

ADVANCED *AND* SHOOTING AND FINISHING

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

by **LUCA BERTOLINI**

VOLUME
2



Advanced Shooting and Finishing

Volume 2

By

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Introduction:

This is the second volume of this e-book collection. The main goal is to help coaches and players to recognize some game situations in the final third while their team is in possession which could end in a shot.

How many times does a team lose a scoring chance because of an incorrect final pass, because of a wrong run without the ball, or because of a poorly weighted pass?

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

This is the reason why I divide the final third of the attacking team in 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 score chances and to shoot on goal as quickly as possible.

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

Often, a correct and well-oriented ball control, a simple but well done pass with high quality of touch, can make the difference between scoring and a missed chance. A 1 v 1 duel quickly solved or a small group's duel quickly solved with the right pass at the right time can mean a goal or a lost possession.

The exercises of this e-book are designed thinking about the areas where the last pass usually come from or where the ball is usually dribbled through, and about the areas where shots are usually finished from. All the sequences and the small duels are designed to provide as many chances to shoot as possible.

I divide the final third 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

In the final third I outline 3 shooting areas:

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

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

The first volume is made of exercises that could be useful to:

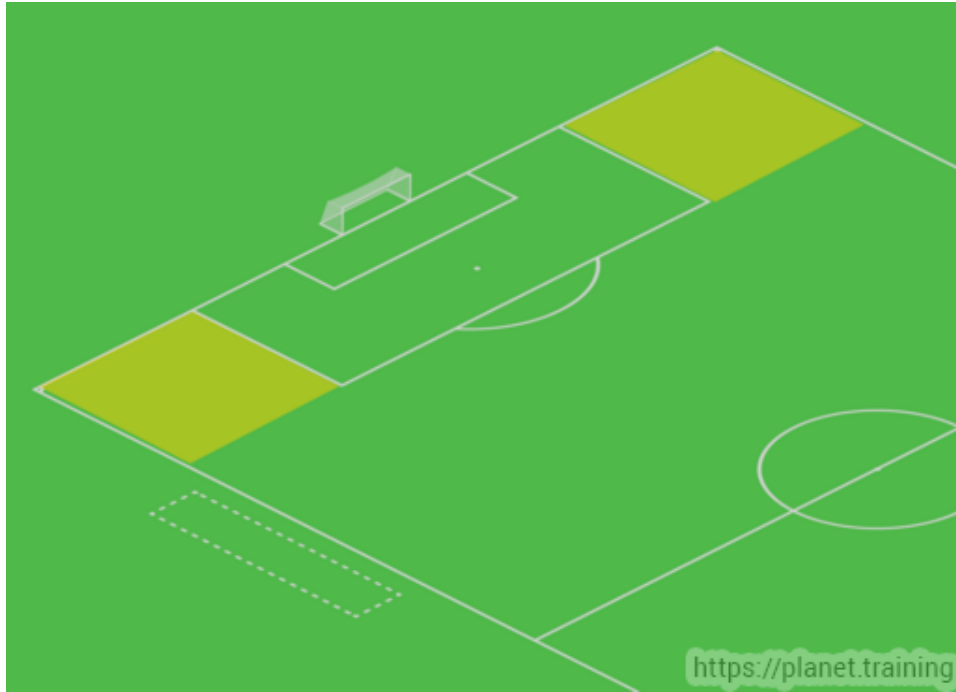
- Dribble or pass from wide and deep spaces on the flanks and shoot from outside corners of the penalty area
- Dribble or pass from wide and deep spaces on the flanks and shoot from the center spaces outside of the penalty area
- Dribble or pass from wide and deep spaces on the flanks and shoot inside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

This second volume is made of progressions of exercises to coach the players as follow:

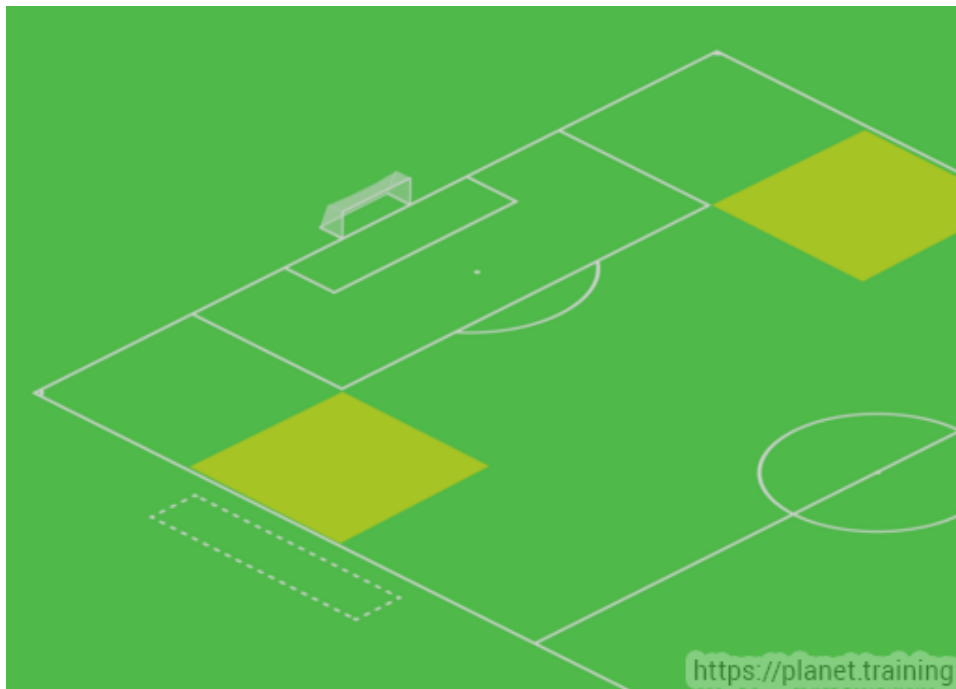
- Dribble or pass from inside the penalty area and shoot from the center spaces outside of it
- Dribble or pass from inside the penalty area and shoot from outside corners
- Dribble or pass from wide spaces along the flanks in the final third and shoot from the outside corners of the penalty area
- Dribble or pass from wide spaces along the flanks in the final third and shoot from the central space outside of the penalty area

Dribbling and/or Passing areas

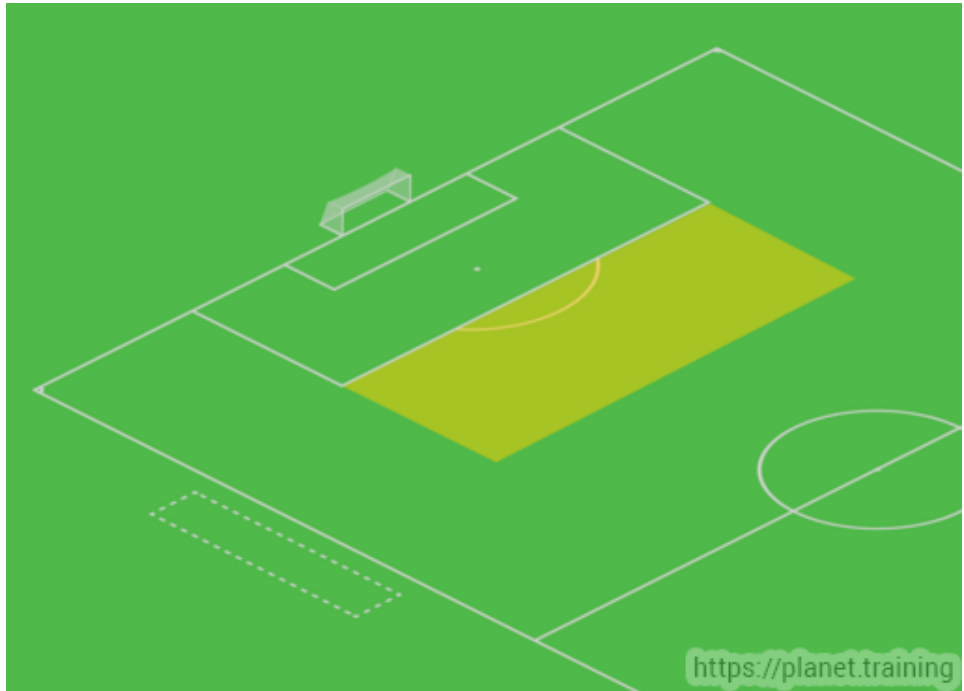
Dribble or pass from wide and deep spaces on the flanks: back passes are played toward the player or the players who must try to finish.



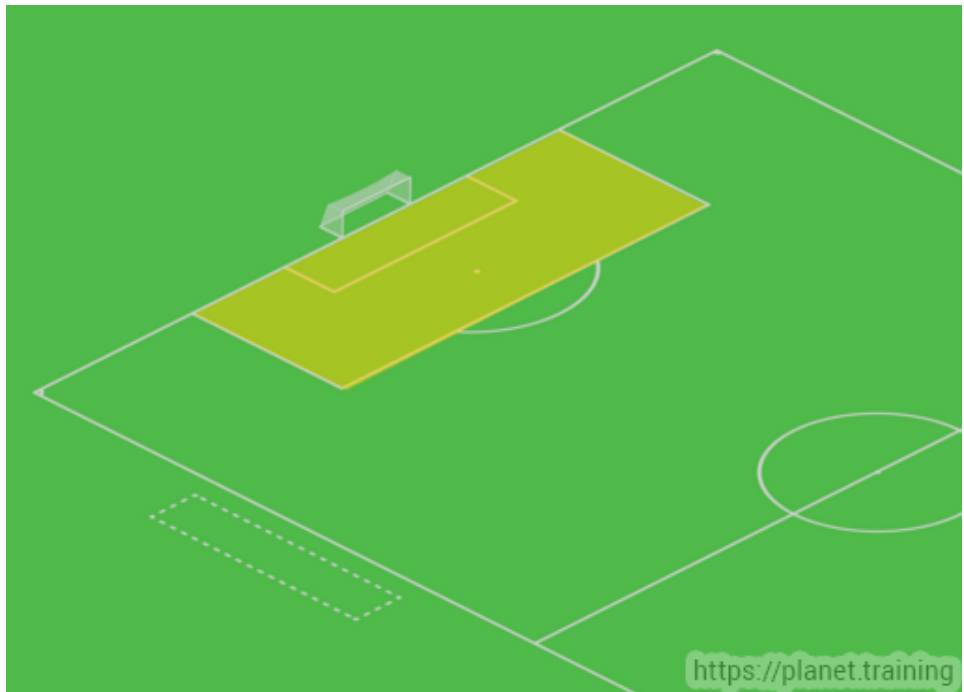
Dribble or pass from wide spaces along the flanks in the final third: from these areas, the last passes can be played toward the center spaces or inside the penalty area even through long balls.



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.

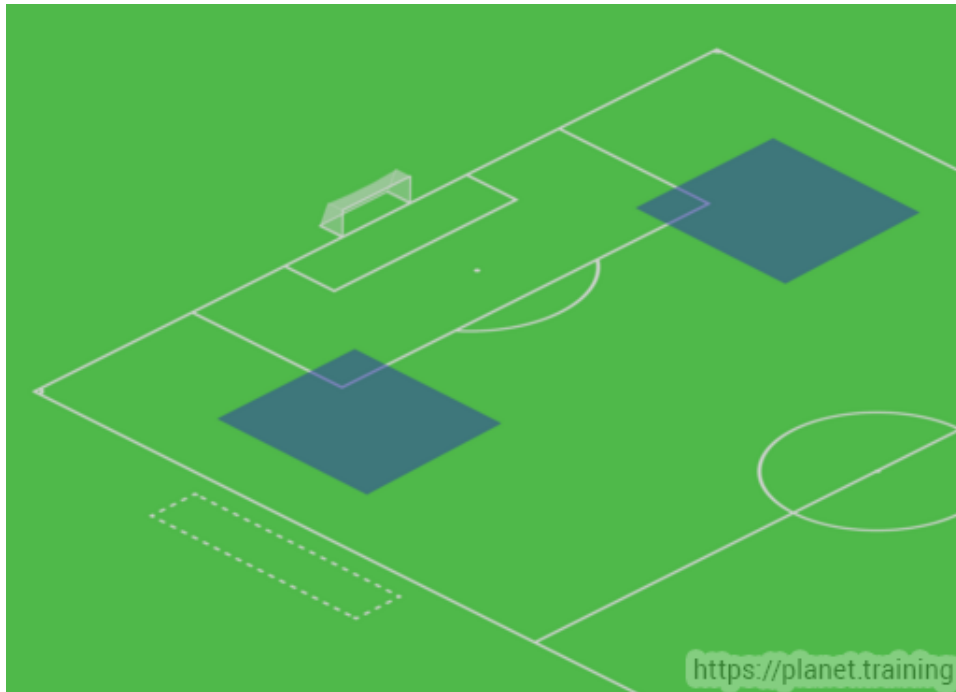


Dribble or pass from inside the penalty area: short and quick passes should be played inside or just outside with one touch passes to shoot on goal.

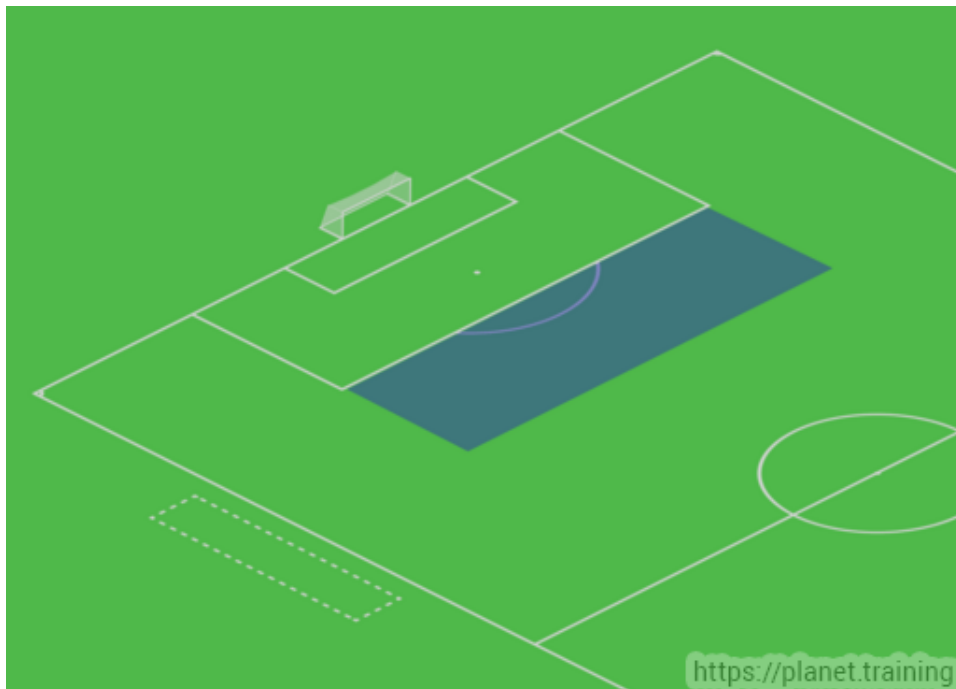


Shooting areas

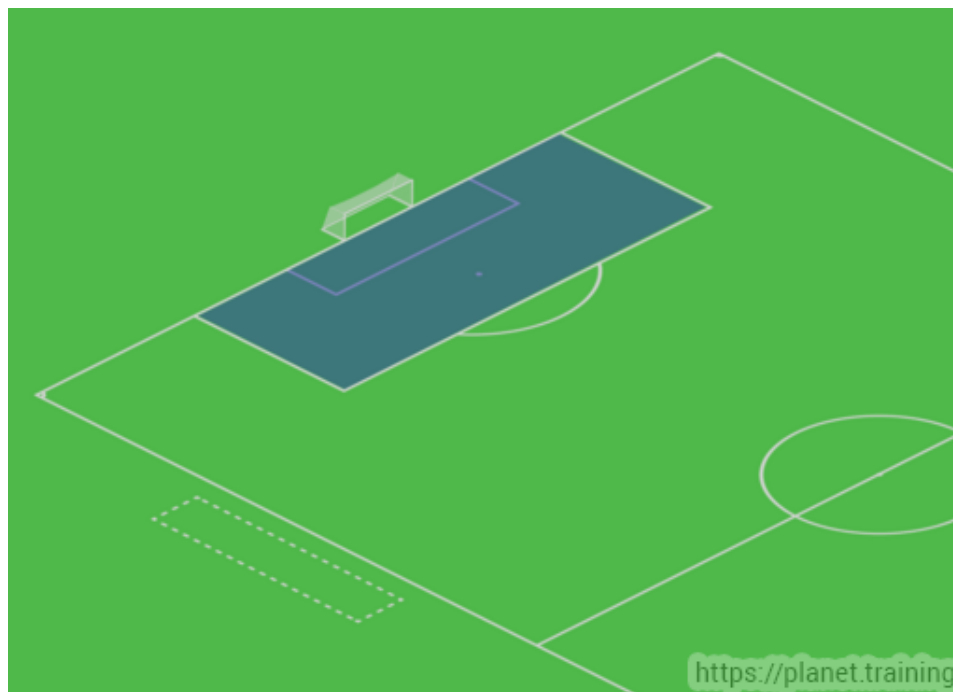
Shoot from outside corners of the penalty area: usually after feints or dribbling the ball toward the goal.



