

# ADVANCED *SHOOTING* AND *FINISHING*

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

by **LUCA BERTOLINI**

VOLUME  
**3**



# **Advanced Shooting and Finishing**

## **Volume 3**

*By*

*Luca Bertolini*

*Published by*  
**WORLD CLASS COACHING**

First published March, 2018 by  
WORLD CLASS COACHING 12851 Flint Street Overland Park, KS 66213 (913) 402-0030

Copyright © WORLD CLASS COACHING 2018

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	4
Dribbling and/or Passing areas	6
Shooting areas	8
Dribble or pass from wide spaces along the flanks in the final third and shoot inside the penalty area	10
Dribble in or pass from the center spaces out of the penalty area and shoot from outside corners of the penalty area	24
Dribble, pass and shoot from the center spaces out of the penalty area	37
Dribble, pass from the center spaces out of the penalty area and shoot inside the penalty area	52

## Introduction:

This is the third volume of this e-book collection. The main goal is to help the 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 take the moves to the finishing stage.

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 following the principle of the increasing difficulty level; from a simple basic level without opposition's pressure, till the more complex game situation of 4 v 4 duels, passing through exercises with 1 v 1 or 2 v 2 duels and under the pressure of time and with numerical advantages or outnumbered situations.

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.

The final third is divided in 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 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.

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 out 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 and in the penalty area and shoot inside there

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

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

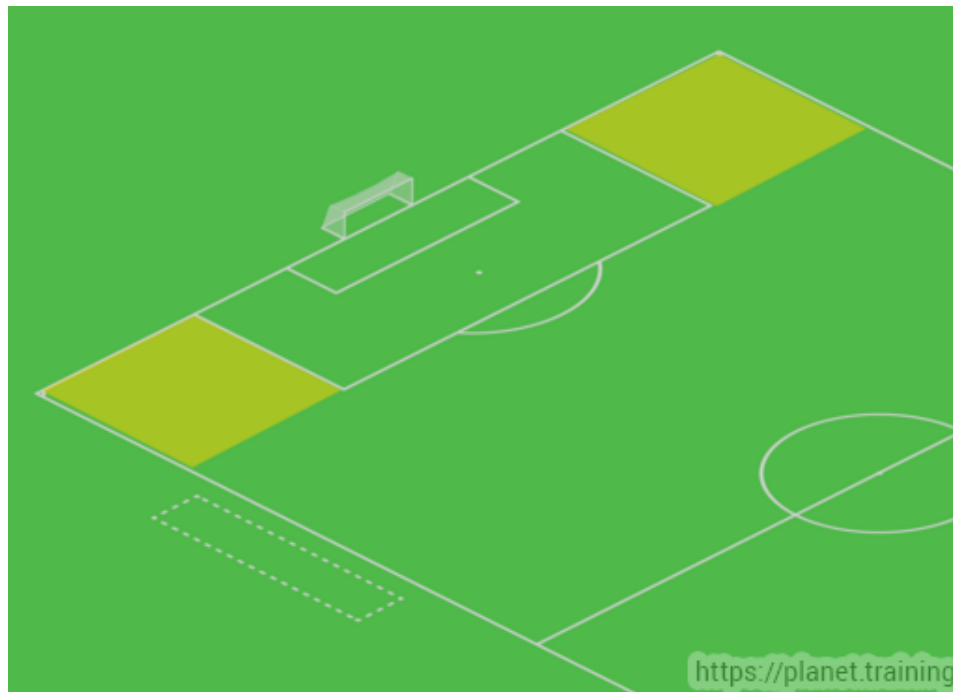
The third volume is focused on:

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

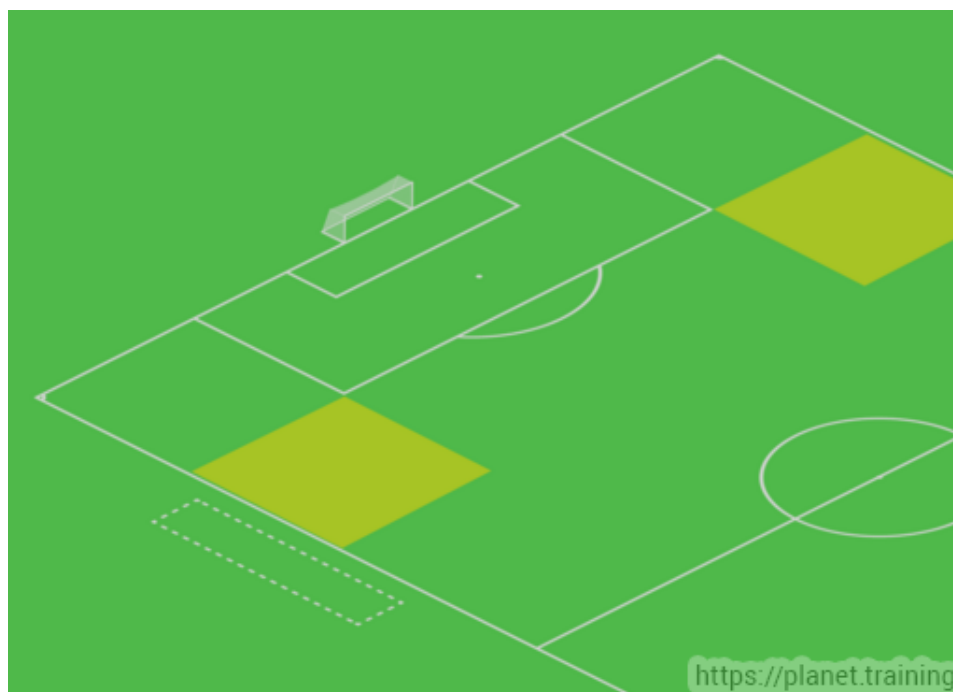
All the exercises of this third volume are focused on shooting on goal from the center spaces out of the penalty area after quick passing combination and to coach game situations against the opposition goalkeeper inside the penalty area.

## Dribbling and/or Passing areas

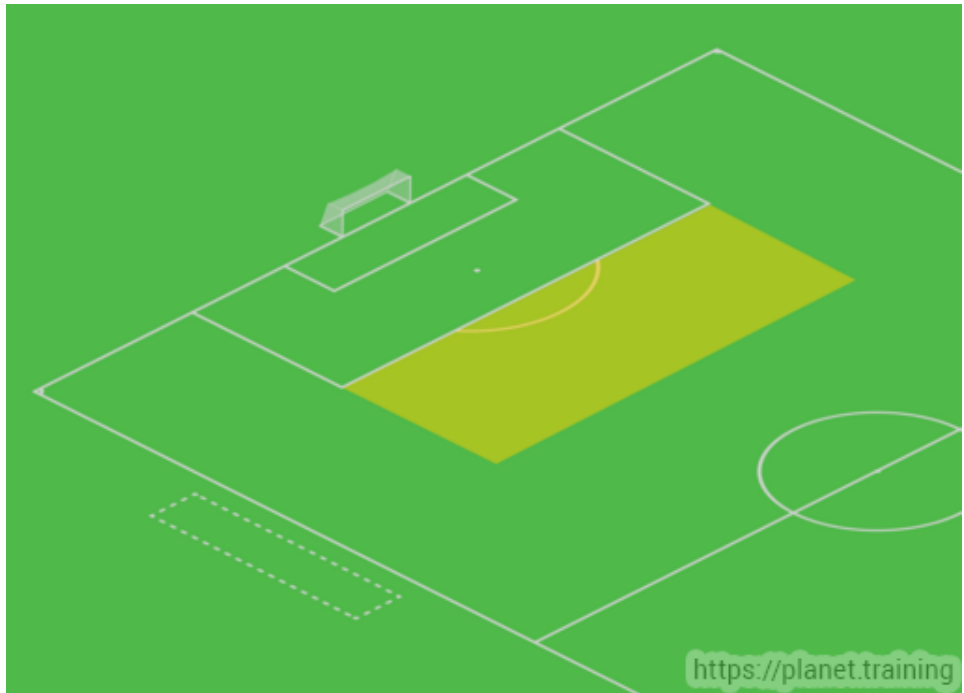
Dribble or pass from wide and deep spaces on the flanks: back passes are played toward the player or the players who must try to finish.



