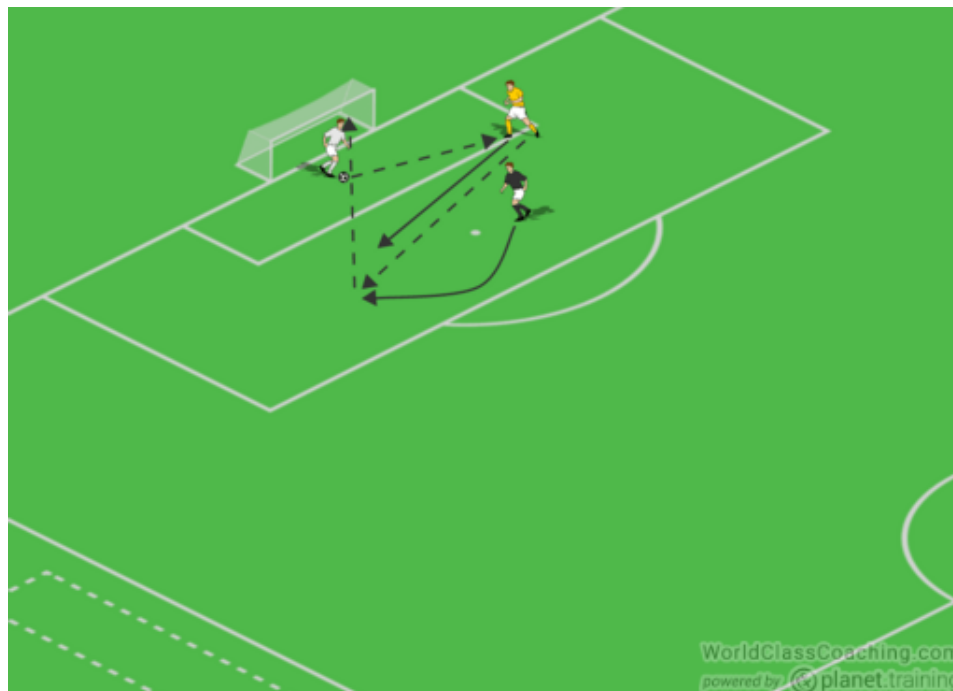


Sequence: The goalkeeper passes the ball inside the penalty area toward a first player who must control the ball, toward the second pole space for a second forward to shoot on goal with one touch.

Variation: The goalkeeper indicates the foot to shoot on goal and the direction of the second pass.

Eye on: Quick shots on goal, body placement to shoot with one touch with one foot or the other.

Exercise 39: Shoot quickly inside the penalty area after a 1 v 1 duel (2)



Sequence: The goalkeeper passes the ball inside the penalty area toward a first player who must control the ball, and pass it toward the second pole space for a second forward to shoot on goal; the first receiver becomes defender of the 1 v 1 duel.

Variation: The goalkeeper indicates a fixed limit of time to keep the possession before shooting on goal.

Eye on: Quick shots on goal, body placement to receive, feints, maintaining possession, recovering possession, save the goal space

Exercise 40: Shoot quickly inside the penalty area after a 1 v 1 + 1 duel (1)