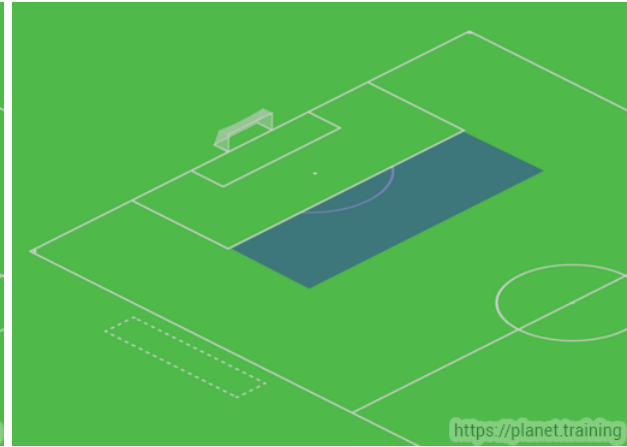
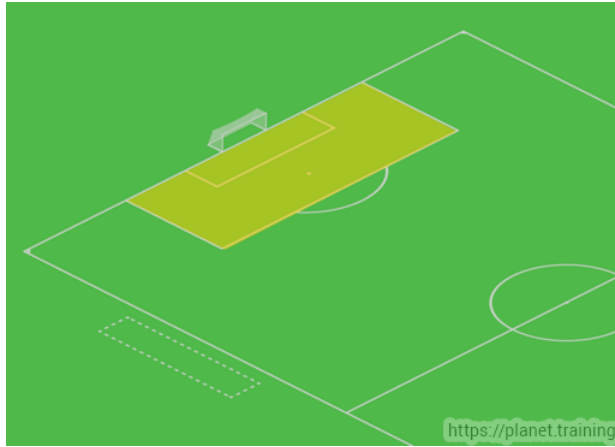
Shoot from the center spaces outside of the penalty area: usually the players must shoot with one touch or through quick passing combinations and feints.



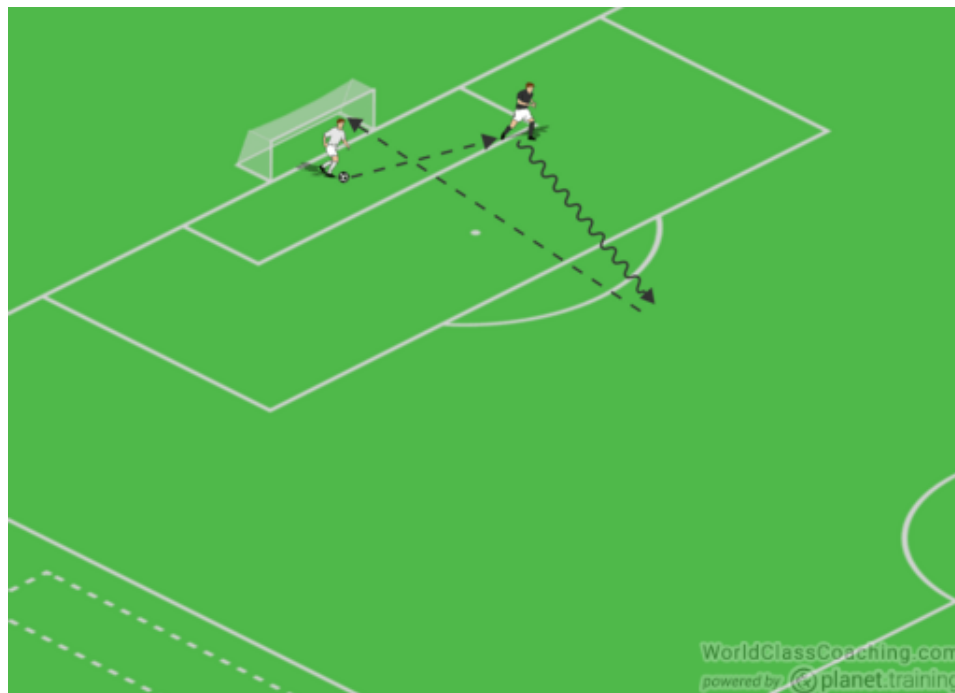
Shoot inside the penalty area: usually with one touch as the ball arrives from outer spaces (behind or from outside).



**Dribble or pass from inside the penalty area
and shoot from the center spaces out of it**



Exercise 47: 1 v goalkeeper



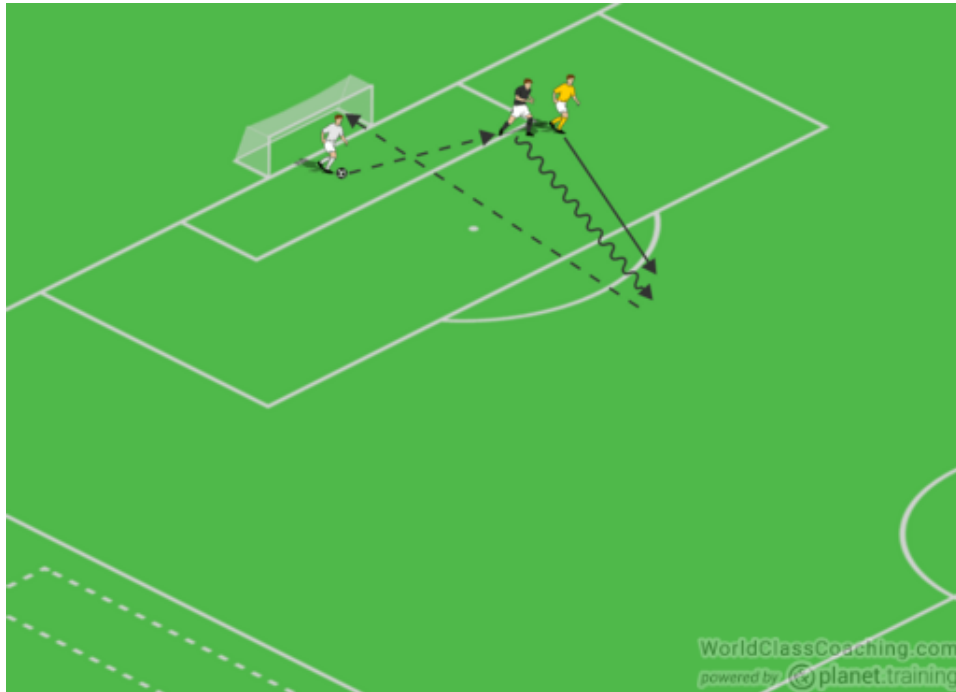
Sequence: The goalkeeper passes the ball inside the penalty area toward a player, who must control and dribble it out of the penalty area. He must then shoot on goal after a change of direction.

Variations:

- Indicate a fixed limit of time to dribble out and to shoot on goal
- Change the dribbling foot, the change of direction foot, and the shooting foot

Eye on: Quick shots on goal, player's body placement to change direction, and shots with one foot or the other.

Exercise 48: 1 v 1 (1)



Sequence: The goalkeeper passes the ball inside the penalty area toward a player, who must control it and dribble it out of the penalty area under the pressure of a defender, who is always close to him. He must then shoot on goal after a change of direction. The defender is semi-active while dribbling out of the penalty area and he's active as the ball is out of it. If the defender wins the ball, he can shoot on goal.

Variations:

- Indicate a fixed limit of time to dribble out and to shoot on goal
- Change the dribbling foot, the change of direction foot, and the shooting foot

Eye on: Shield the ball while dribbling, quick shoots on goal, body placement to change direction under pressure and to shoot with one foot or the other. Pressure to send the forward toward his wrong foot.

Exercise 49: 1 v 1 (2)



Sequence: The goalkeeper passes the ball inside the penalty area toward a player who must control it and dribble it out of the penalty area. He must then shoot on goal after a change of direction under the pressure of a defender, who is coming from the other side of the goal. If the defender wins the ball, he can shoot on goal.

Variations:

- Indicate a fixed limit of time to dribble out and to shoot on goal
- Change the dribbling foot, the change of direction foot, and the shooting foot

Eye on: Dribbling at speed, quick shoots on goal, body placement to change direction under pressure and to shoot with one foot or the other. Pressure to send the forward toward his wrong foot.

Exercise 50: 1 v 2



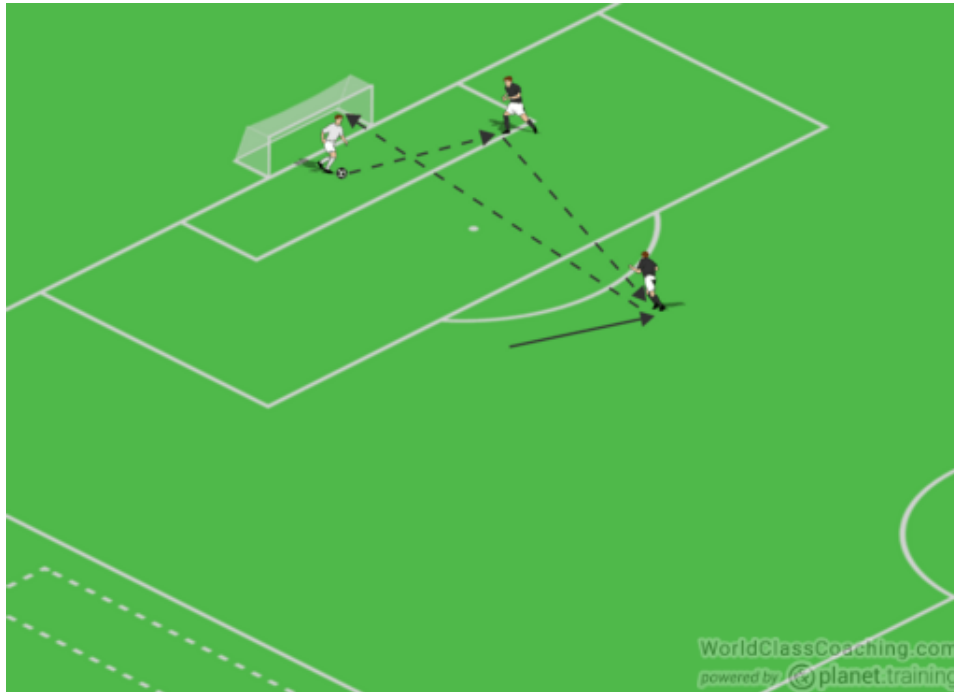
Sequence: The goalkeeper passes the ball inside the penalty area toward a player who must control it and dribble it out of the penalty area, under the pressure of a defender who is always close to him. He must then shoot on goal after a change of direction under the pressure of a second defender, who's coming from the opposite side of the goals. The first defender is semi-active while the attacker is dribbling out of the penalty area and he's active as the ball is out of it. If the defenders win the ball, they can shoot on goal.

Variations:

- Indicate a fixed limit of time to dribble out and to shoot on goal
- Change the dribbling foot, the change of direction foot, and the shooting foot
- The first defender can be active also while dribbling out of the penalty area
- Alternate the 2 v 1 duel when the possession is recovered and lost

Eye on: Shielding the ball while dribbling, quick shots on goal, body placement to change direction under pressure being outnumbered and to shots with both feet. Pressure to send the forward toward his wrong foot.

Exercise 51: 1 v goalkeeper after receiving a pass



Sequence: The goalkeeper passes the ball inside the penalty area toward a first player, who must control it and pass it again out of the penalty area toward a second forward. He must then shoot on goal with one touch while running.

Variations:

- Indicate a number of touches of the first player to master the ball and to change the timing of runs and of receiving of the ball out of the penalty area
- Change the shooting foot to be placed in the right body position

Eye on: Quick passes and shots on goal, body placement to shoot with one foot or the other while running.

Exercise 52: 1 v 1 after receiving a pass



Sequence: The goalkeeper passes the ball inside the penalty area toward the first player who must control it and pass it out of the penalty area, toward a forward, who must then shoot on goal with one touch while running. The first receiver becomes defender in the 1 v 1 duel. If the defender wins the possession, he can shoot on goal.

Variations:

- Indicate the number of touches the first player has to master the ball and to change the timing of runs and of receiving of the ball out of the penalty area
- Change the shooting foot to be placed in the right body position

Eye on: Quick shots on goal, body placement to shoot with one foot or the other while running, speed to put pressure against the opponent. Pressure to send the forward toward his wrong foot.

Exercise 52: 1 v 1 + 1 (1)



Sequence: The goalkeeper passes the ball inside the penalty area toward the first player, who must control it and pass it again out of the penalty area toward a free player under pressure of a defender. The free player must then shoot on goal with one touch and if he scores, the point counts for the player in possession before. If the defender wins the possession, he must pass the ball out to give the free player the chance to score.

Variations:

- Indicate a number of touches of the first player to master the ball, to save it from the opponent and change the timing of runs and of receiving of the ball out of the penalty area
- Change the shooting foot to be placed in the right body position

Eye on: Quick shots on goal, body placement to save the ball, shots with one foot or the other while running, speed to put pressure against the opponent.

Variation: 1 v 1 + 1 (2)



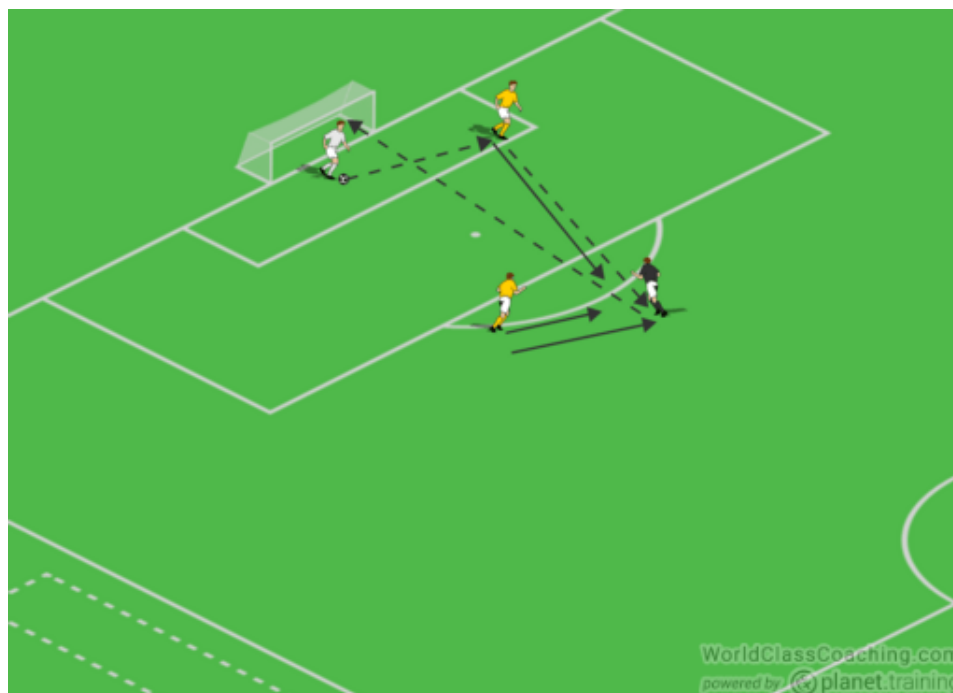
Sequence: The goalkeeper passes the ball inside the penalty area toward a free player who must control it and pass it again out of the penalty area, where a 1 v 1 duel is being played. The receiver must shoot on goal with one touch or the fewest number of touches possible. If the defender wins the possession, he must shoot on goal directly.

Variations:

- Indicate the number of touches the free player has to master the ball to change the timing of runs without the ball and of receiving of the ball out of the penalty area
- The defender must play a wall passing combination with the free player before shooting out of the penalty area

Eye on: Quick shots on goal, body placement to shield the ball, to shoot with one foot or the other while running, speed to put pressure against the opponent. Pressure to send the forward toward his wrong foot.

Exercise 53: 1 v 2 after receiving a pass



Sequence: The goalkeeper passes the ball inside the penalty area toward the first player, who must control it and pass it again out of the penalty area toward a forward, who is under the pressure of a defender. He must then shoot on goal with the fewest number of touches possible and before being under the pressure of the second defender. If one of the defenders win the possession, he can shoot on goal.