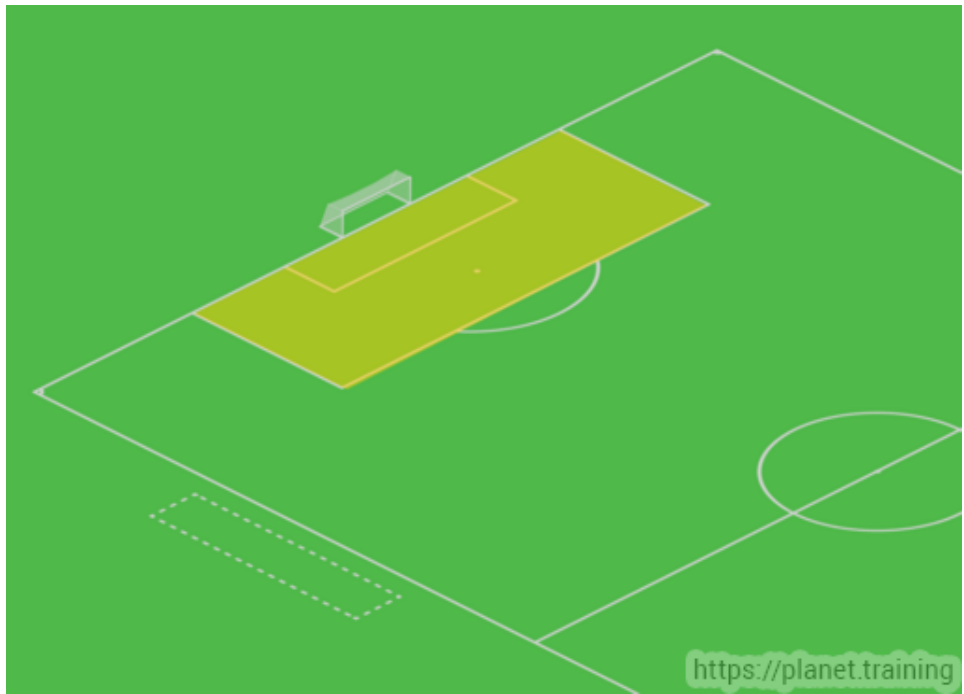
Dribble or pass from wide spaces along the flanks in the final third: from these areas, the last passes can be played toward the center spaces or inside the penalty area even through long balls.



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.



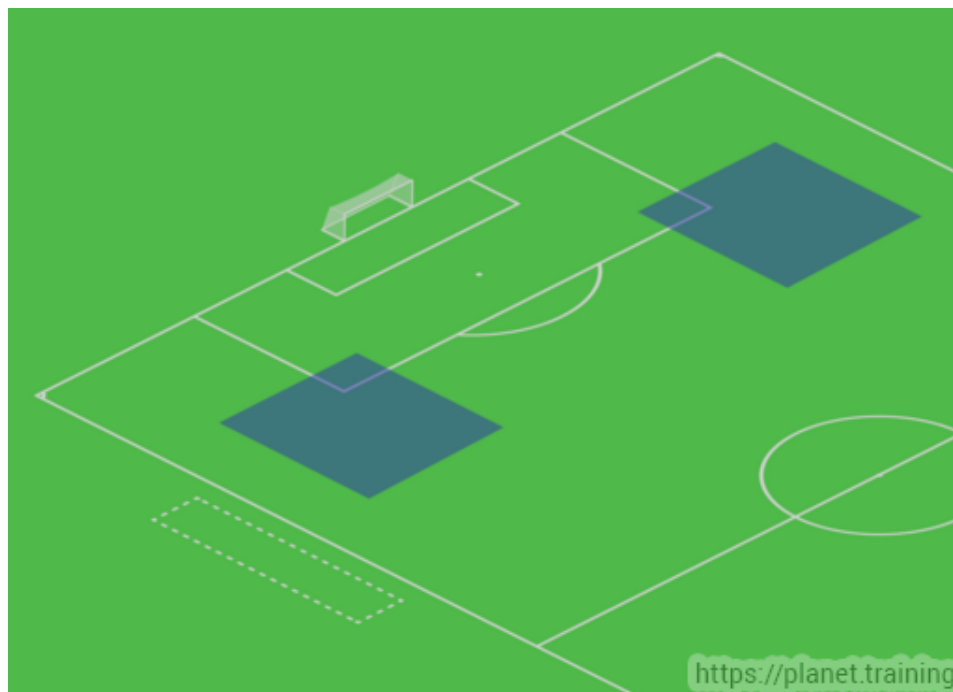
Dribble or pass from and in the penalty area: short and quick passes should be played inside or just outside with one touch passes to shoot on goal.



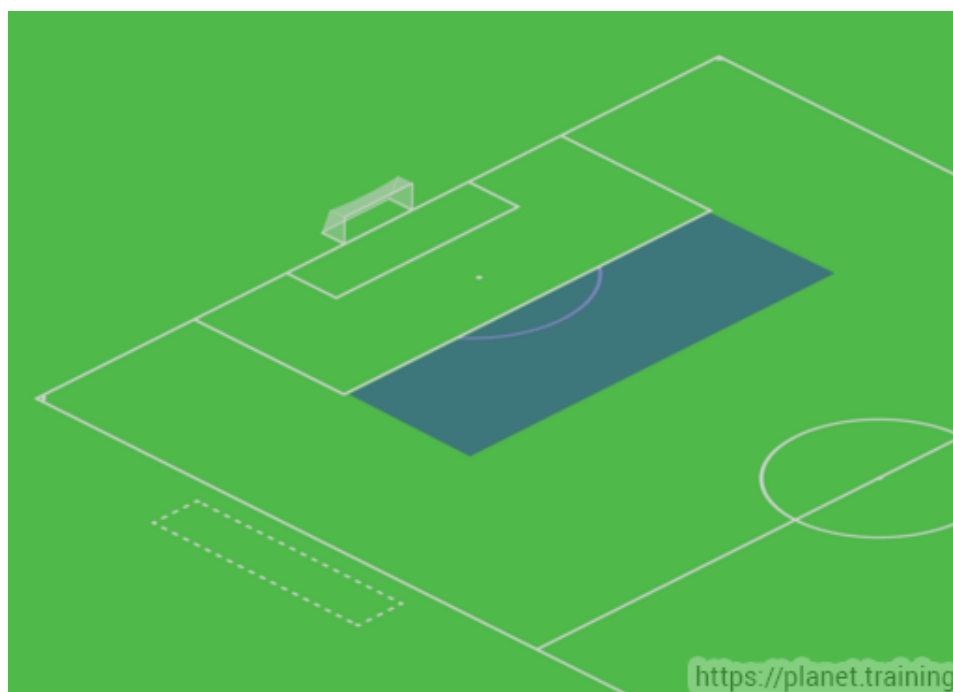


## Shooting areas

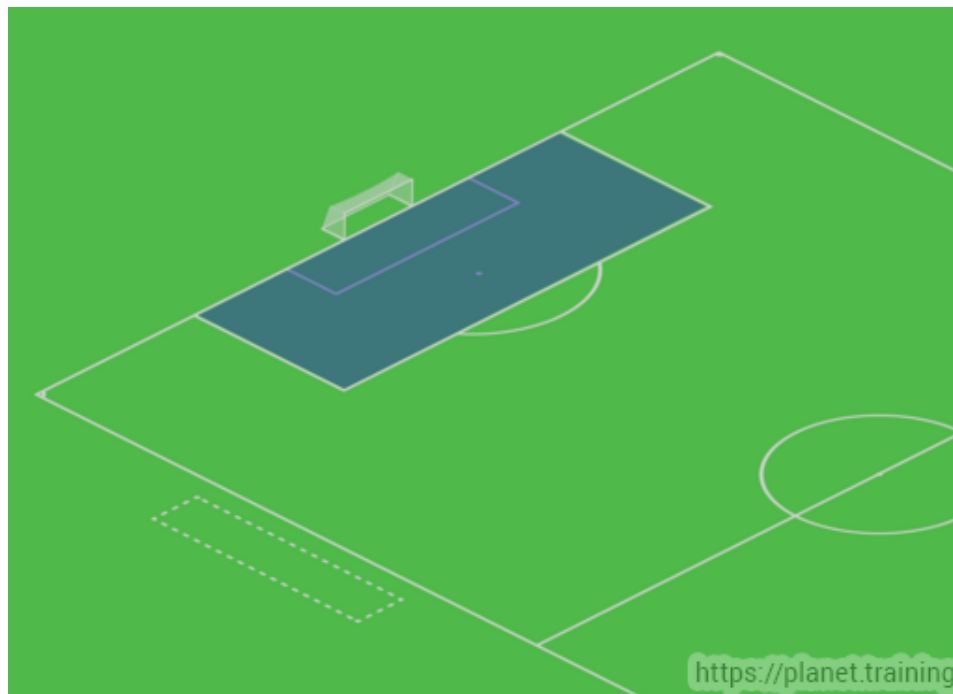
Shoot from outside corners of the penalty area: usually after feints or dribbling the ball toward the goal.