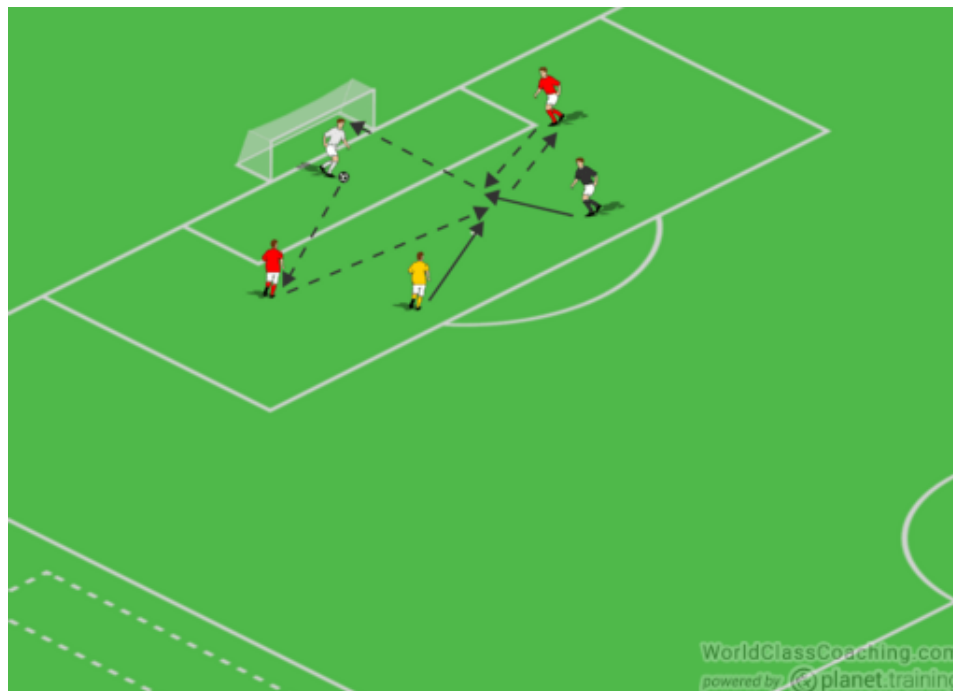


Sequence: The goalkeeper passes the ball inside the penalty area toward the free player who must control the ball then kick it in the middle of the penalty area. The first player who wins the possession must play a wall passing combination with the free player before shooting on goal under the pressure of a defender.

Variation: The goalkeeper indicates a fixed limit of time to keep the possession before the wall passing combination and shooting on goal.

Eye on: Quick passing combination and shoots on goal, body placement to receive, feints, maintaining possession, recovering possession, save the goal space

Exercise 41: Shoot quickly inside the penalty area after a 1 v 1 + 1 duel (2)

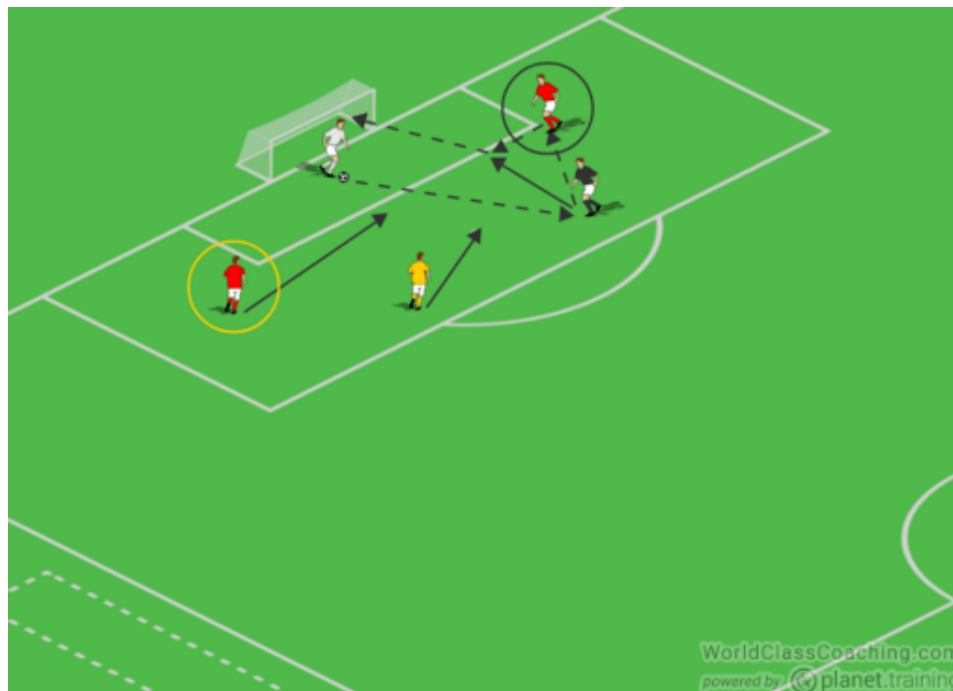


Sequence: The goalkeeper passes the ball inside the penalty area toward the free player who must control the ball, and kick it in the middle of the penalty area. The first player who wins the possession must play a wall passing combination with a second free player on the other side before shooting on goal under the pressure of a defender.

Variation: The goalkeeper indicates a fixed limit of time to keep the possession before the wall passing combination and shooting on goal.