Variations:

- Indicate the number of touches the first player has to master the ball, and to change the time of runs of the 1 v 1 outside duel and of receiving of the ball out of the penalty area
- If one defender wins the possession he must play a wall passing combination with the second one before shooting on goal
- The 1 v 2 duels can be alternated depending on who lost the possession and who won it

Eye on: Quick shots on goal, body placement to save the ball, shooting with one foot or the other while running, speed to put pressure against the opponent. Pressure to send the forward toward his wrong foot.

Exercise 54: 2 +1 v 1 duel



Sequence: The goalkeeper passes the ball inside the penalty area toward a first player, who must control it and play a 2 v 1 together with a teammate under the pressure of a defender. The goal is to pass the ball out of the penalty area toward a free player who must then shoot on goal with one touch. If he scores, the point counts for the players in possession before. If the defender wins the possession, he must pass the ball out to give the free player the chance to score for him.

Variations:

- Indicate a number of passes the two forwards have to master the ball, to save it from the opponent and to change the time of runs and of receiving of the ball out of the penalty area
- Change the shooting foot to be placed in the right body position
- If the defender wins the ball, he must play a wall pass combination with the free player, shooting on goal out of the penalty area

Eye on: Quick passing combinations before shooting on goal, body placement to save the ball, to shoot with one foot or the other while running, speed to put pressure against the opponents and to play wall passing combinations.

Exercise 55: 2 v 2 + 1 (1)



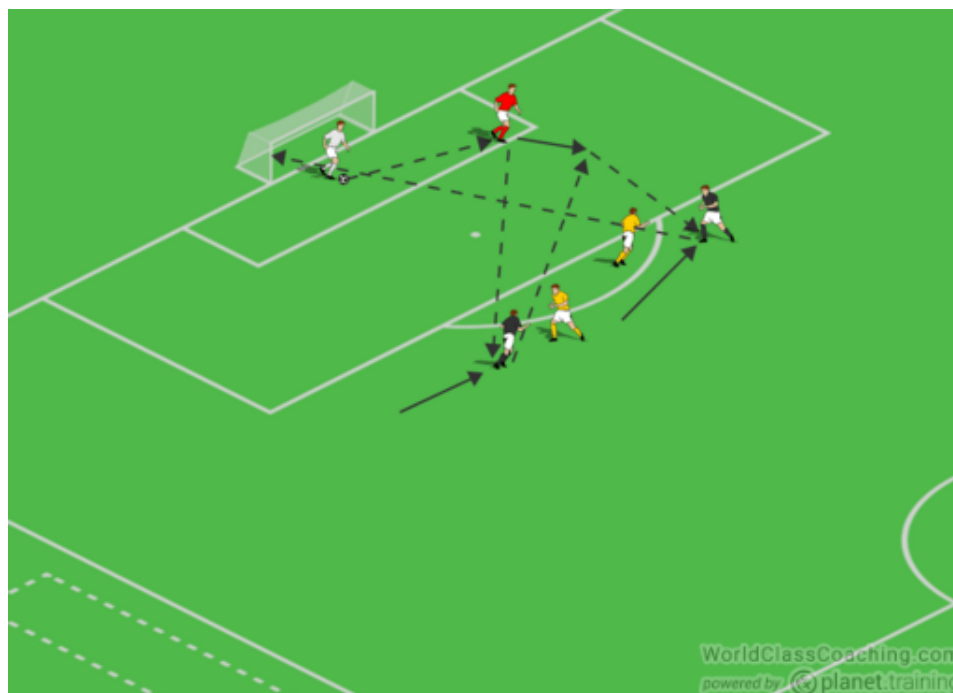
Sequence: The goalkeeper passes the ball inside the penalty area toward a first player, who must control it and then play a 2 v 2 duel together with a teammate, under the pressure of two defenders. The goal is to pass the ball out of the penalty area toward a free player who must then shoot on goal with one touch. If he scores, the goal counts for the players with the possession before. If the defenders win the possession, they must pass the ball toward the free player and receive a back pass out of the penalty area before shooting on goal.

Variations:

- Indicate a number of passes of the two forwards to master the ball, to save it from the opponents and to change the timing of runs and of receiving of the ball out of the penalty area
- Change the shooting foot to be placed in the right body position
- If the defenders win the ball, they must play a passing combination with the free player, shooting on goal out of the penalty area

Eye on: Quick passing combination before shooting on goal, body placement to save the ball, to shoot with one foot or the other while running, speed to put pressure against the opponents and to play wall passing combinations.

Exercise 56: 2 v 2 + 1 (2)



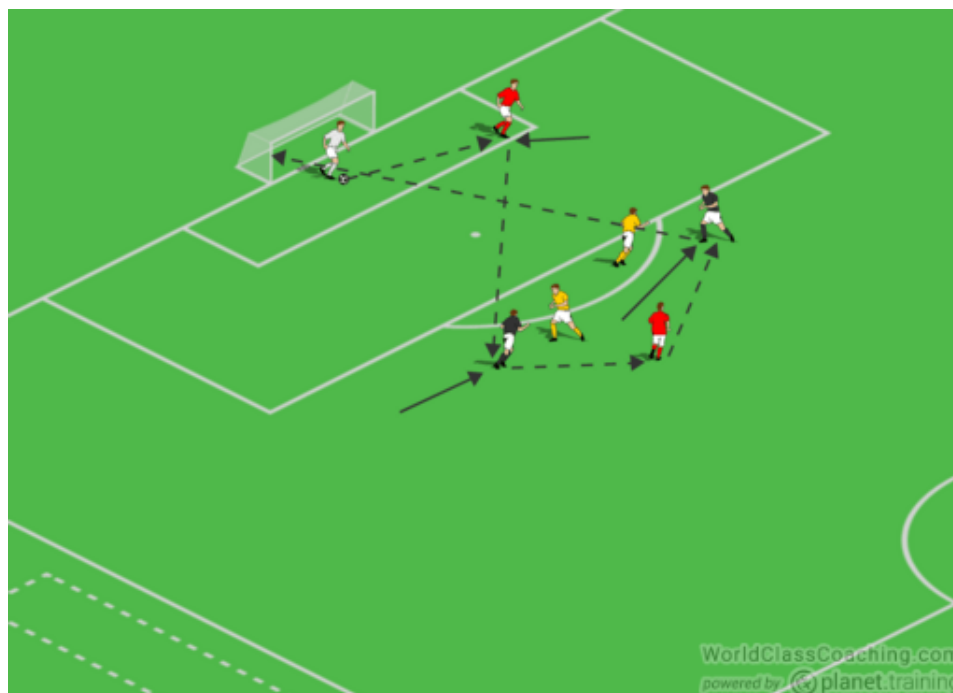
Sequence: The goalkeeper passes the ball inside the penalty area toward a free player, who must control it and then decide which couple of players will be in possession in the 2 v 2 duel outside of the penalty area. The goal counts only after a wall pass inside/outside with the free player. If the defenders win possession, they must pass the ball out to give the free player the chance to score for them.

Variations:

- Indicate a number of passes of the two forwards to master the ball, to save it from the opponents before shooting on goal
- The 2 v 2 duels can be decided by the second receiver
- If the defenders win the ball, they can shoot directly

Eye on: Quick passing combination before shooting on goal, body placement to save the ball, to shoot with one foot or the other while running, speed to put pressure against the opponents and to play wall passing combination. Pressure to send the forward toward his wrong foot.

Exercise 57: 2 v 2 + 1 (3)



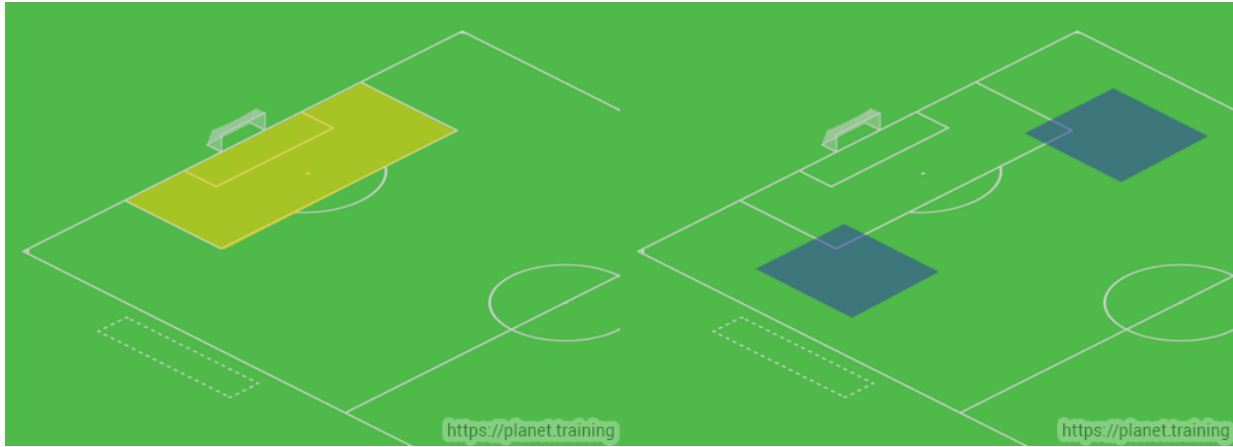
Sequence: The goalkeeper passes the ball inside the penalty area toward a free player who must control it and then decides which couple is in possession in the 2 v 2 duel out of the penalty area. The goals count only after a wall pass with a second free player out of the penalty area. If the defenders win the possession, they must pass the ball to one of the free player to score after receiving a back pass.

Variations:

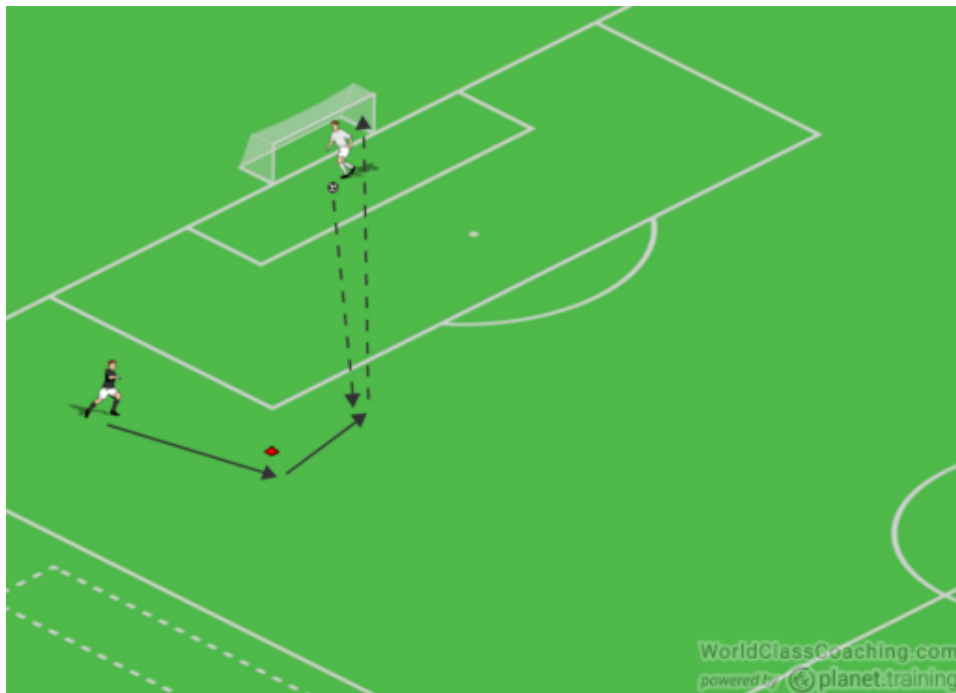
- Indicate a number of passes of the two forwards to master the ball, to save it from the opponents before shooting on goal
- The 2 v 2 duels can be decided by the second receiver or the second free player
- If the defenders win the ball, they can shoot directly

Eye on: Quick passing combination before shooting on goal, body placement to save the ball, to shoot with one foot or the other while running, speed to put pressure against the opponents and to play wall passing combination. Pressure to send the forward toward his wrong foot.

Dribble or pass from inside the penalty area and shoot from outside corners



Exercise 58: 1 v goalkeeper (1)



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

Variation: Shoot on goal with one touch.

Eye on: Speed to turn around the cone and catch the ball and quickness to shoot on goal after the change of direction around the cone.

Exercise 59: 1 v 1 (1)



Sequence: The goalkeeper passes the ball outside the penalty area; the receiver must control the ball after running around the cone, must win the 1 v 1 duel against the defender who's running toward him, and shoot on goal. The same sequence can be carried out on the other side.

Variation: The defender can decide to put pressure on the receiver before the first control, closing the passing lane.

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. Reaction speed to put pressure on the forward.

Exercise 60: 1 v 1 (2)



Sequence: The goalkeeper passes the ball outside the penalty area and inside the square of cones. The receiver who wins the possession in the 1 v 1 duel against the defender must control the ball and shoot on goal. The 1 v 1 starts before the ball is played. The same sequence can be carried out on the other side.

Variation: The goalkeeper can indicate who is the forward and who is the defender, while he's playing the ball

Eye on: Feints without the ball to win the 1 v 1 duel, quickness to shoot on goal. Reaction speed to put pressure on the forward.

Exercise 61: 1 v 1 (3)



Sequence: The goalkeeper passes the ball outside the penalty area toward a free player. He then passes inside the square of cones, where the receiver who wins the possession playing the 1 v 1 duel against the defender must control the ball and shoot on goal. The 1 v 1 begins before the ball is played. The same sequence can be carried out on the other side.

Variation: The forward and the defender can be indicated by the goalkeeper or by the free player while they are passing the ball

Eye on: Feints without the ball to win the 1 v 1 duel, quickness to shoot on goal. Pressure to send the forward on his wrong foot.

Exercise 62: 1 v 1 (4)



Sequence: The goalkeeper passes the ball outside the penalty area toward a free player. The free player then passes inside the square of cones, where the receiver who wins the possession plays a 1 v 1 duel against the defender. Attacker must control the ball and shoot on goal after a wall passing combination with the free player. The 1 v 1 begins before the ball is played. The same sequence can be carried out on the other side.

Variation: The forward and the defender can be indicated by the goalkeeper or by the free player while they are passing the ball

Eye on: Feints without the ball to win the 1 v 1 duel, quickness to shoot on goal. Pressure to send the forward on his wrong foot.

Exercise 63: 1 v the goalkeeper (2)



Sequence: The goalkeeper passes the ball outside the penalty area toward a first player. He then passes in the outer square of cones, where the receiver must control the ball and shoot on goal diagonally with the farther foot. If he receives from the right, he must shoot with the left foot. The same sequence can be carried out on the other side.

Variation: Ask the player to work on feints or changes of direction before shooting on goal

Eye on: Quality of ball control, quickness to shoot on goal.

Exercise 64: 1 v 1 (5)



Sequence: The goalkeeper passes the ball outside the penalty area toward a first player. He then passes in the outer square of cones, where the receiver must control the ball and shoot on goal diagonally with the farther foot. If he receives from the right, he must shoot with the left foot. The first player becomes defender and he must decide to put pressure or to close the goal's space; if he wins the ball he can shoot directly. The same sequence can be carried out on the other side.

Variation: The defender can dribble toward the outside square before passing the ball

Eye on: Quality of ball control, quickness to shoot on goal before the defender is able to put pressure. Pressure to send the forward toward his wrong foot.