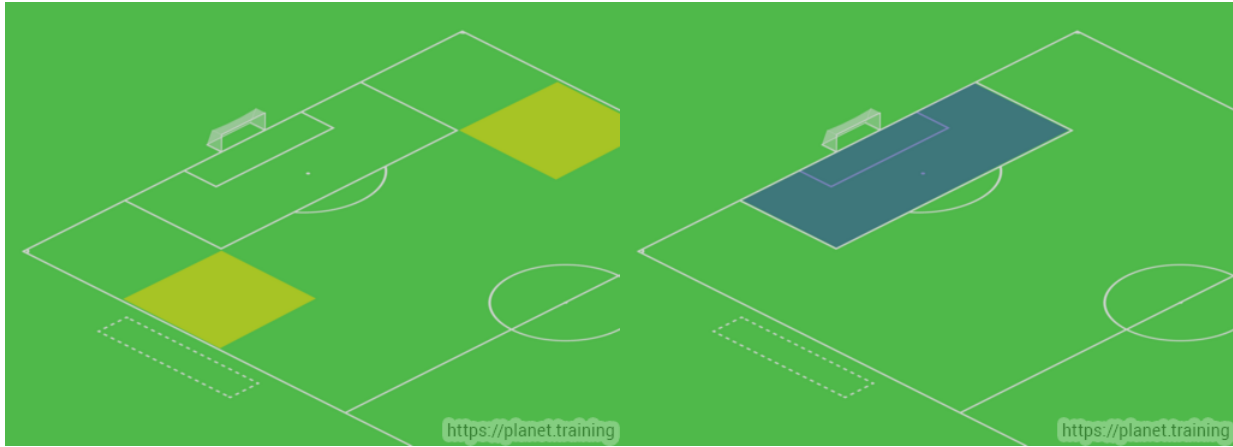
Shoot from the center spaces out of the penalty area: usually the players must shoot with one touch or through fast passes combinations and feints.



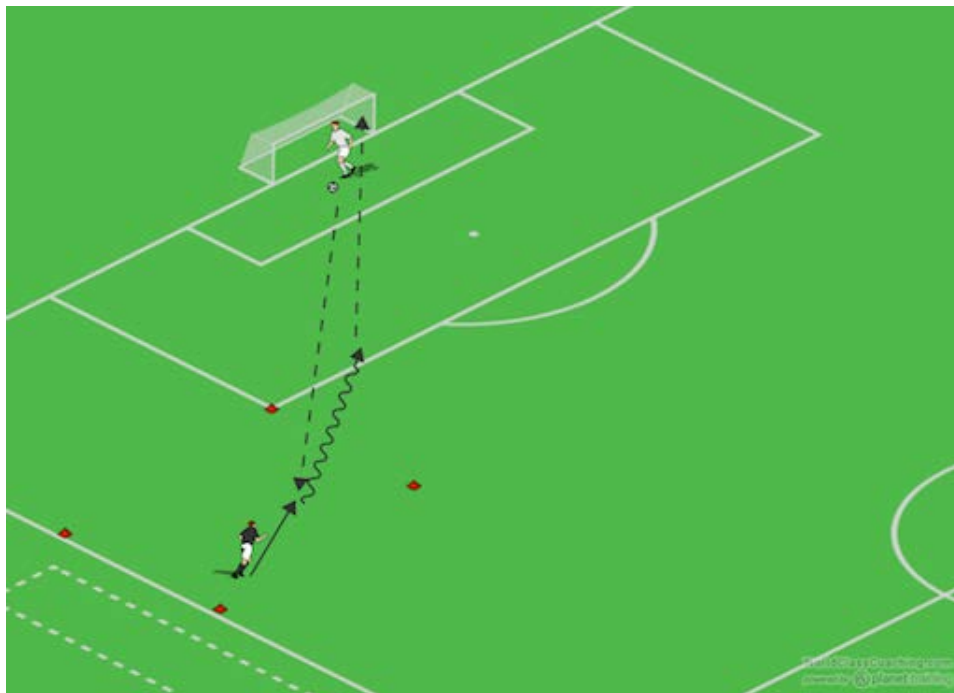
Shoot inside the penalty area: usually with one touch as the ball arrives from outer spaces (behind or from outside).



**Dribble or pass from wide spaces along the flanks in the final third and shoot inside the penalty area**



**Exercise 95: 1 v goalkeeper (1)**



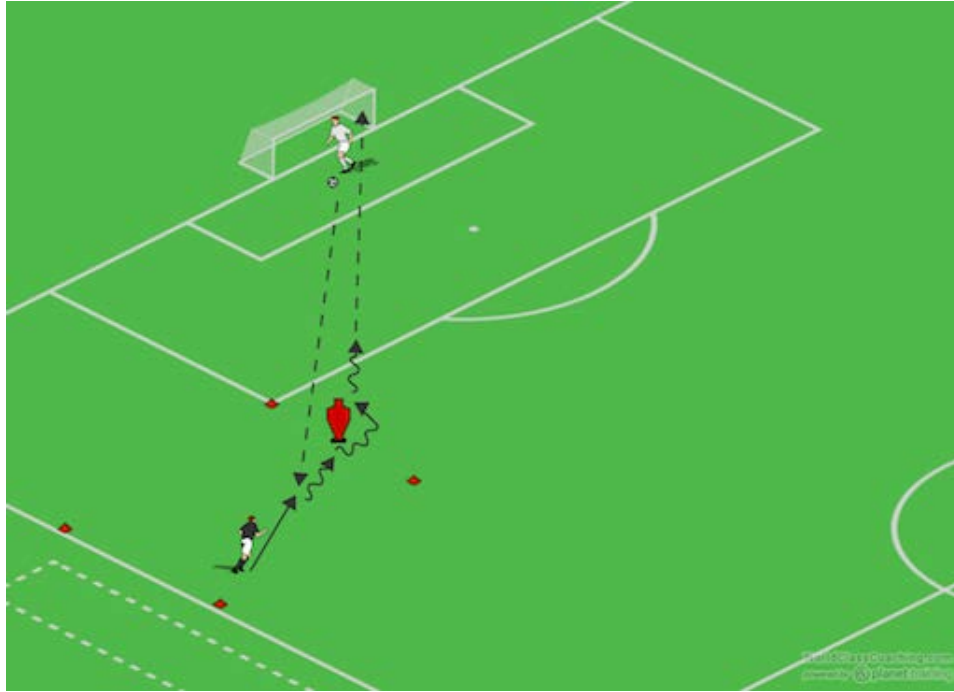
**Sequence:** The goalkeeper passes the ball inside the wide square out of the penalty area toward a player, who must control while running and then shoot on goal just inside the penalty area.

**Variations:**

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

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

## Exercise 96: 1 v goalkeeper (2)



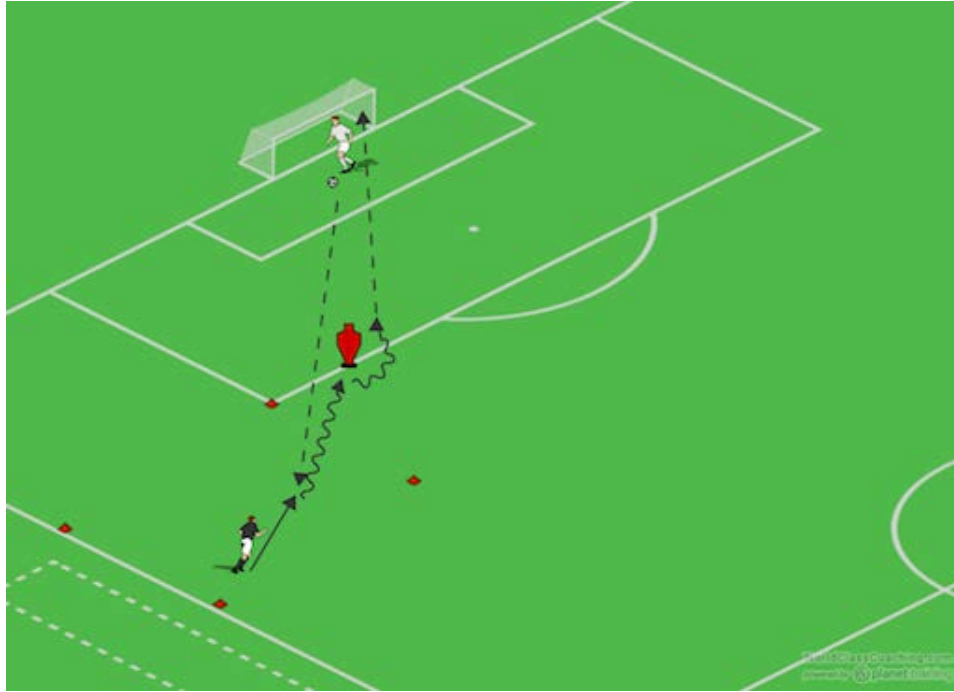
**Sequence:** The goalkeeper passes the ball inside the wide square out of the penalty area toward a player, who must control while running, overcome the air-body on the line of the square, and then shoot on goal just inside the penalty area.

### Variations:

- Indicate a fixed limit of time to dribble out and to shoot on goal
- Indicate the feint to use while dribbling freely and then to overcome the air-body
- Change the dribbling foot and the shooting foot

**Eye on:** Quick feints and shots on goal, body placement to receive and to shoot with one foot or the other depending where the air-body is overcome.