Eye on: Quick passing combination and shoots on goal, body placement to receive, feints, maintaining possession, recovering possession, save the goal space

Exercise 42: Shoot quickly inside the penalty area after a 2 v 2 duel (1)

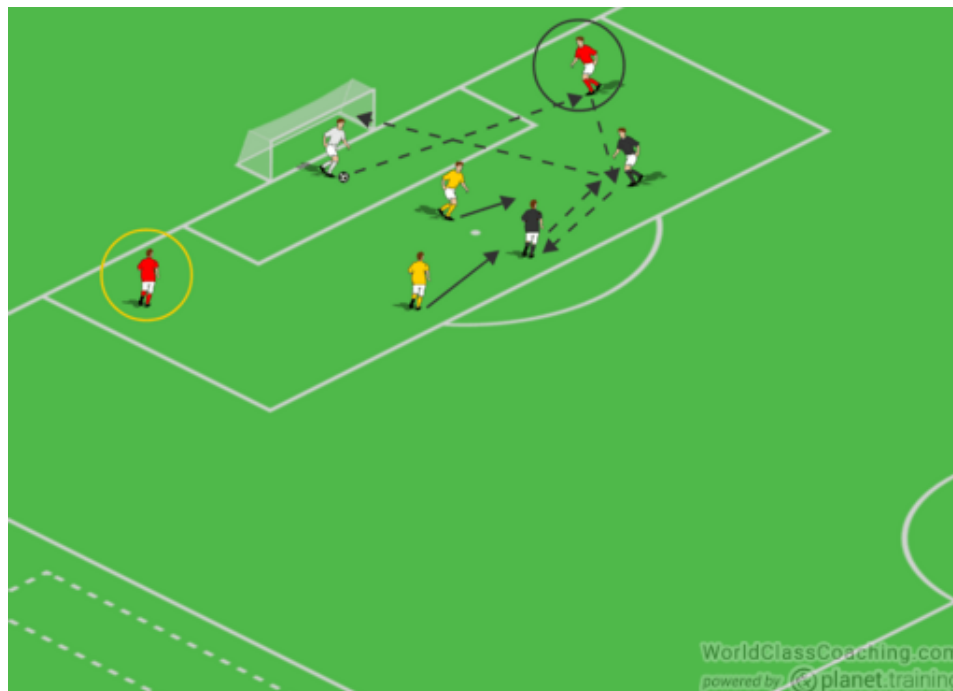


Sequence: The goalkeeper passes the ball inside the penalty area toward the first receiver and he indicates who is the free player to combine for a wall pass before shooting on goal under the pressure of a defender and of the second free player

Variation: The goalkeeper indicates a fixed limit of time to keep the possession through passing combinations before shooting on goal.

Eye on: Quick passing combination and shoots on goal, body placement to receive, feints, maintaining possession, recovering possession, save the goal space

Exercise 43: Shoot quickly inside the penalty area after a 2 v 2 duel (2)

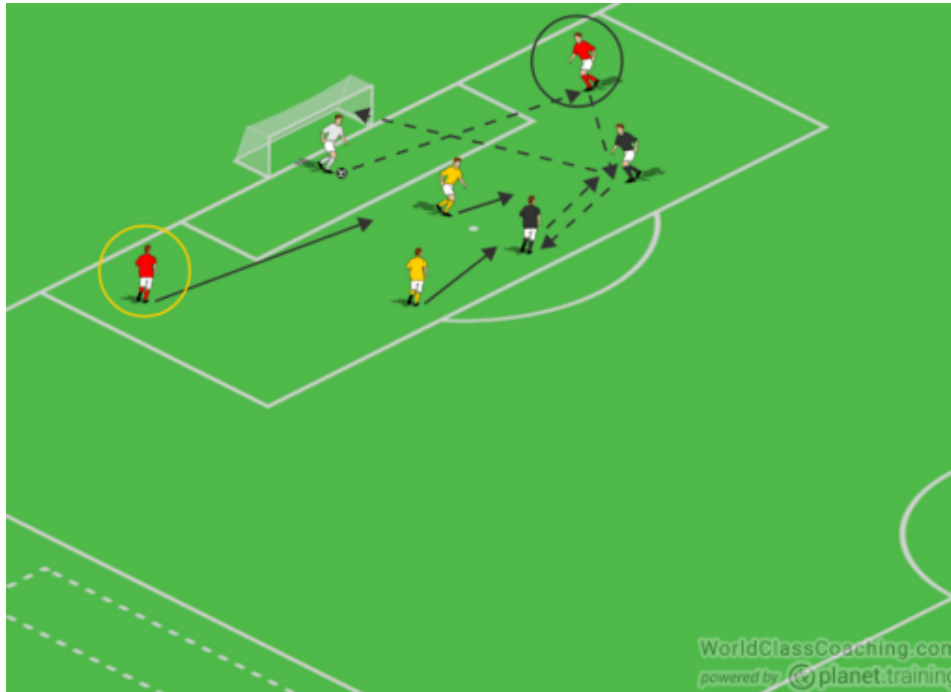


Sequence: The goalkeeper passes the ball inside the penalty area toward one of the free players; the left one plays with the black team and the right one plays with the yellow team. This way the possession couple of players is decided (the black one); the goals are valid only after a wall passing combination before shooting on goal under the pressure of the two yellow defenders.