Exercise 65: 1 v 1 (6)

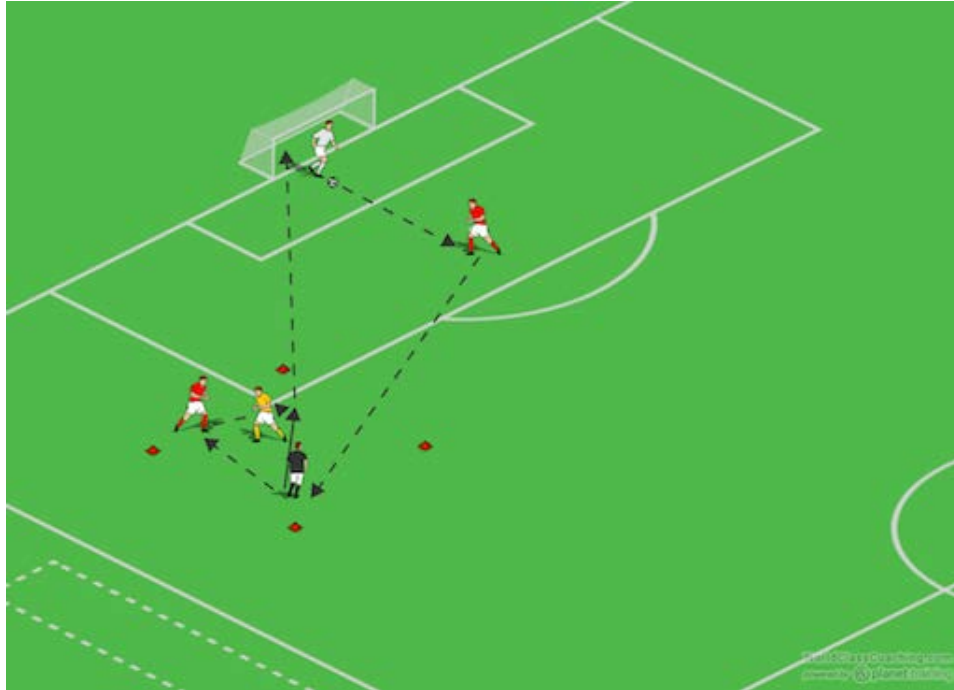


Sequence: The goalkeeper passes the ball inside the penalty area toward a first free player. He then passes in the outer square of cones, where the receiver must control the ball and shoot on goal diagonally with the farther foot, after a 1 v 1 duel. If he receives from the right, he must shoot with the left foot. If the defender wins the ball he can shoot directly. The same sequence can be carried out on the other side.

Variation: The free player can dribble inside the penalty area before passing the ball

Eye on: Quality of ball control, quickness to shoot on goal before the defender is able to put pressure. Pressure to send the forward toward his wrong foot.

Exercise 66: 1+1 v 1



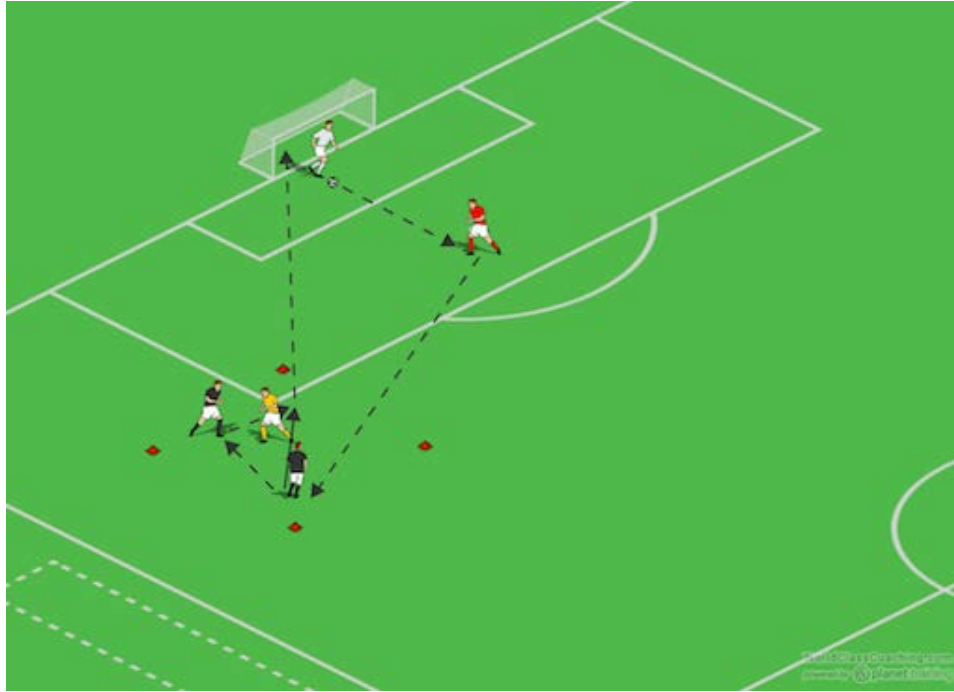
Sequence: The goalkeeper passes the ball inside the penalty area toward a first free player. He then passes into the outer square of cones, where the receiver must control the ball and shoot on goal after a 1 v 1 duel, played with a second free player as support. If the defender wins the ball he can shoot directly. The same sequence can be carried out on the other side.

Variations:

- The free player can dribble inside the penalty area before passing the ball
- If the defender wins the ball, he plays a wall passing sequence with the second free player before shooting on goal

Eye on: Quality of ball control, quickness to play a wall pass sequence, shoot on goal under pressure. Pressure to send the forward toward his wrong foot.

Exercise 67: 2 v 1



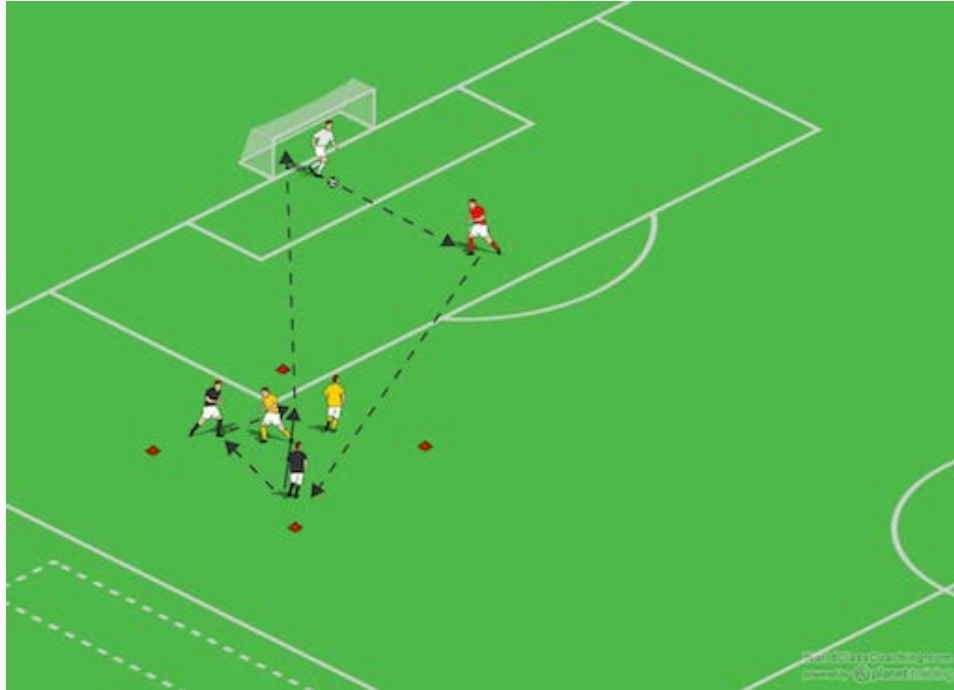
Sequence: The goalkeeper passes the ball inside the penalty area toward a first free player. He then passes in the outer square of cones, where the receiver must control the ball and shoot on goal after a 2 v 1 duel together with a teammate. If the defender wins the ball he can shoot directly. The same sequence can be carried out on the other side.

Variations:

- The free player can dribble inside the penalty area before passing the ball
- If the defender wins the ball, he plays a wall passing sequence with the free player before shooting on goal

Eye on: Quality of ball control, quickness to play the 2 v 1 duel and the wall pass sequence, shoot on goal quickly when in numerical advantage.

Exercise 68: 2 v 2



Sequence: The goalkeeper passes the ball inside the penalty area toward a first free player. He then passes in the outer square of cones, where the receiver must control the ball and shoot on goal after a 2 v 2 duel. If the defenders win the ball they can shoot directly. The same sequence can be carried out on the other side.

Variations:

- The free player can dribble inside the penalty area before passing the ball
- If the defenders win the ball, they must play a wall passing sequence with the free player before shooting on goal

Eye on: Quality of ball control, quickness to play the 2 v 2 duel and the wall pass sequence, shoot on goal quickly under pressure. Pressure to send the forward toward his wrong foot.

Exercise 69: 3 v 2



Sequence: The goalkeeper passes the ball inside the penalty area toward a first free player. He then passes in the outer square of cones, where the receiver must control the ball and shoot on goal after a 2 v 2 duel. The couple in possession must play a wall passing sequence with a second free player, who is placed in the penalty area. The player who shoots on goal must be a 3rd man. If the defenders win the ball, they can shoot directly. The same sequence can be carried out on the other side.

Variations:

- The free players can dribble inside the penalty area before passing the ball
- If the defenders win the ball, they must play a wall passing sequence with the second free player before shooting on goal

Eye on: Quality of ball control, quickness to play the 3 v 2 duel and the wall pass sequence, shoot on goal quickly under pressure. Pressure to send the forward toward his wrong foot.

Exercise 70: 3 v 3



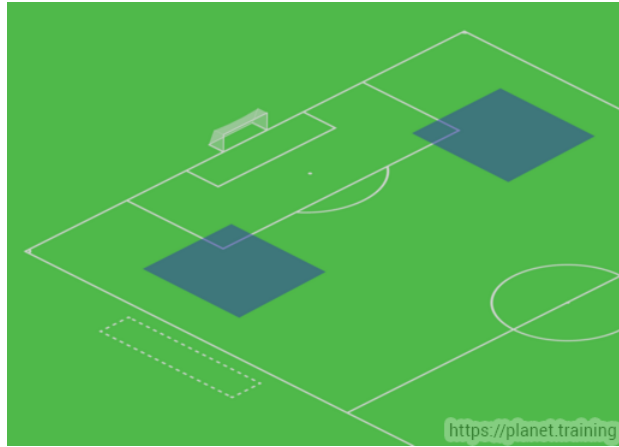
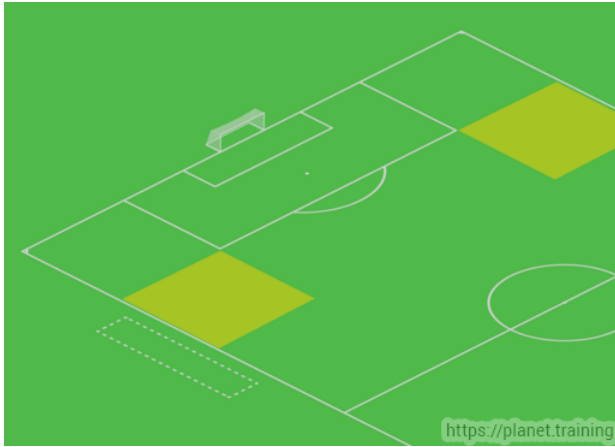
Sequence: The goalkeeper passes the ball inside the penalty area toward a first free player. He then passes in the outer square of cones, where the receiver must control the ball and shoot on goal after a 2 v 2 duel. The couple in possession must play a wall passing sequence with a second free player, who is placed in the penalty area. The first free player becomes defender and he can run toward the square to equal the number of players 3 v 3. The player who shoots on goal must be a 3rd man. If the defenders win the ball, they can shoot directly. The same sequence can be carried out on the other side.

Variations:

- The free players can dribble inside the penalty area before passing the ball
- If the defenders win the ball, they must play a wall passing sequence with the second free player before shooting on goal

Eye on: Quality of ball control, quickness while playing the 3 v 3 duel and the wall pass sequence, shoot on goal quickly under pressure. Pressure to send the forward toward his wrong foot.

Dribble or pass from wide spaces along the flanks in the final third and shoot from outside corners of the penalty area



Exercise 71: 1 v goalkeeper (1)



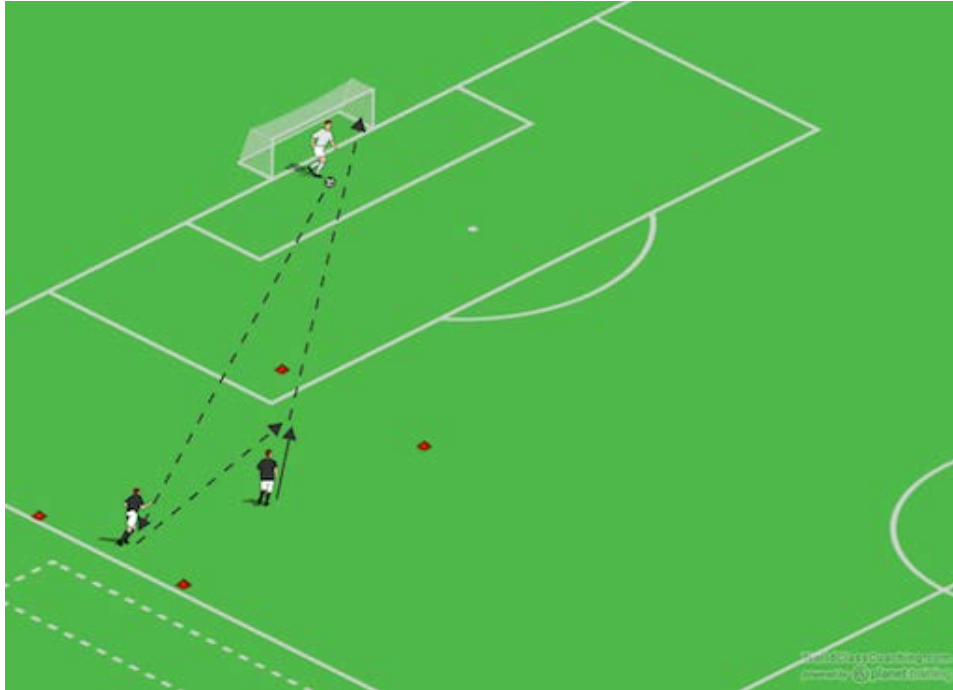
Sequence: The goalkeeper passes the ball out of the penalty area, toward a player who must control and pass it to a second teammate. The player now in possession must dribble and shoot on goal from the corner of the penalty area. The same sequence can be carried out on the other side.

Variations:

- Indicate a fixed limit of time to dribble out and to shoot on goal
- Change the dribbling foot and the shoot on goal foot

Eye on: Quick shots on goal, body placement to turn, and dribble before shooting.

Exercise 72: 1 v goalkeeper (2)



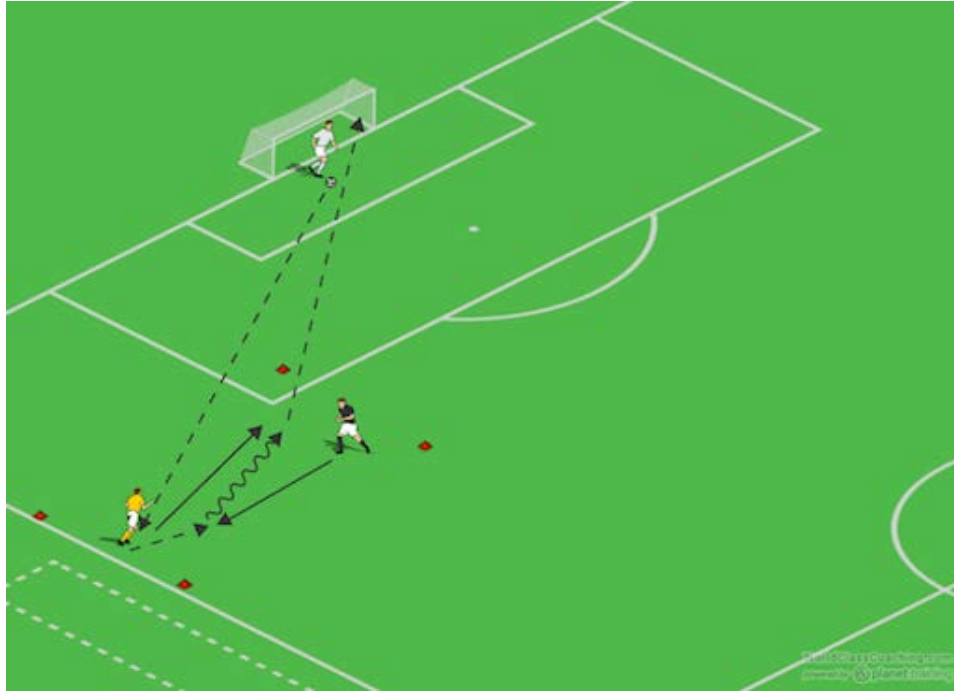
Sequence: The goalkeeper passes the ball out of the penalty area, toward a player who must control and pass it to a second teammate, who's moving without the ball toward the goal. The player now in possession must shoot with one touch from the corner of the penalty area. The same sequence can be carried out on the other side.