### Exercise 97: 1 v goalkeeper (3)



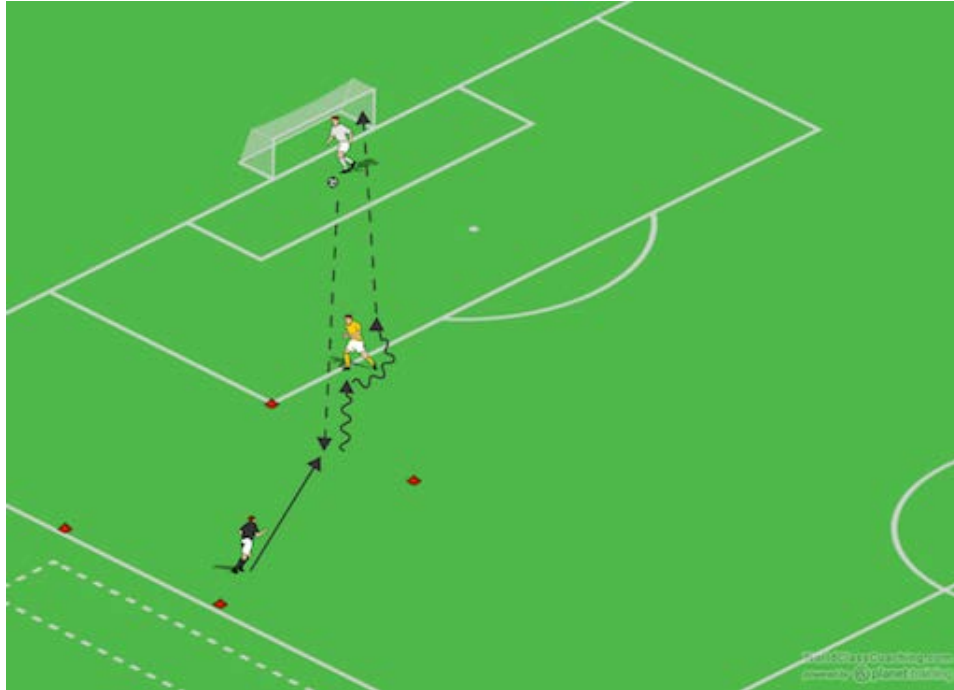
**Sequence:** The goalkeeper passes the ball inside the wide square out of the penalty area toward a player, who must control while running, overcome the air-body on the line of the penalty area, and then shoot on goal just inside it.

#### **Variations:**

- Indicate a fixed limit of time to dribble out and to shoot on goal
- Indicate the feint to use while dribbling freely and then to overcome the air-body
- Change the dribbling foot and the shooting foot

**Eye on:** Quick feints and shots on goal, body placement to receive and to shoot with one foot or the other depending where the air-body is overcome.

## Exercise 98: 1 v 1 (1)



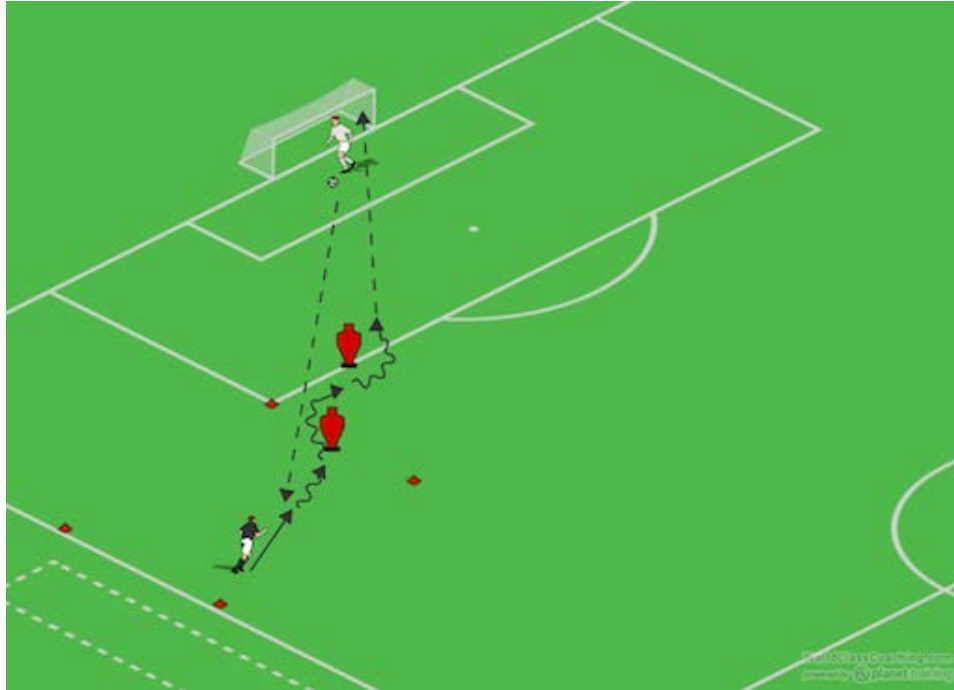
**Sequence:** The goalkeeper passes the ball inside the wide square out of the penalty area toward a player, who must control while running, dribble out of the square, overcome the opponent on the line of the penalty area, and then shoot on goal just inside it. If the defender wins the possession, he can shoot on goal as well.

### Variations:

- Indicate a fixed limit of time to dribble out and to shoot on goal
- Indicate the feint to use to overcome the opponent
- Change the dribbling foot and the shooting foot

**Eye on:** Quick feints and shots on goal, body placement to receive and to shoot with one foot or the other depending where the opponent is overcome.

### Exercise 99: 1 v goalkeeper (4)



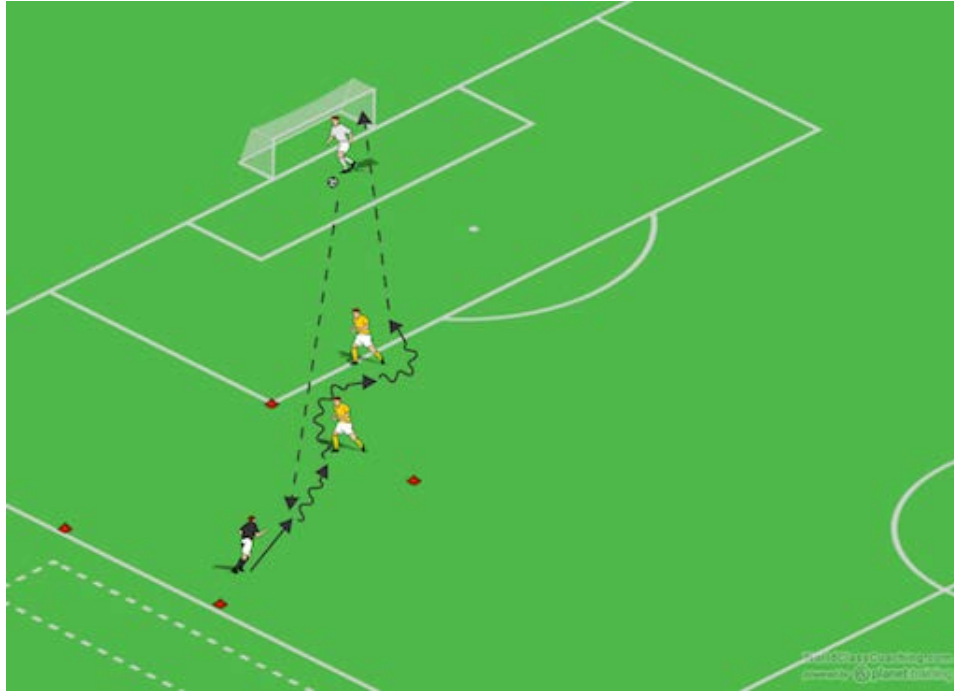
**Sequence:** The goalkeeper passes the ball inside the wide square out of the penalty area toward a player. He must control while running, overcome the first air-body on the line of the square, then the second one on the line of the penalty area, and shoot on goal just inside it.

#### **Variations:**

- Indicate a fixed limit of time to dribble out and to shoot on goal
- Indicate the feint, or the feints to use while overcoming the air-bodies
- Change the dribbling foot and the shooting foot

**Eye on:** Quick feints and shots on goal, body placement to receive and to shoot with one foot or the other depending where the air-bodies are overcome.

## Exercise 100: 1 v 1 (2)



**Sequence:** The goalkeeper passes the ball inside the wide square out of the penalty area toward a player, who must control while running, overcome the first opponent on the line of the square, then the second one on the line of the penalty area, and shoot on goal just inside it. If the defenders win the possession, they can shoot on goal as well.