Variation: The goalkeeper indicates a fixed limit of time to keep the possession through passing combination before shooting on goal.

Eye on: Quick passing combination and shoots on goal, body placement to receive, feints, maintaining possession, recovering possession, save the goal space

Exercise 44: Shoot quickly inside the penalty area after a 2 v 3 duel



Sequence: The goalkeeper passes the ball inside the penalty area toward one of the free players; the left one plays with the black team and the right one plays with the yellow team. This way the two players in possession is decided (the black one); the goals are valid only after a wall pass combination before shooting on goal under the pressure of the two yellow defenders and of the other free player; the finishing phase has to be carried out outnumbered.

Variation: The goalkeeper indicates a fixed limit of time to keep the possession through passing combination before shooting on goal.

Eye on: Quick passing combination and shots on goal outnumbered, body placement to receive, feints, maintaining possession, recovering possession, save the goal space

Exercise 45: Shoot quickly inside the penalty area after a 3 v 2 duel

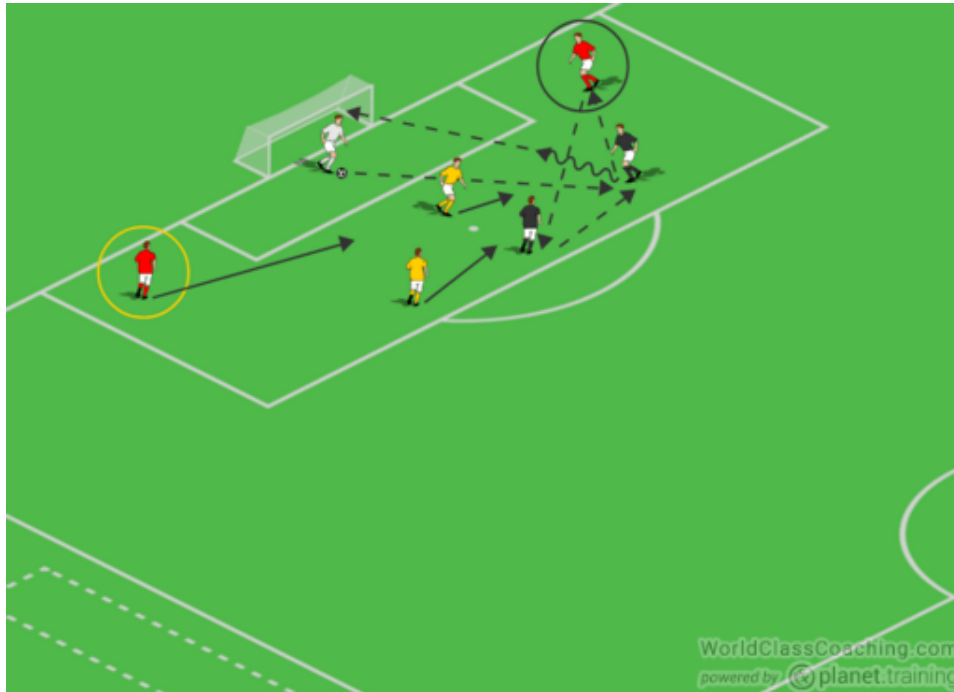


Sequence: The goalkeeper passes the ball inside the penalty area toward one player of the black or yellow teams; this way the possession couple of players is decided (the black one) and the receiver decides who is the free player to play with, creating a numerical advantage situation (3 v 2) for the team in possession. The goals are valid only if all three players have touched the ball before shooting on goal under the pressure of the two yellow defenders.

Variation: The goalkeeper indicates a fixed limit of time to keep the possession through passing combination before shooting on goal.

Eye on: Quick passing combination and shoots on goal outnumbered, body placement to receive, feints, maintaining possession, recovering possession, save the goal space

Exercise 46: Shoot quickly inside the penalty area after a 3 v 3 duel



Sequence: The goalkeeper passes the ball inside the penalty area toward one player of the black or yellow teams; this way the possession team is decided (the black one) and the receiver decides who is the free player to play with and the second free player becomes defender. A 3 v 3 duel is now created. The goals are valid only if all three players have touched the ball before shooting on goal under the pressure of the three defenders.

Variation: The goalkeeper indicates a fixed limit of time to keep the possession through passing combination before shooting on goal.

Eye on: Quick passing combination and shots on goal while outnumbered, body placement to receive, feints, maintaining possession, recovering possession, save the goal space