Variations:

- Indicate the shooting foot to place the body on the ball
- Indicate the pole of the goal as direction of the shoot

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

Exercise 73: 1 v 1 (1)



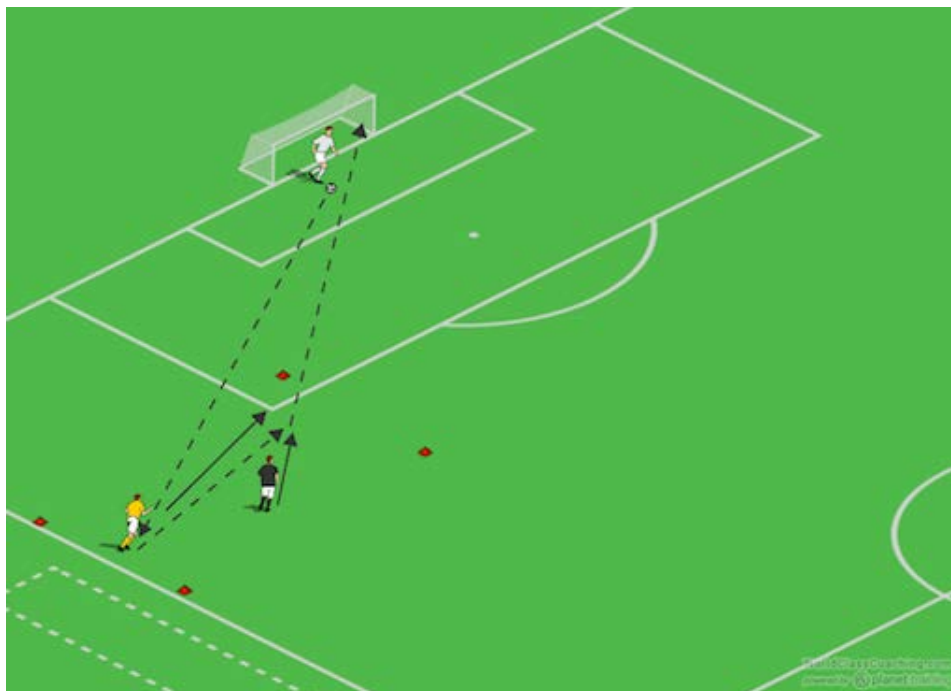
Sequence: The goalkeeper passes the ball out of the penalty area toward a player, who will become defender, and who must control and pass it to a second player. The player now in possession must dribble under the pressure of the defender and shoot from the corner of the penalty area. If the defender wins the ball, he can shoot on goal too. The same sequence can be carried out on the other side.

Variations:

- Indicate a fixed limit of time to dribble out and to shoot on goal
- Change the dribbling foot and the shoot on goal foot

Eye on: Quick shots on goal under pressure, body placement to turn and dribble before shooting, send the opponent on the wrong foot.

Exercise 74: 1 v 1 (2)



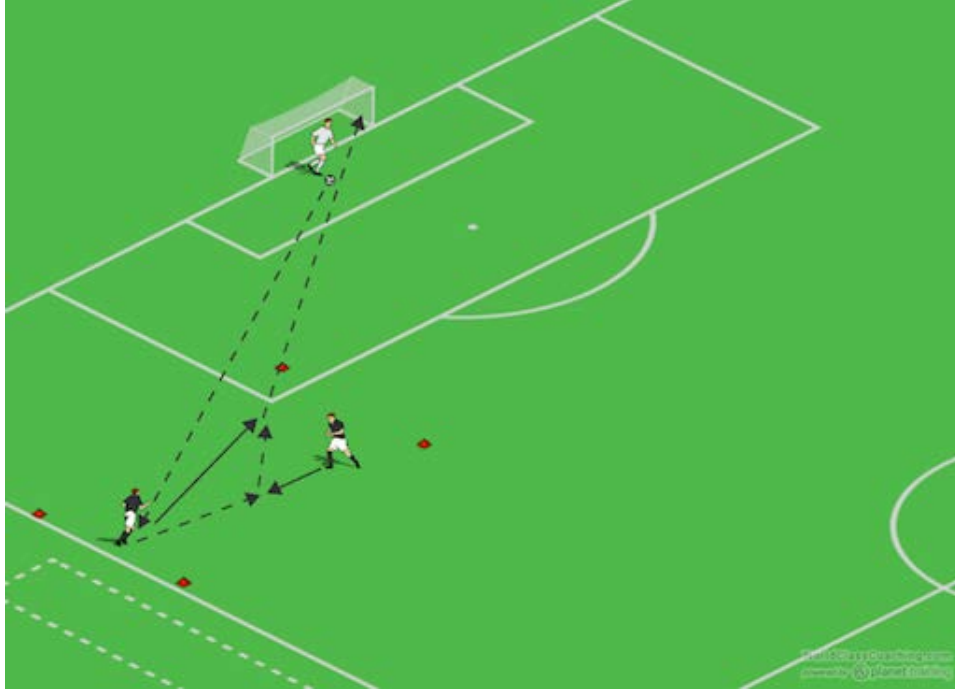
Sequence: The goalkeeper passes the ball out of the penalty area toward a player who will become the defender and who must control and pass it to a second one, who's moving without the ball toward the goal. The player now in possession must shoot from the corner of the penalty area, with one touch under the pressure of the defender. If the defender wins the ball, he can shoot on goal too. The same sequence can be carried out on the other side.

Variations:

- Indicate the shooting foot to place the body on the ball
- Indicate the far post of the goal as direction of the shot

Eye on: Quick shots on goal under pressure, body placement on the ball to shoot with one touch under pressure, send the opponent on the wrong foot, fast recovery of possession.

Exercise 75: 1 v goalkeeper (3)



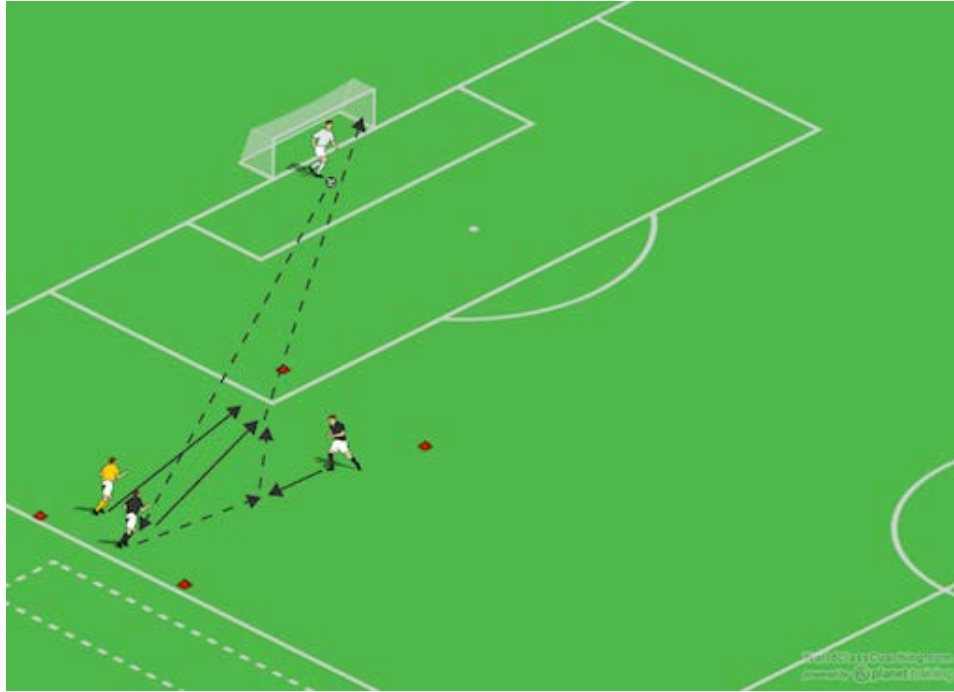
Sequence: The goalkeeper passes the ball out of the penalty area toward a player, who must control it near the side line and play a wall passing combination with a second teammate, who's moving without the ball, before shooting on goal with one touch from the corner of the penalty area. The same sequence can be carried out on the other side.

Variations:

- Indicate the shooting foot to place the body on the ball
- Indicate the far post of the goal as direction of the shot

Eye on: Quick passing combination and shots on goal, body placement on the ball to shoot with one touch.

Exercise 76: 1 v 1 (3)



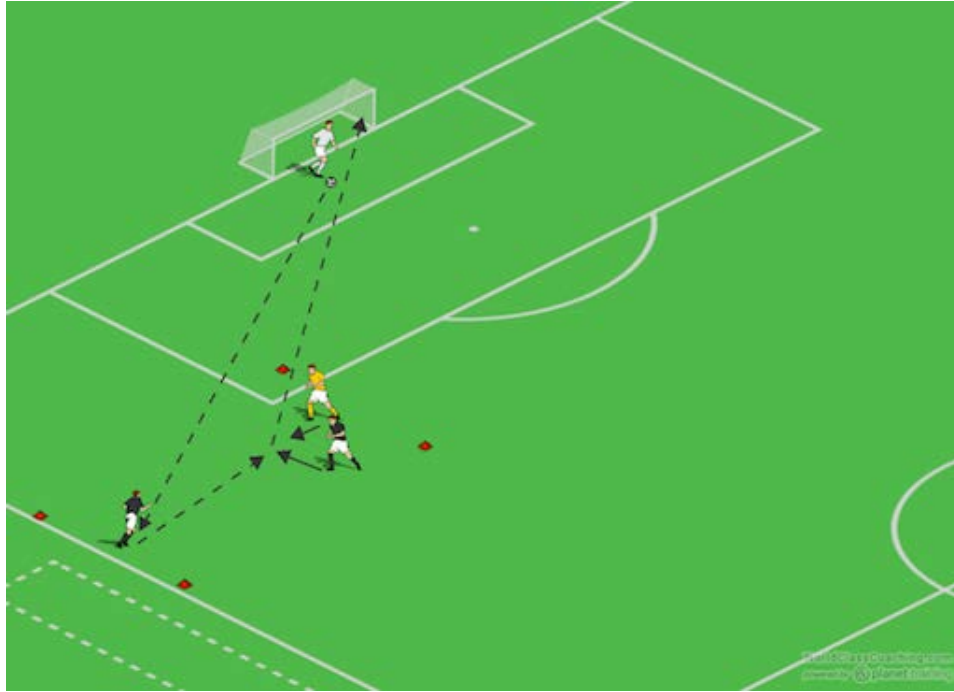
Sequence: The goalkeeper passes the ball out of the penalty area, toward a player who must control it near the side line and play a wall passing combination with a second teammate, who's moving without the ball, before shooting on goal with one touch from the corner of the penalty area. The player in possession is always under the pressure of an active defender. If defender wins the possession, he can shoot on goal too. The same sequence can be carried out on the other side.

Variations:

- Indicate the shooting foot to place the body on the ball
- Indicate the far post of the goal as the direction of the shot

Eye on: Quick passing combinations and shots on goal under pressure, body placement on the ball to shoot with one touch under pressure, send the opponent on the wrong foot, fast recovery of possession.

Exercise 77: 1 v 1 (4)



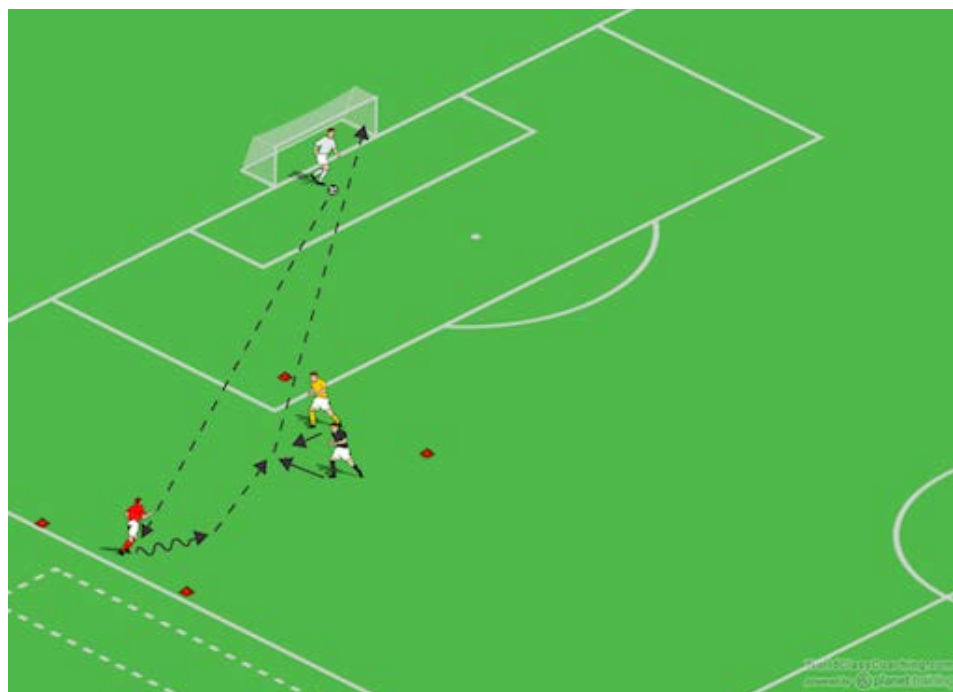
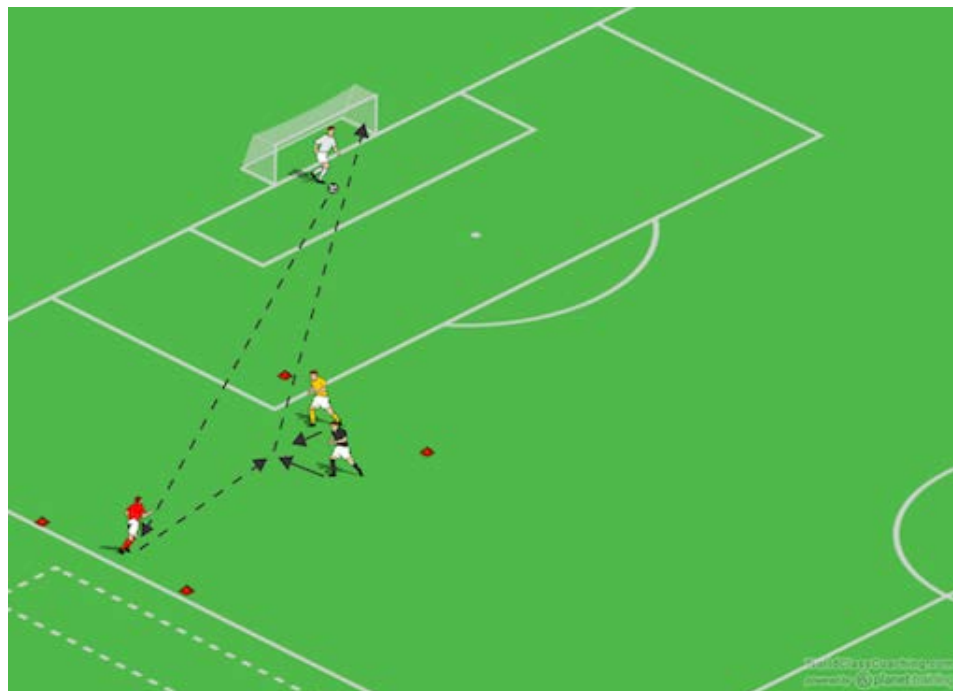
Sequence: The goalkeeper passes the ball out of the penalty area, toward a player who must control it near the sideline and pass it to a second teammate, who's moving without the ball toward him under the pressure of an active defender. The player in possession must turn and shoot on goal the fewest number of touches possible. If the defender wins the possession, he can shoot on goal too. The same sequence can be carried out on the other side.

Variations:

- Play an outside/inside wall passing combination instead of turning
- Indicate the pole of the goal as direction of the shoot

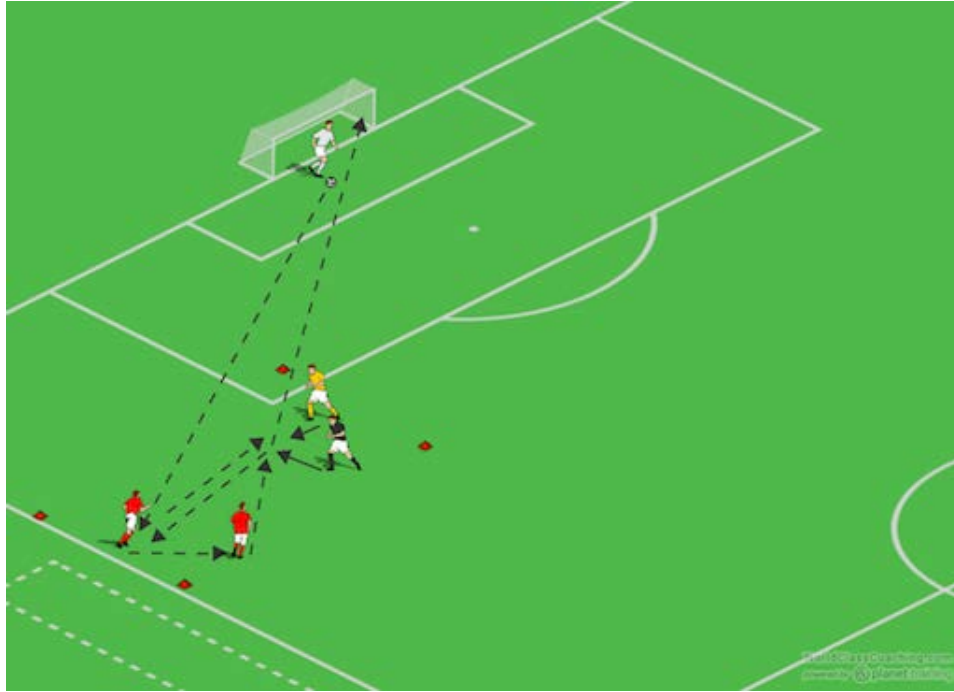
Eye on: Quick turn and change of direction to shoot on goal under pressure, body placement on the ball to shoot with few touches under pressure, send the opponent on the wrong foot, fast recovery of possession.