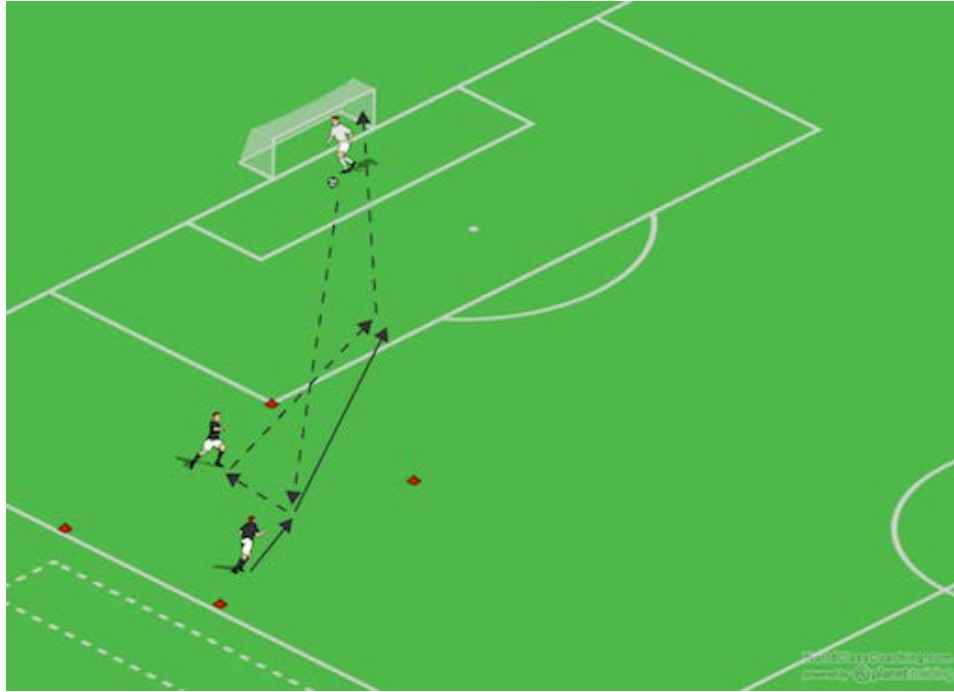
### Variations:

- Indicate a fixed limit of time to dribble out and to shoot on goal
- Indicate the feint, or the feints to use while overcoming the opponents
- Change the dribbling foot and the shooting foot
- The defenders can play 2 v 1 to finish

**Eye on:** Quick feints and shots on goal, body placement to receive and to shoot with one foot or the other depending where the opponents are overcome.



### Exercise 101: 1 v goalkeeper (5)



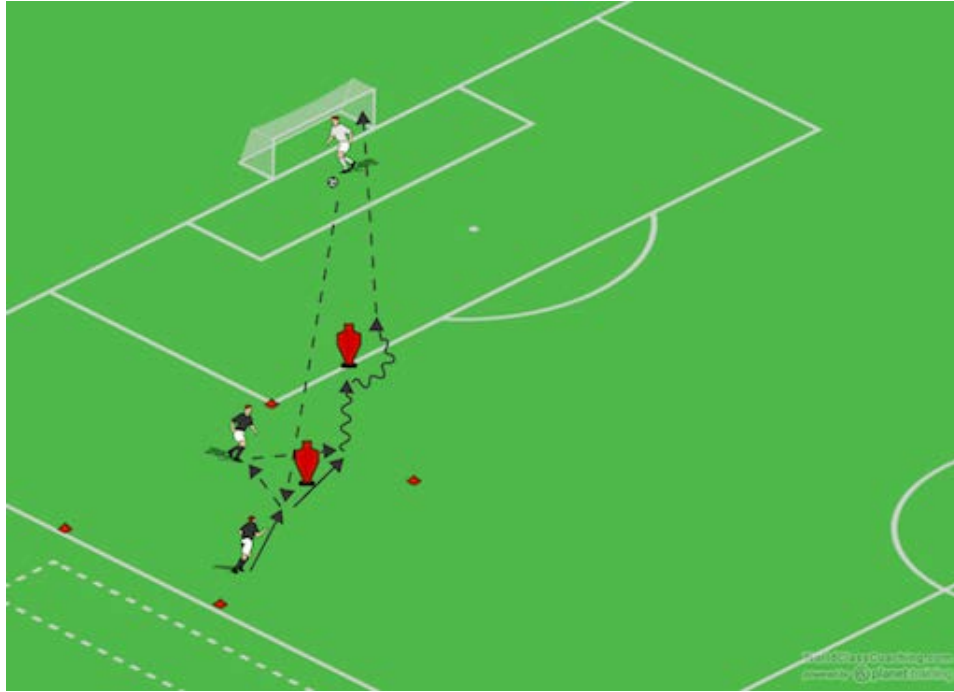
**Sequence:** The goalkeeper passes the ball inside the wide square out of the penalty area toward a player, who must control while running, play a wall passing combination with a teammate, and then receive the return pass, just inside the penalty area, to shoot on goal.

#### **Variations:**

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

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

## Exercise 102: 1 v goalkeeper (6)



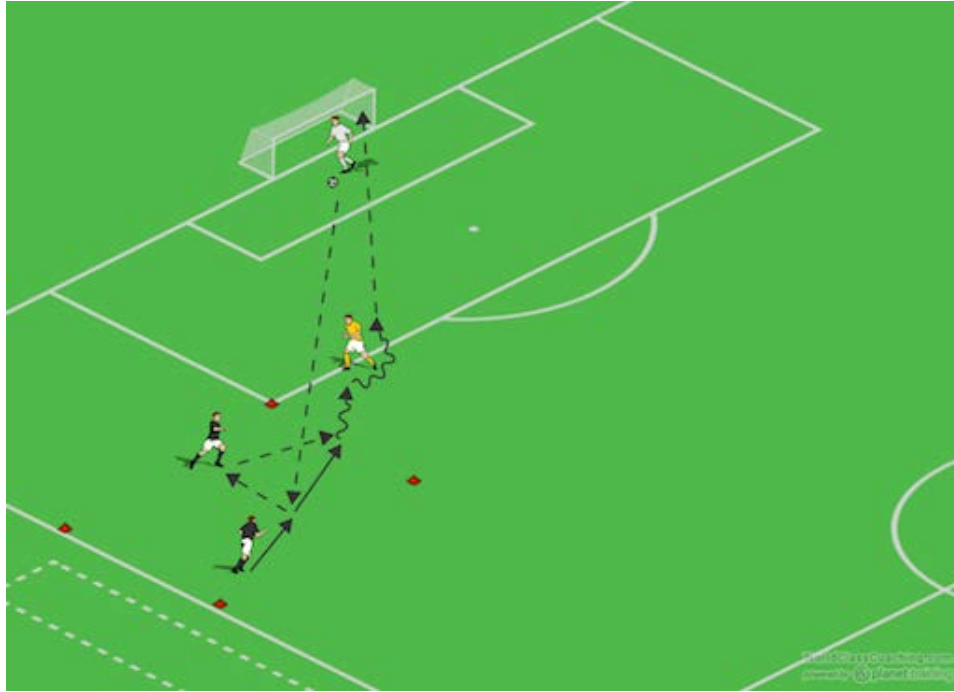
**Sequence:** The goalkeeper passes the ball inside the wide square out of the penalty area toward a player, who must control while running, play a wall passing combination with a teammate to overcome a first air-body. A second air-body must be overcome after the return pass, before shooting on goal just inside the penalty area.

### Variations:

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

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

### Exercise 103: 1 v 1 (3)



**Sequence:** The goalkeeper passes the ball inside the wide square out of the penalty area toward a player, who must control while running and play a wall passing combination with a teammate. Then he must receive the return pass with the right timing to overcome an opponent on the line of the penalty area with one touch, before shooting on goal. If the defender wins the ball, he can shoot on goal too.

#### **Variations:**

- Indicate a fixed limit of time to shoot on goal
- Change the passing foot and the shooting foot depending on the side where the opponent is overcome

**Eye on:** Quick shots on goal, body placement to receive and to overcome the opponent with one touch.

## Exercise 104: 2 v 1 and 1 v 1



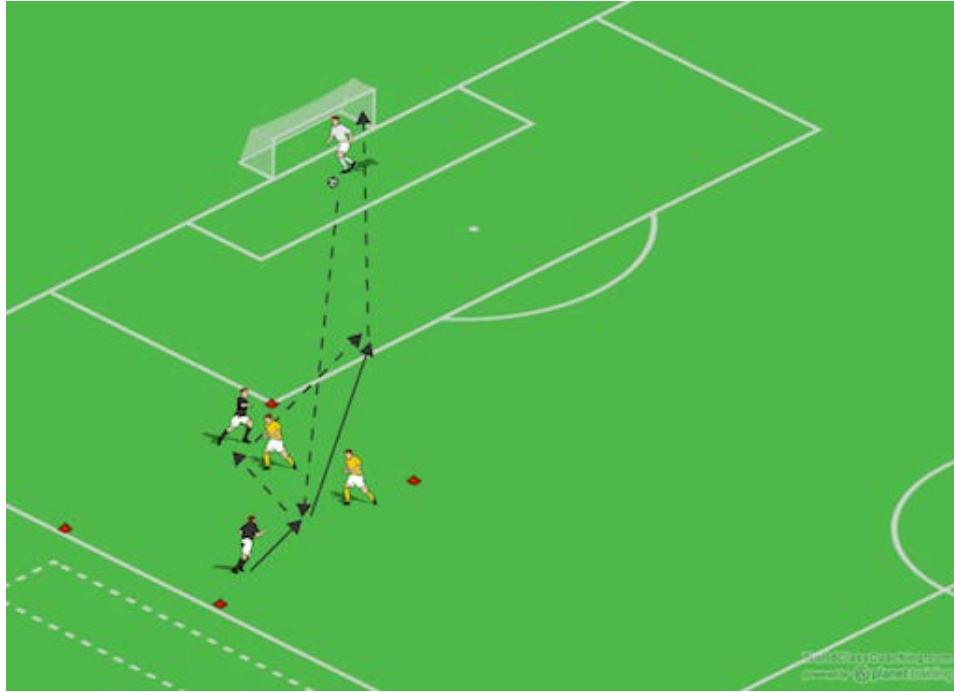
**Sequence:** The goalkeeper passes the ball inside the wide square out of the penalty area toward a player, who must control it while running and play a wall passing combination with a teammate to overcome a first opponent. He must receive the return pass with the right timing to overcome a second opponent on the line of the penalty area with one touch. Then he can shoot on goal. If the defenders win the ball, they can shoot on goal playing 1 v the goalkeeper or 2 v the support player.

### Variations:

- Indicate a fixed limit of time to shoot on goal
- Change the dribbling and the shooting foot depending on the side where the opponent is overcome
- If the defender inside the square wins the ball a 2 v 2 duel to shoot on goal starts

**Eye on:** Quick shots on goal, body placement to receive and to overcome the opponent with one touch or quick passing combination.

## Exercise 105: 2 v 2



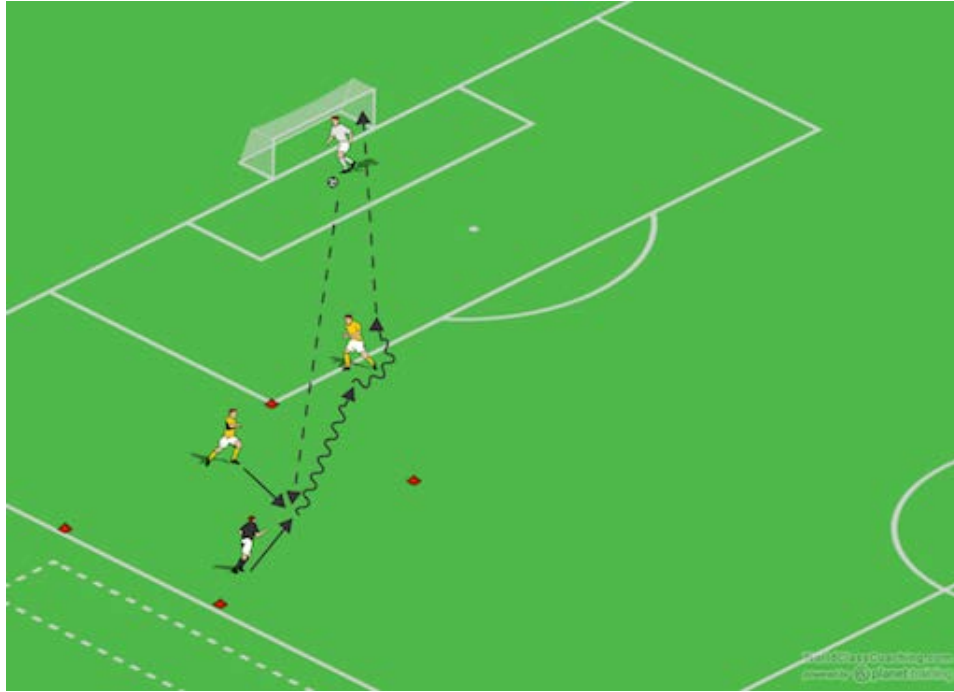
**Sequence:** The goalkeeper passes the ball inside the wide square out of the penalty area where a 2 v 2 is played. The couple of players in possession must combine to overcome the defenders and one of them shall receive the return pass with the right timing, behind the couple of defenders and inside the penalty area. Then he can shoot on goal. The defenders are not active out of the square. If the defenders win the ball, they can shoot on goal playing 2 v 2.

### Variations:

- Indicate a fixed limit of time to shoot on goal
- Change the dribbling and the shooting foot depending on the side where the ball is received
- The defenders can try to recover the possession out of the playing square

**Eye on:** Quick shots on goal, body placement to receive and to overcome the opponent with quick passing combinations, runs without the ball to overcome the defense line.

## Exercise 106: 1 v 2



**Sequence:** The goalkeeper passes the ball inside the wide square out of the penalty area where a 1 v 2 duel is played. The attacking player must overcome a first defender inside the square; then he must dribble out and try to overcome a second opponent before shooting on goal. The first defender is not active out of the square. If the defenders win the ball, they can shoot on goal playing 2 v 1.

### Variations:

- Indicate a fixed limit of time to shoot on goal
- Change the dribbling and the shooting foot depending on the side where the ball is received
- The first defender can try to recover the possession out of the playing square too

**Eye on:** Quick shots on goal, body placement to receive and to overcome the opponent with quick passing combinations, runs without the ball to overcome the defense line.

## Exercise 107: 2 v 2 + 1



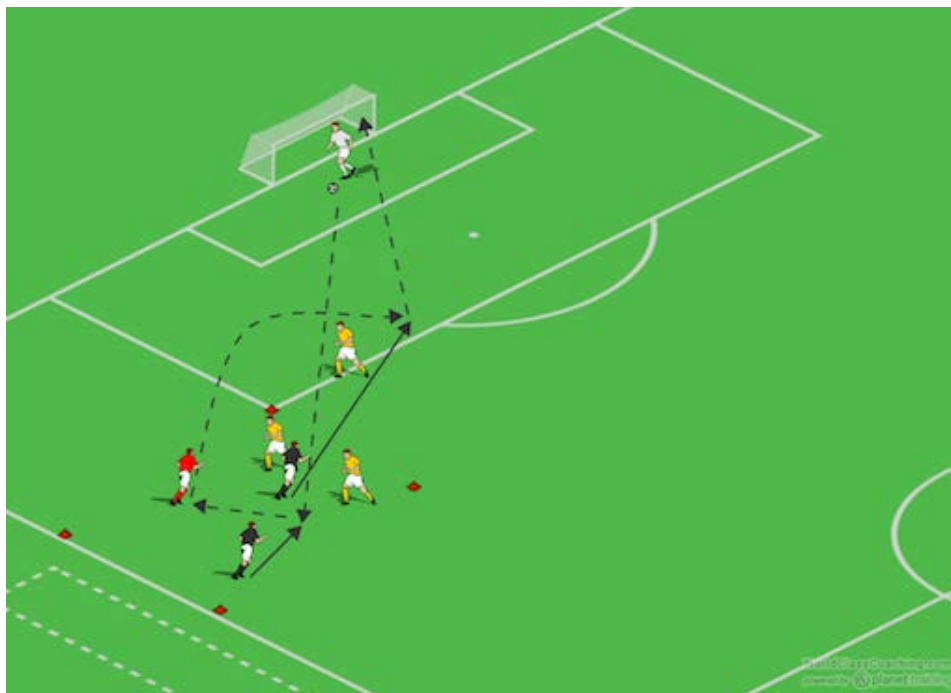
**Sequence:** The goalkeeper passes the ball inside the wide square out of the penalty area where a 2 v 2 is played. The couple of players in possession must combine to overcome the defenders together with a neutral player; one of them shall receive the return pass with the right timing behind the couple of defenders and inside the penalty area. Then he can shoot on goal. The defenders are not active out of the square. If the defenders win the ball, they can shoot on goal playing 2 v 2.

### Variations:

- Indicate a fixed limit of time to shoot on goal
- Change the receiving and the shooting foot depending on the side where the opponent is overcome
- The defenders can try to recover the possession out of the playing square too
- The defenders can play 3 v 2 with the neutral player, if they win the ball

**Eye on:** Quick shots on goal, body placement to receive and to overcome the opponents with quick passing combinations, runs without the ball to overcome the defense line.

## Exercise 108: 2 v 2 + 1 and 1 v 1



**Sequence:** The goalkeeper passes the ball inside the wide square out of the penalty area where a 2 v 2 is played. The couple of players in possession must combine to overcome the defenders together with a neutral player; one of them shall receive the return pass with the right timing behind the couple of defender and inside the penalty area. Then he can shoot on goal under the pressure of another defender. The defenders are not active out of the square. If the defenders win the ball, they can shoot on goal playing 2 v 2.