Variation:



Sequence: These are variations of the previous exercise. The goalkeeper passes the ball out of the penalty area toward a free player, who decides who is the player in possession and who must turn and shoot on goal with the fewest number of touches possible, being under pressure. The free player can pass directly or dribble the ball first.

Exercise 78: 1 v 1 + 1



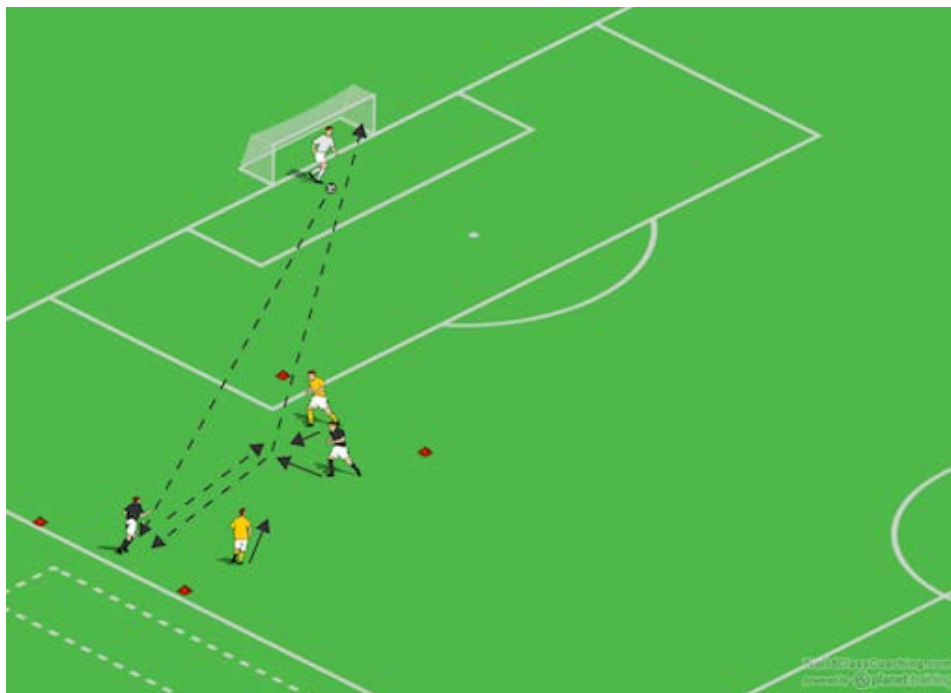
Sequence: The goalkeeper passes the ball out of the penalty area toward a free player, who decides who is the player in possession and who turns and shoots on goal, after a wall passing combination with a second free player, under the active pressure of a defender. If the defender wins the possession, he can shoot on goal directly. The same sequence can be carried out on the other side.

Variations:

- Indicate the shooting foot to place the body on the ball
- Indicate the far post of the goal as direction of the shot
- The defender must play a wall passing combination with one free player before shooting on goal

Eye on: Quick passing combinations and shots on goal under pressure, body placement on the ball to save the ball and to shoot under pressure, send the opponent on the wrong foot, fast recovery the possession.

Exercise 79: 2 v 2



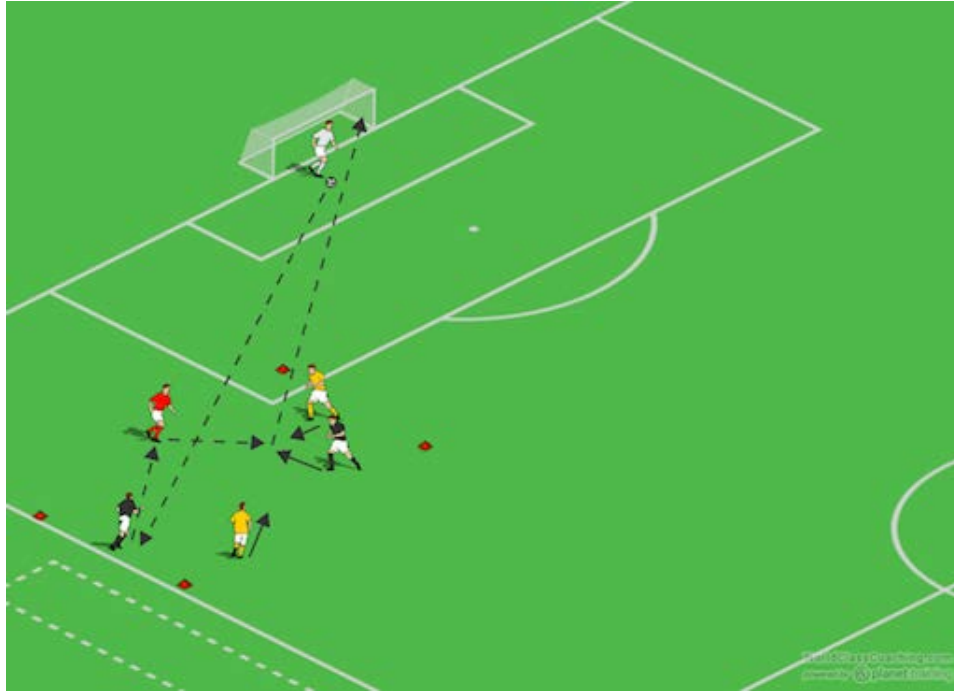
Sequence: The goalkeeper passes the ball out of the penalty area, inside a square, where a 2 v 2 duel is being played. The shots on goal are valid only after a wall passing combination, under the active pressure of the defenders. If they win the possession, they can shoot on goal directly. The same sequence can be carried out on the other side.

Variations:

- Fix a limit of time to finish
- Indicate the far post of the goal as direction of the shot
- The defenders must play a wall passing combination between them before shooting on goal

Eye on: Quick passing combinations and shots on goal under pressure, body placement on the ball to save the ball and to shoot with one touch under pressure, send the opponent on the wrong foot, fast recovery of possession.

Exercise 80: 2 v 2 + 1 (1)



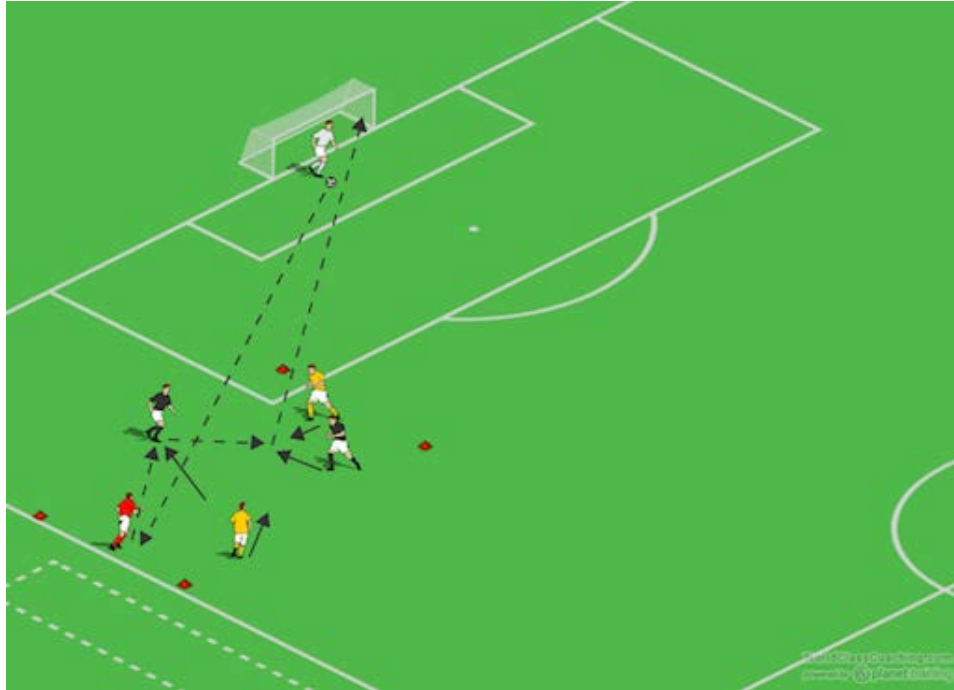
Sequence: The goalkeeper passes the ball out of the penalty area, inside a square, where a 2 v 2 duel is being played. The scores are valid only after a wall passing combination with a free player and if the "third man" shoots on goal, under the active pressure of the defenders. If they win the possession, they can shoot on goal directly. The same sequence can be carried out on the other side.

Variations:

- Fix a limit of time to finish
- Indicate the far post of the goal as direction of the shot
- The defender must play a wall passing combination with the free player before the third man can shoot on goal

Eye on: Quick passing combinations and shots on goal under pressure, body placement on the ball to save the ball and to shoot under pressure, send the opponent on the wrong foot, fast recovery of possession.

Exercise 81: 2 v 2 + 1 (2)



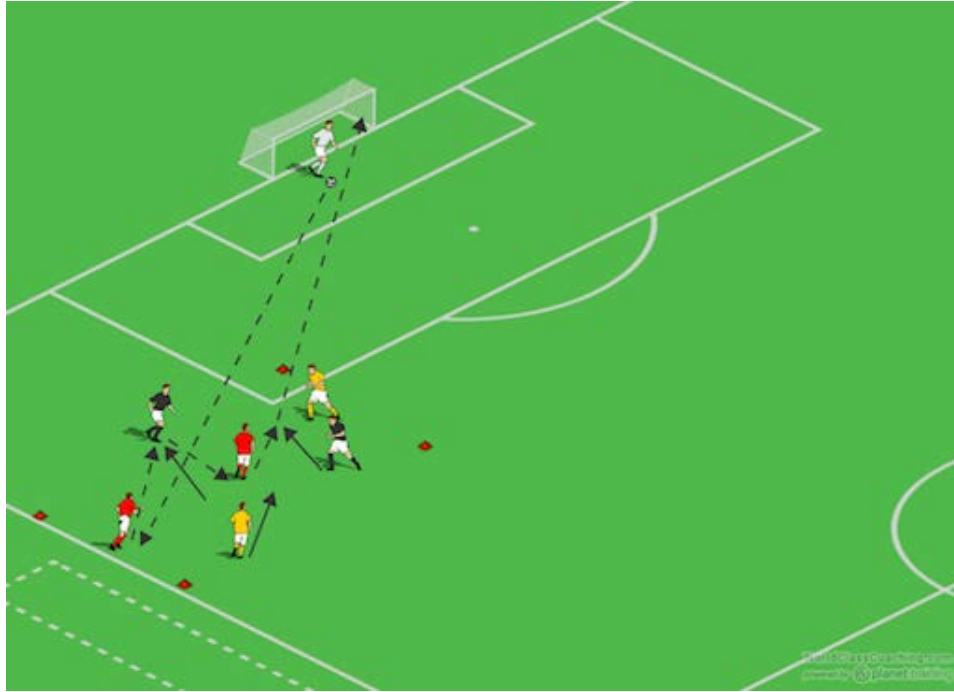
Sequence: The goalkeeper passes the ball out of the penalty area, inside a square, toward a free player. He must decide which couple of players are in possession of the 2 v 2 duel. The scores are valid only after a passing combination to find the "third man," who can shoot on goal, under the active pressure of the defenders. If they win the possession, they can shoot on goal directly. The same sequence can be carried out on the other side.

Variations:

- Fix a limit of time to finish
- Indicate the far post of the goal as direction of the shot
- The defender must play a wall passing combination with the free player before the third man can shoot on goal

Eye on: Quick passing combinations and shots on goal under pressure, body placement on the ball to save the ball and to shoot under pressure, send the opponent on the wrong foot, fast recovery of possession.

Exercise 82: 2 v 2 + 1 (3)



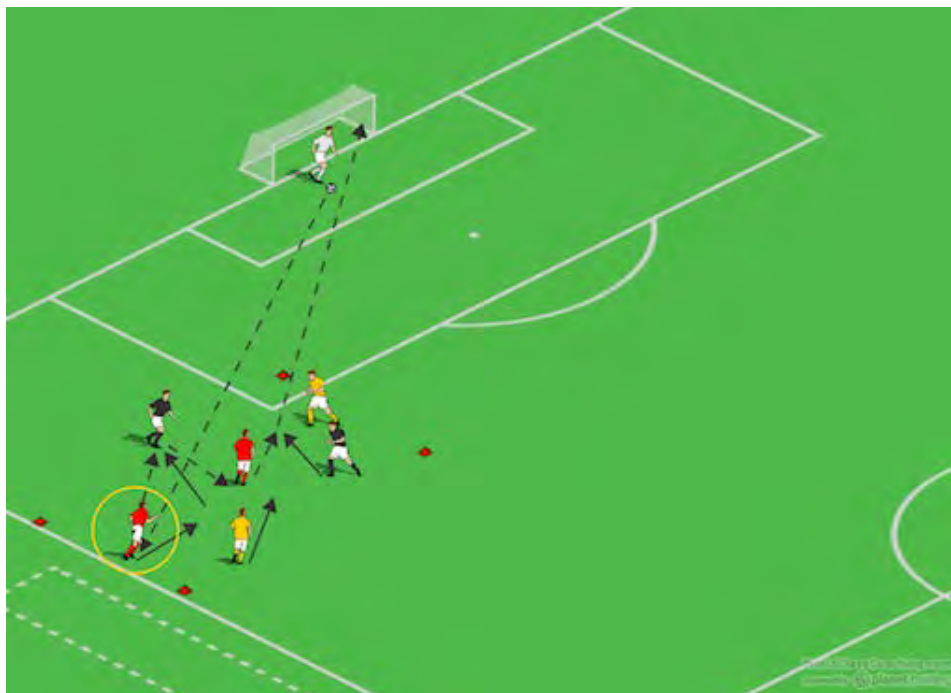
Sequence: The goalkeeper passes the ball out of the penalty area, inside a square, toward a free player. The free player must decide which couple of players are in possession of the 2 v 2 duel. The scores are valid only after a passing combination to find the "third man," through a second free player in the middle of the square. The third man can shoot on goal, under the active pressure of the defenders. If defenders win possession, they can shoot on goal directly. The same sequence can be carried out on the other side.

Variations:

- Fix a limit of time to finish
- Indicate the far post of the goal as direction of the shot
- The defender must play a wall passing combination with one of the free players before the third man can shoot on goal

Eye on: Quick passing combinations and shots on goal under pressure, body placement on the ball to save the ball and to shoot under pressure, send the opponent on the wrong foot, fast recovery of possession.

Exercise 83: 3 v 3



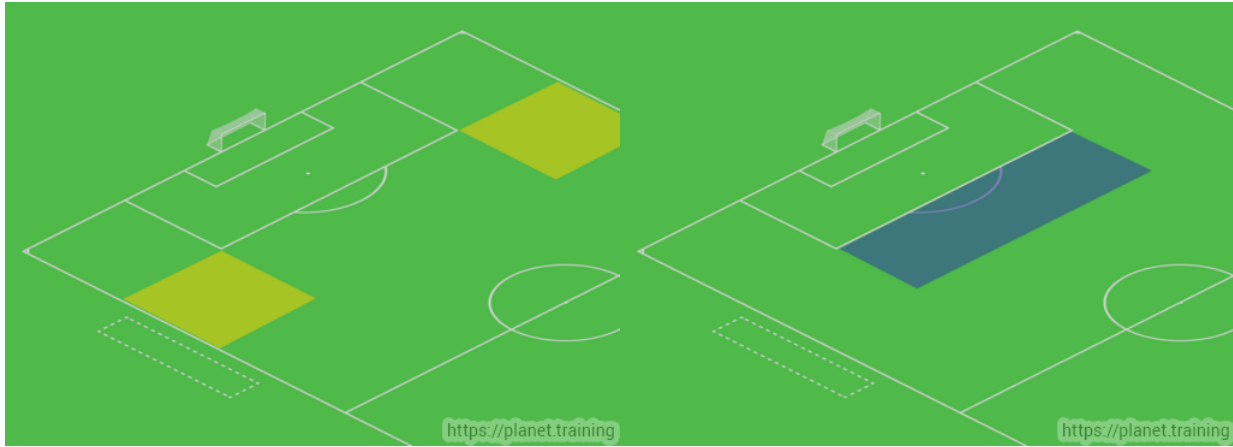
Sequence: The goalkeeper passes the ball out of the penalty area, inside a square, toward a free player. Free player must decide which couple of players are in possession in the 2 v 2 duel. The scores are valid only after a passing combination to find the "third man," through a second free player in the middle of the square. The third man can shoot on goal, under the active pressure of the defenders. The first free player becomes defender after his pass; in this way a 3 v 3 duel is created. If the defenders win the possession, they can shoot on goal directly. The same sequence can be carried out on the other side.