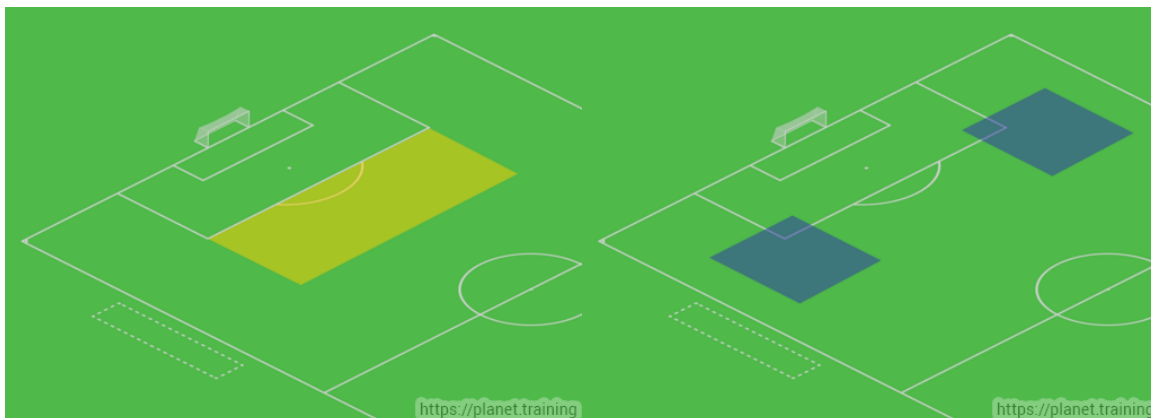
### Variations:

- Indicate a fixed limit of time to shoot on goal
- Change the receiving and the shooting foot depending on the side where the opponent is overcome
- The defenders can try to recover the possession out of the playing square too
- The defenders can play 3 v 2 if they win the ball

**Eye on:** Quick shots on goal, body placement to receive and to overcome the opponents with quick passing combinations, runs without the ball to overcome the defense line, save the possession inside the penalty area.



**Dribble in or pass from the center spaces out of the penalty area and shoot from outside corners of the penalty area**



**Exercise 109: 1 v goalkeeper (1)**



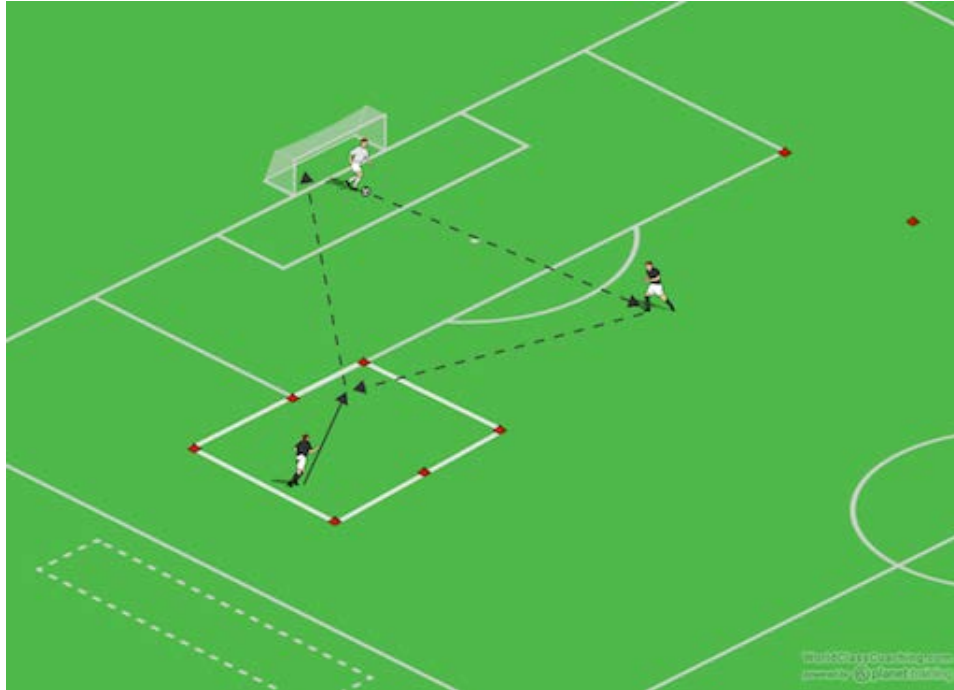
**Sequence:** The goalkeeper passes the ball out of the penalty area toward a first player, who then passes again wide and inside the square on the left (or on the right). The second player inside the square must control the ball, dribble it and then shoot on goal from this side of the penalty area line.

**Variations:**

- Indicate a fixed limit of time to dribble out and to shoot on goal
- Change the dribbling foot and the shooting foot
- Indicate the side of the square corner where to shoot

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

## Exercise 110: 1 v goalkeeper (2)



**Sequence:** The goalkeeper passes the ball out of the penalty area toward a first player, who then passes again wide and inside the square on the left (or on the right). The second player inside the square must control the ball while running, and then shoot on goal from this side of the penalty area line with two touches (he can try to shoot with one touch too).

### Variations:

- Indicate a fixed limit of time to shoot on goal
- Change the dribbling foot and the shooting foot
- Indicate the side of the square corner where to shoot

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

### Exercise 111: 1 v goalkeeper (3)



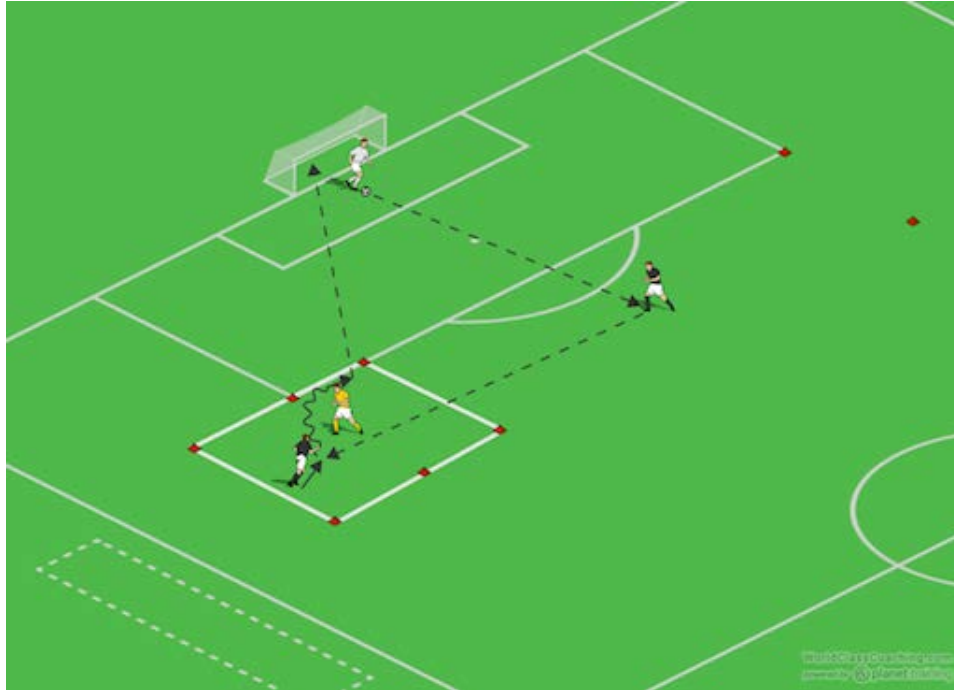
**Sequence:** The goalkeeper passes the ball out of the penalty area toward a first player, who then passes again wide and inside the square on the left (or on the right). The second player inside the square must control the ball while running, overcome the air-body in the middle of the space and then shoot on goal from this side of the penalty area line, with the fewest number of touches possible.

#### **Variations:**

- Indicate a fixed limit of time to shoot on goal
- Change the dribbling foot, the feinting foot and the shooting foot
- Indicate the side of the square corner where to shoot

**Eye on:** Quick shots on goal, body placement to receive, to overcome the air-body and to shoot with one foot or the other.

## Exercise 112: 1 v 1 (1)



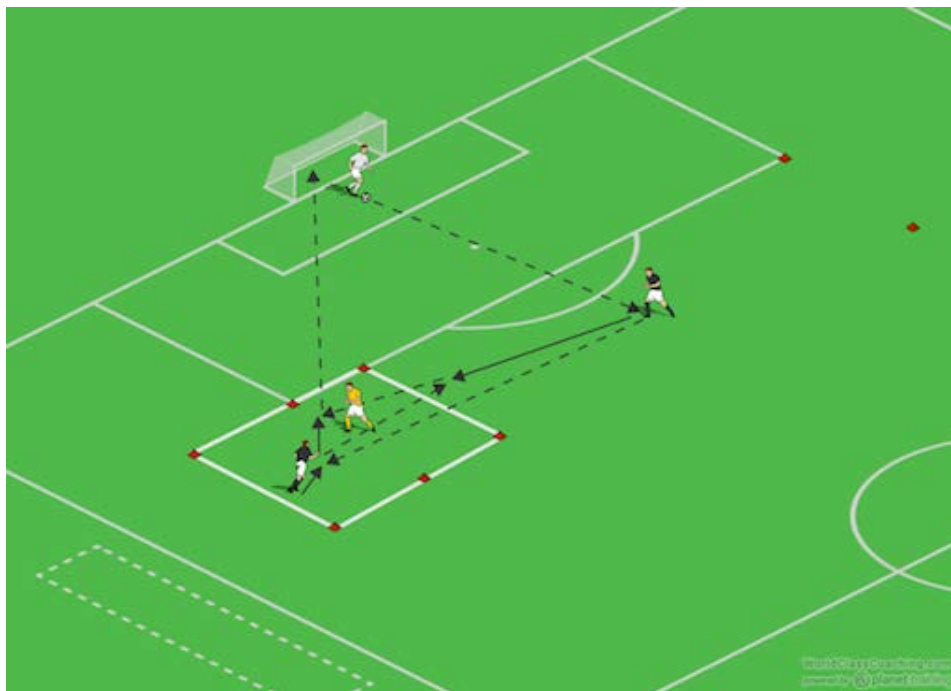
**Sequence:** The goalkeeper passes the ball out of the penalty area toward a first player, who then passes again wide and inside the square on the left (or on the right). The second player inside the square must control the ball while running, overcome the opponent in the middle of the space and then shoot on goal from this side of the penalty area line, with the fewest number of touches possible. If the defender wins the ball, he can shoot on goal as well.