Variations:

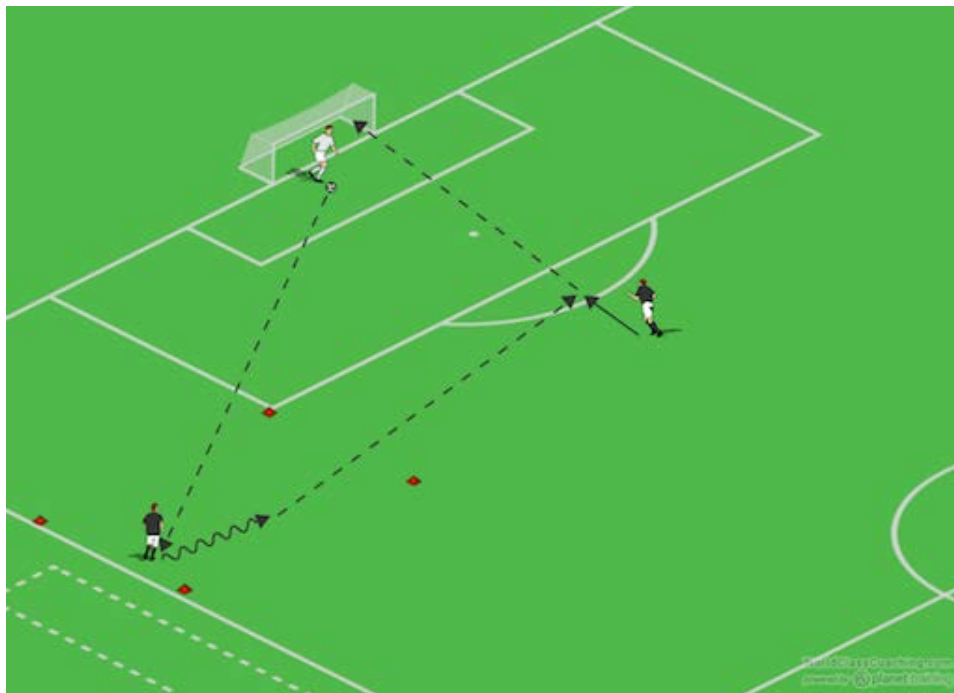
- Fix a limit of time to finish
- Indicate the far post of the goal as direction of the shot
- The defender must play a wall passing combination with one of the free players before the third man can shoot on goal

Eye on: Quick passing combinations and shoots on goal under pressure, body placement on the ball to save the ball and to shoot under pressure, send the opponent on the wrong foot, fast recovery of possession.

Dribble or pass from wide spaces along the flanks in the final third and shoot from the center spaces out of the penalty area



Exercise 84: 1 v goalkeeper (1)



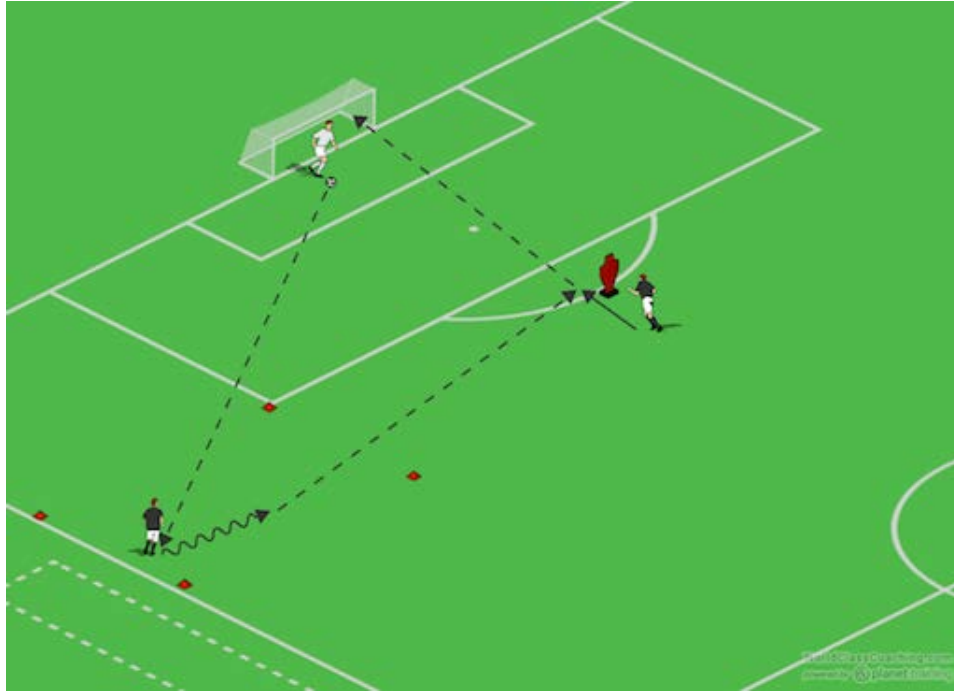
Sequence: The goalkeeper passes the ball inside a square of cones near the sideline and out of the penalty area toward a player who must control, dribble and pass it toward a teammate who's moving in the center space out of the penalty area. He must then shoot on goal with one touch. The same sequence can be carried out on the other side.

Variations:

- Indicate a fixed limit of time to dribble and to shoot on goal
- Change the dribbling foot and the shooting foot

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

Exercise 85: 1 v goalkeeper (2)



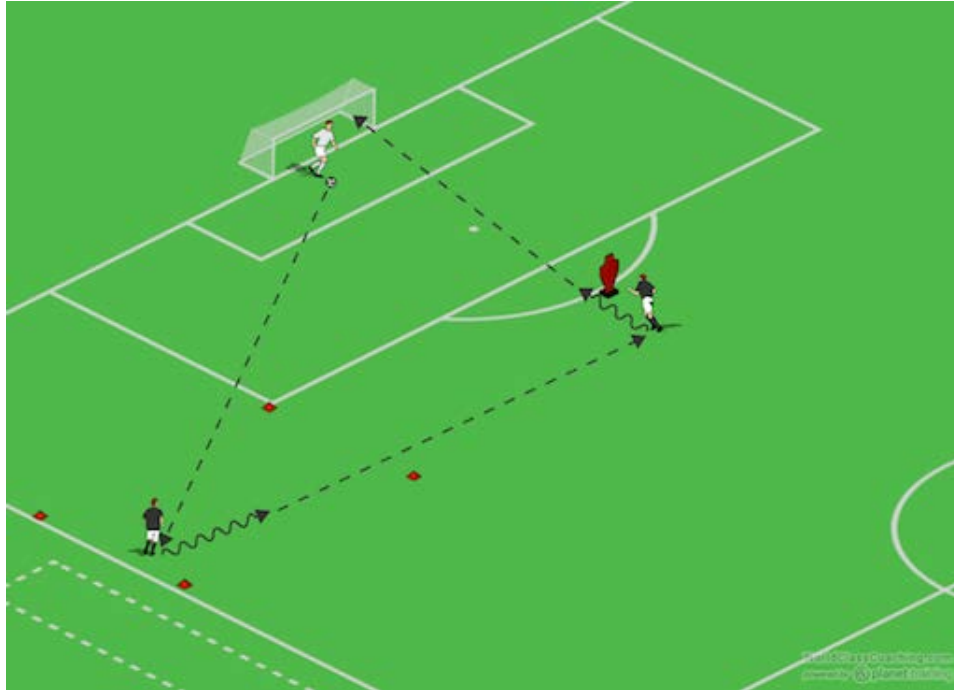
Sequence: The goalkeeper passes the ball inside a square of cones near the sideline, and out of the penalty area, toward a player who must control, dribble and pass it to a teammate, who's moving in the center space out of the penalty area. The receiving player must anticipate the position of the dummy, while shooting on goal with one touch. The same sequence can be carried out on the other side.

Variations:

- Indicate a fixed limit of time to dribble and to shoot on goal
- Change the dribbling foot and the shooting foot

Eye on: Quick shots on goal, body placement to shoot with one foot or the other and to anticipate the dummy, timing of runs without the ball to receive and to shoot.

Exercise 86: 1 v goalkeeper (3)



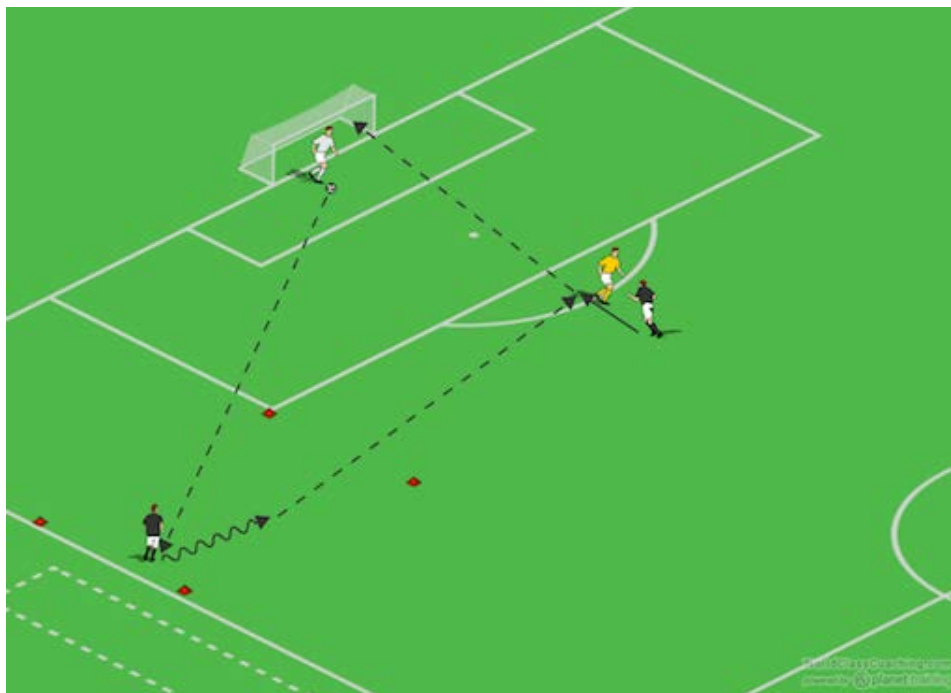
Sequence: The goalkeeper passes the ball inside a square of cones near the sideline and out of the penalty area, toward a player who must control, dribble and pass it to a teammate, who's moving in the center space out of the penalty area. The receiving player must control the ball and practice a feint around the dummy before shooting on goal with the fewest number of touches possible. The same sequence can be carried out on the other side.

Variations:

- Indicate a fixed limit of time to dribble and to shoot on goal
- Change the dribbling foot and the shooting foot
- Indicate the type of feints to beat the dummy

Eye on: Quick shots on goal, body placement to receive and overcome the dummy with feints.

Exercise 87: 1 v 1 (1)



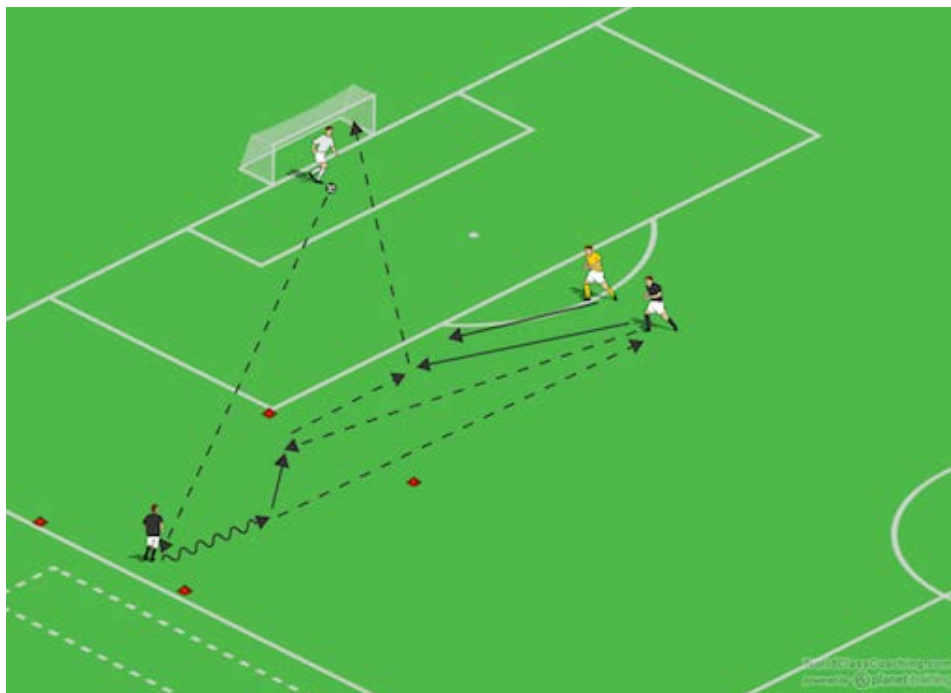
Sequence: The goalkeeper passes the ball inside a square of cones near the sideline and out of the penalty area, toward a player who must control, dribble and pass it to a teammate, who's moving in the center space out of the penalty area. The receiving player must control the ball and shoot on goal under the active pressure of a defender, with the fewest number of touches possible. If the defender wins the ball, he can shoot on goal too. The same sequence can be carried out on the other side.

Variations:

- Indicate a fixed limit of time to dribble and to shoot on goal
- Indicate the type of feints to beat the defender

Eye on: Quick shots on goal, body placement to receive and to beat the opponent. Pressure to send the forward on his wrong foot.

Exercise 88: 1 v 1 (2)



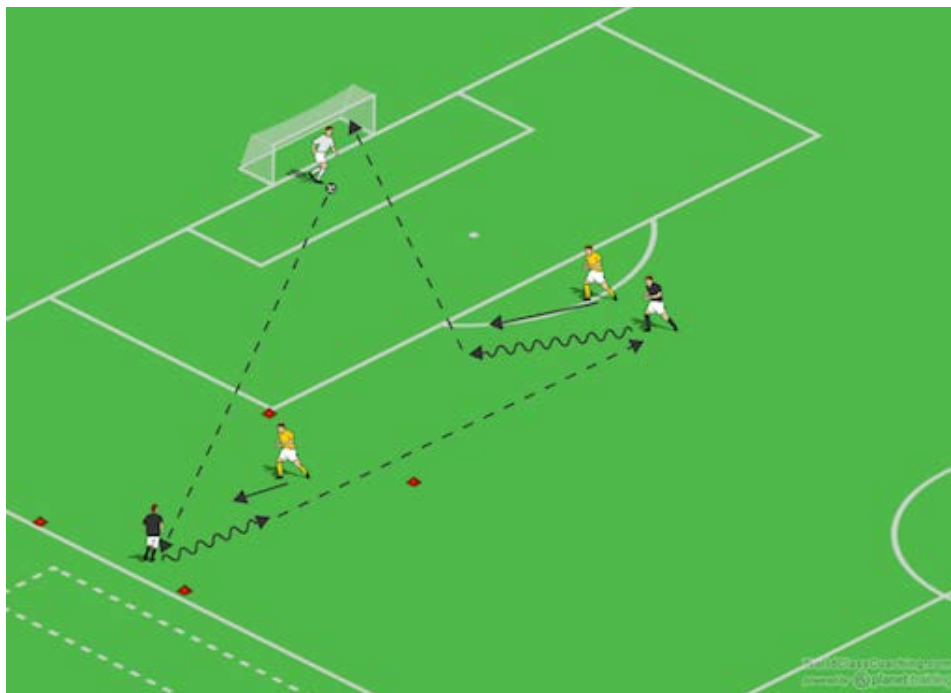
Sequence: The goalkeeper passes the ball inside a square of cones near the sideline and out of the penalty area, toward a player who must control, dribble and pass it to a teammate, who's moving in the center space out of the penalty area. The receiving player must control the ball and shoot on goal under the active pressure of a defender, with the fewest number of touches possible. The scores are valid only after a wall passing combination with the outer player. If the defender wins the ball, he can shoot on goal too. The same sequence can be carried out on the other side.

Variations:

- Indicate a fixed limit of time to dribble and to shoot on goal
- The defender must play wall passing combination if he wins the possession

Eye on: Quick passing combination to shoot on goal, body placement to receive and to beat the opponent and to receive the back passes to shoot quickly. Pressure to send the forward on his wrong foot.

Exercise 89: Double 1 v 1



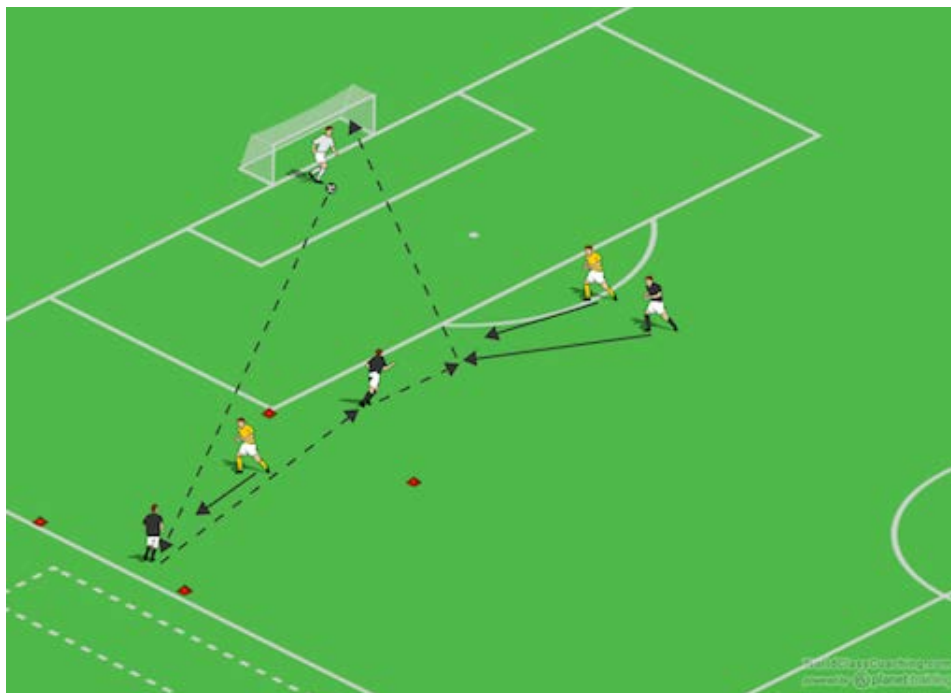
Sequence: The goalkeeper passes the ball inside a square of cones near the sideline and out of the penalty area, toward a player who must control it under the active pressure of a first defender. He must dribble and pass it to a second teammate, who's moving in the center space out of the penalty area. The receiving player must control the ball and shoot on goal under the active pressure of another defender with the fewest number of touches possible. If the first defender wins the possession, he must pass it toward the teammate in the center space who can shoot on goal too. If the second defender wins the possession, he can shoot directly. The same sequence can be carried out on the other side.

Variations:

- Indicate a fixed limit of time to dribble and to shoot on goal
- The second defender must play a wall passing combination with his teammate if he wins the possession

Eye on: Quick passing combination to shoot on goal, body placement to receive, to shield the ball, and to overcome the direct opponent inside both the duels, quick shots

Exercise 90: 1 v 1 and 2 v 1 to shoot on goal



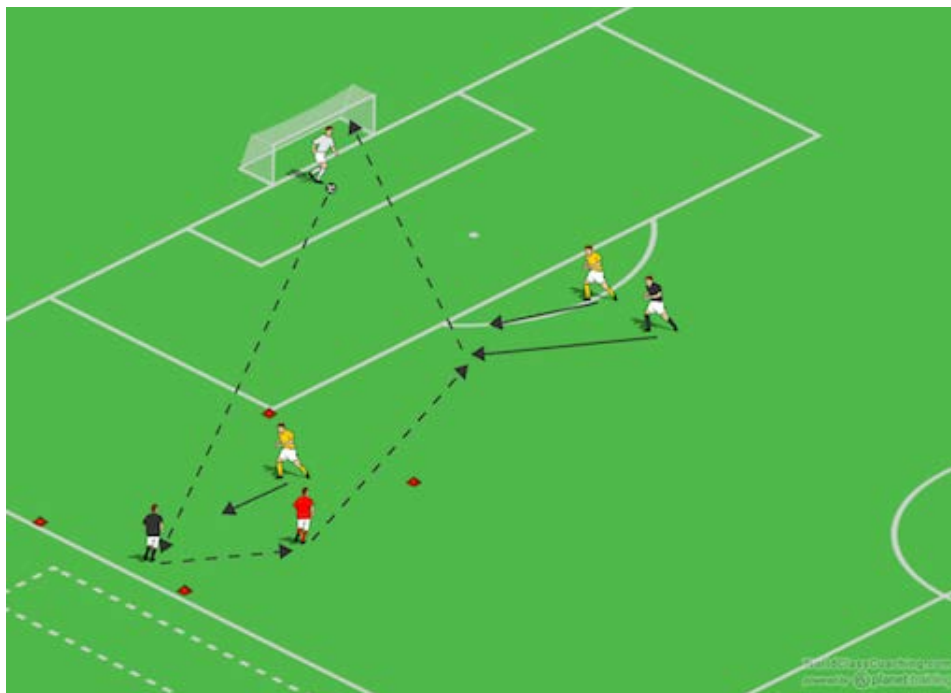
Sequence: The goalkeeper passes the ball inside a square of cones near the sideline and out of the penalty area toward a player who must control it under the active pressure of a first defender. He must dribble and pass it toward a second teammate, who's moving in the center space out of the penalty area. The receiving player must control the ball pass it toward a "3rd man" who's moving under the active pressure of a second defender. This player must finish with one touch or with the fewest number of touches possible. If the first defender wins the possession, he must pass it toward the teammate in the center space who can shoot on goal even if outnumbered 1 v 2. If the second defender wins the possession, he can shoot directly. The same sequence can be carried out on the other side.

Variations:

- Indicate a fix limit of time to dribble and to shoot on goal
- The second defender must play a wall passing combination with his teammate, who runs out, creating a 2 v 2 duel, if he wins the ball

Eye on: Quick passing combinations to shoot on goal, body placement to receive, to shield the ball and to beat the direct opponent inside the duels, quick shot on goal if the players are in numerical advantage. Strong pressure against the player in possession to recover possession.

Exercise 91: 1 v 1 + 1 and 1 v 1 to shoot on goal



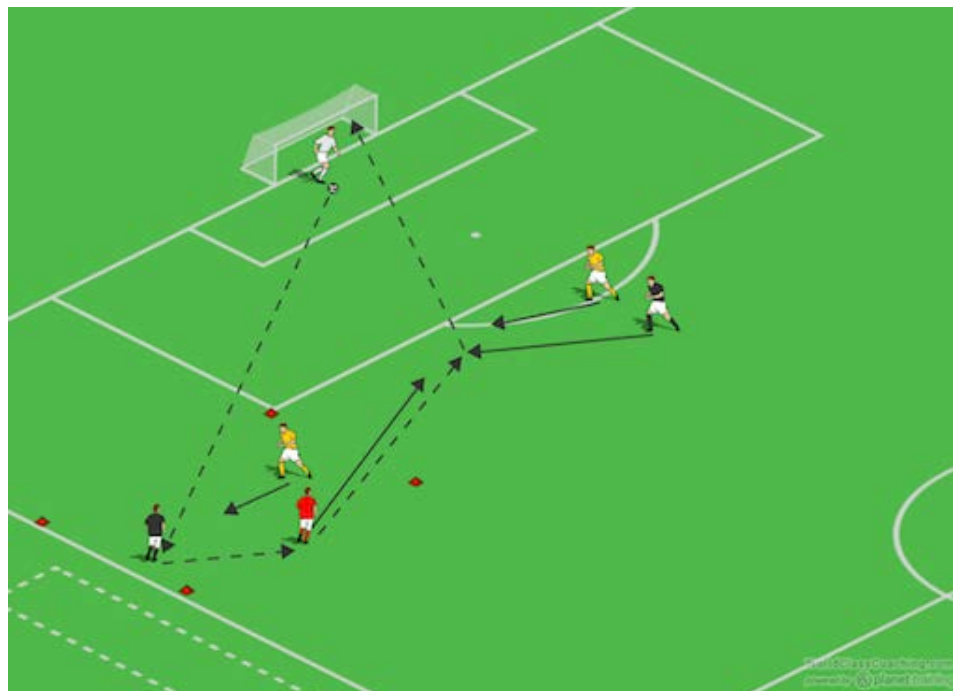
Sequence: The goalkeeper passes the ball inside a square of cones near the sideline and out of the penalty area; the player who can control it becomes attacker and the other is then a defender. The player with possession must pass it toward a free player inside the same square, who must pass it toward the center space out of the penalty area. The receiving player must control the ball and shoot on goal under the active pressure of a second defender with the fewest number of touches possible. If the first defender wins the possession, he must pass it toward the teammate in the center space who can shoot on goal too. If the second defender wins the possession, he can shoot directly. The same sequence can be carried out on the other side.

Variations:

- Indicate a fixed limit of time to dribble and to shoot on goal
- The second defender must play wall passing combination with his teammate or with the free player if he wins the possession

Eye on: Quick passing combination to shoot on goal, body placement to receive, to shield the ball and to beat the direct opponent inside both the duels, and quick shots. Strong pressure against the players with the possession to recover the ball.

Exercise 92: 1 v 1 + 1 and 1 v 2 to shoot on goal



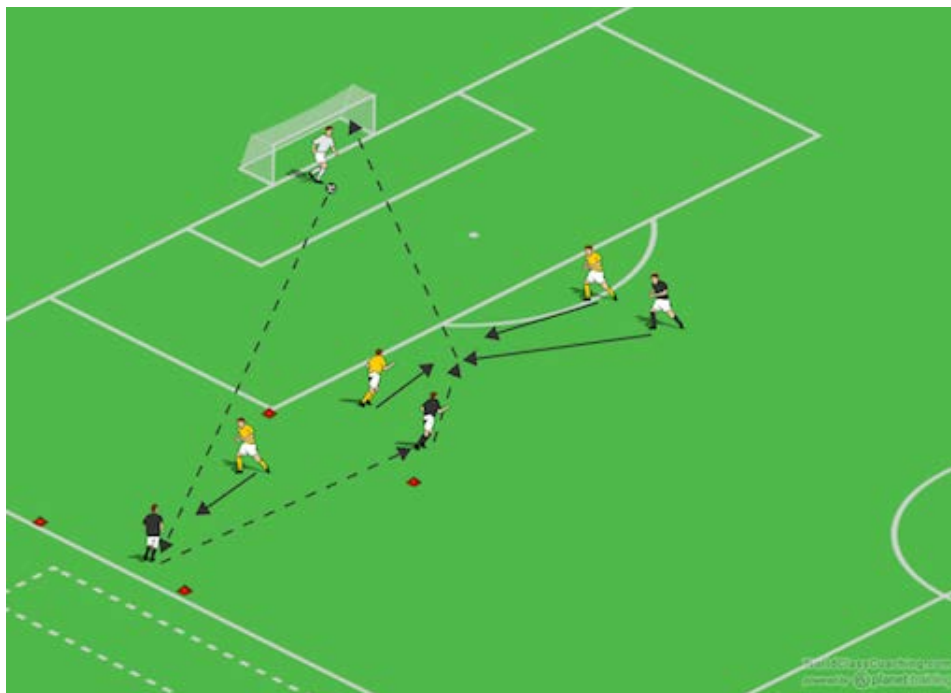
Sequence: The goalkeeper passes the ball inside a square of cones near the sideline and out of the penalty area; the player who can control it becomes attacker and the other is then a defender. The player with possession must pass it toward a free player inside the same square, who must pass it toward the center space out of the penalty area. The receiving player must control the ball and shoot on goal under the active pressure of a second defender with the fewest number of touches possible, before being outnumbered 1 v 2. The free player runs out of the square and he becomes a second defender to create a defensive numerical advantage. If the first defender wins the possession, he must pass it toward the teammate in the center space who can shoot on goal too; the free player becomes defender too. If the second defender wins the possession, he can shoot directly. The same sequence can be carried out on the other side.

Variations:

- Indicate a fixed limit of time to dribble and to shoot on goal
- The second defender must play wall passing combination with his teammate or with the free player if he wins the possession

Eye on: Quick passing combination to shoot on goal, body placement to receive, to shield the ball and to beat the direct opponent inside both the duels, quick shots before being outnumbered in the center. Strong pressure against the players with the possession to recover the ball.

Exercise 93: 1 v 1 and 2 v 2



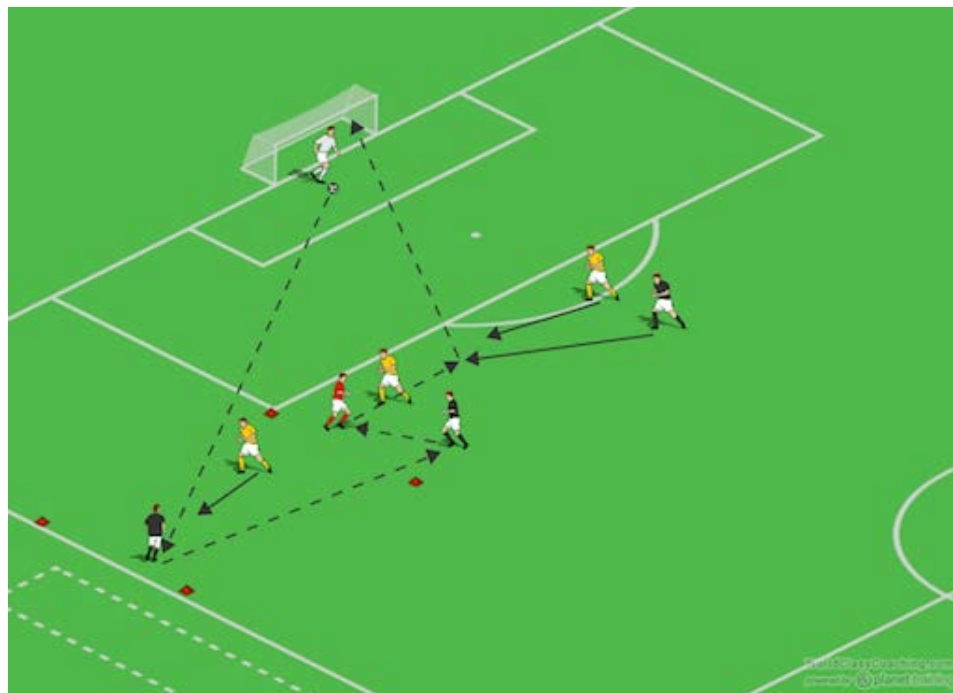
Sequence: The goalkeeper passes the ball inside a square of cones near the sideline and out of the penalty area; the player who can control it becomes attacker and the other is then a defender. The player with possession must pass it toward the center space out of the penalty area, where a 2 v 2 duel is being played. The couple of players in possession must finish the move as quick as possible. If the first defender wins the possession, he must pass it toward the teammates in the center space to finish. If the defenders in the center win the possession, they can shoot directly. The same sequence can be carried out on the other side.

Variations:

- Indicate a fixed limit of time to dribble and to shoot on goal
- The center defenders must play wall passing combination with the outer teammate before shooting

Eye on: Quick passing combination to shoot on goal, body placement to receive, to maintain possession of the ball, and to beat the direct opponent inside both the duels, close the goal space. Strong pressure against the players with the possession to recover the ball.

Exercise 94: 1 v 1 and 2 v 2 + 1



Sequence: The goalkeeper passes the ball inside a square of cones near the sideline and out of the penalty area; the player who can control it becomes attacker and the other one is then a defender. The player with possession must pass it toward the center space out of the penalty area, where a 2 v 2 duel is being played. The couple of players in possession must finish the move as quickly as possible through a passing combination with a free player and the "3rd" man, who must be the player who finishes. If the first defender wins possession, he must pass it toward the teammates in the center space to finish. If the defenders in the center win the possession, they can shoot directly. The same sequence can be carried out on the other side.

Variations:

- Indicate a fixed limit of time to dribble and to shoot on goal
- The center defenders must play wall passing combination with the free players before shooting

Eye on: Quick passing combination to shoot on goal, body placement to receive, to save the ball and to overcome the direct opponent inside both the duels, close the goal space, close the goal space when defending outnumbered. Strong pressure against the players with the possession to recover the ball.