### Variations:

- Indicate a fixed limit of time to shoot on goal
- Change the dribbling foot, the feinting foot and the shooting foot
- Indicate the side of the square corner where to shoot

**Eye on:** Quick shots on goal, body placement to receive, to overcome the defender and to shoot with one foot or the other.

### Exercise 113: 1 v 1 (2)



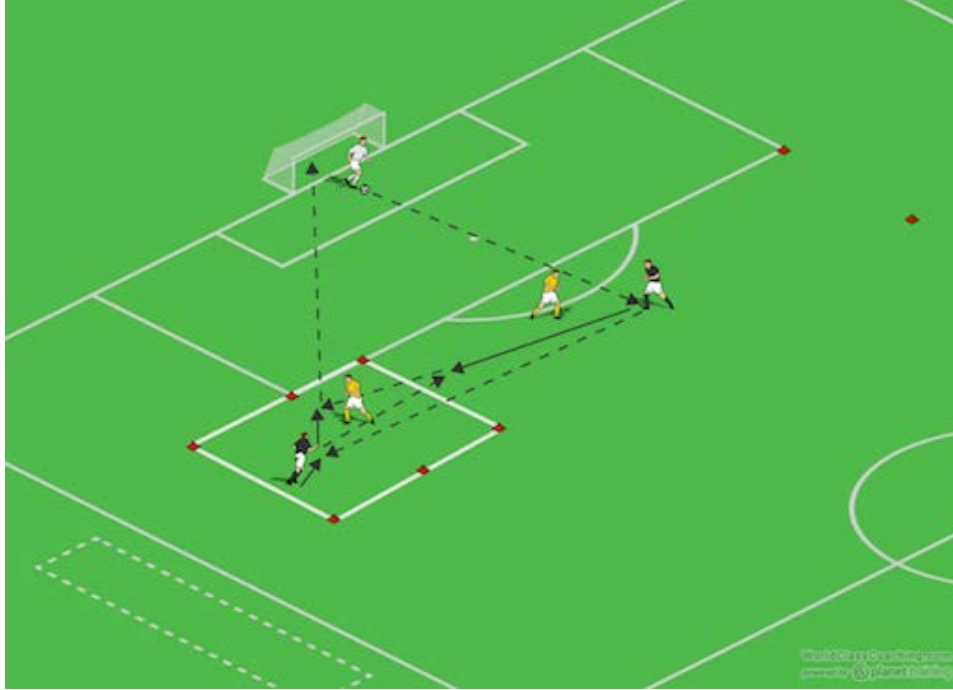
**Sequence:** The goalkeeper passes the ball out of the penalty area toward a first player, who then passes again wide and inside the square on the left (or on the right). The second player inside the square must control the ball while running, overcome the opponent in the middle of the space, playing a wall pass combination with the first receiver who is running next to the square. Then he shoots on goal from this side of the penalty area line, with the fewest number of touches possible. If the defender wins the ball, he can shoot on goal as well.

#### **Variations:**

- Indicate a fixed limit of time to shoot on goal
- Change the shooting foot
- Indicate the side of the square corner where to shoot
- If the defender wins the ball he must play a wall pass combination with the outside player before shooting on goal

**Eye on:** Quick shots on goal, body placement to receive the first pass, to overcome the defender receiving the return pass of the combination and to shoot with one foot or the other.

## Exercise 114: Double 1 v 1



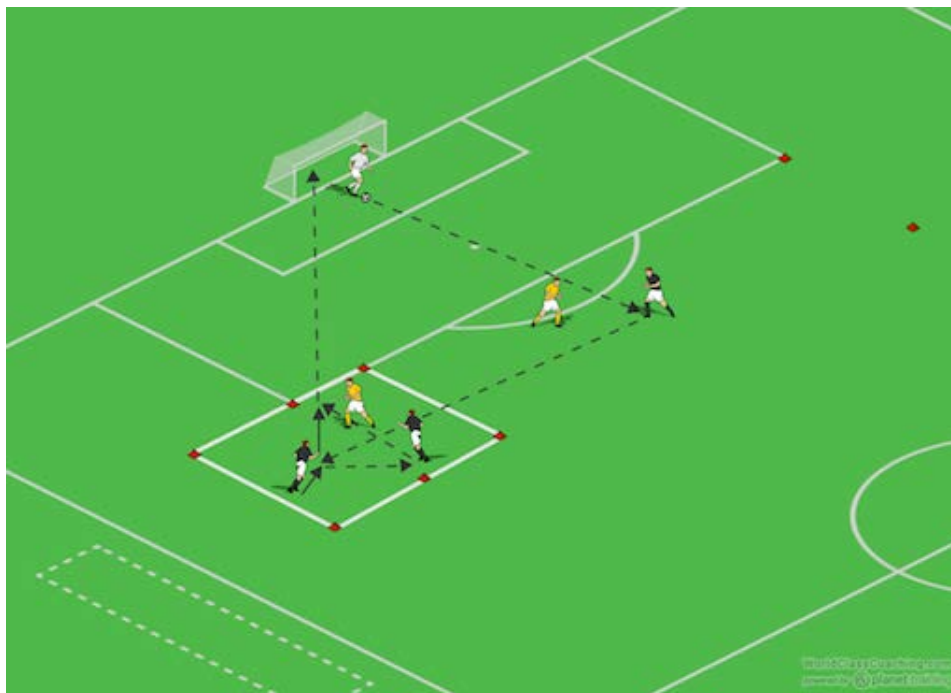
**Sequence:** The goalkeeper passes the ball out of the penalty area toward a first player, who then passes again wide and inside the square on the left (or on the right) under the pressure (semi-active or full pressure) of a first defender. The second player inside the square must control the ball while running, overcome the opponent in the middle of the space, playing a wall passing combination with the first receiver, who is running next to the square, again under the pressure of the first defender. Then the second attacking player must shoot on goal from this side of the penalty area line, with the fewest number of touches possible. If the defenders win the ball, they can shoot on goal as well.

### Variations:

- Indicate a fixed limit of time to shoot on goal
- Change the shooting foot
- Indicate the side of the square corner where to shoot
- If the defenders win the ball they must play a passing combination to free the player inside the square to allow him shooting on goal

**Eye on:** Quick shots on goal, body placement to receive the first pass, to overcome the defender receiving the return pass of the combination and to shoot with one foot or the other.

## Exercise 115: 1 v 1 and 2 v 1 (1)



**Sequence:** The goalkeeper passes the ball out of the penalty area toward a first player, who then passes again wide and inside the square on the left (or on the right) under the pressure (semi-active or full pressure) of a first defender. The second player inside the square must control the ball while running, overcome the opponent in the middle of the space, playing a wall passing combination with a teammate inside the square. Then the first receiver in the square must shoot on goal from this side of the penalty area line, with the fewest number of touches possible. The first receiver in the square is not fixed and he's related to the runs to be free from the marker. If the defenders win the ball, they can shoot on goal as well.

### Variations:

- Indicate a fixed limit of time to solve the 2 v 1 duel and to shoot on goal
- Change the shooting foot
- Indicate the side of the square corner where to shoot
- If the defenders win the ball they must play a passing combination to free the player inside the square to allow him shooting on goal

**Eye on:** Quick shots on goal, body placement to receive the first pass, to overcome the defender receiving the return pass of the combination and to shoot with one foot or the other.



## Exercise 116: 1 v 1 and 2 v 1 (2)



**Sequence:** The goalkeeper passes the ball out of the penalty area toward a first player, who then passes again wide and inside the square on the left (or on the right) under the pressure (semi-active or full pressure) of a first defender. The second player inside the square must control the ball while running, playing a passing combination with a teammate inside the square and then out again. Then the first receiver in the square must shoot on goal from this side of the penalty area line, with the fewest number of touches possible, after receiving a return pass as 3rd man, behind the defender. The first receiver in the square is not fixed and he's related to the runs to free from the marker. If the defenders win the ball, they can shoot on goal as well.

### Variations:

- Indicate a fixed limit of time to find the third man and to shoot on goal
- Change the shooting foot
- Indicate the side of the square corner where to shoot
- The third man can be both of the players inside the square if a longer possession phase is needed
- If the defenders win the ball they must play a passing combination to free the player inside the square to allow him shooting on goal

**Eye on:** Quick shots on goal, body placement to receive the first pass, to overcome the defenders, to receive the return pass of the combination and to shoot with one foot or the other.



## Exercise 117: 1 v 1 and 1 v 1 + 1



**Sequence:** The goalkeeper passes the ball out of the penalty area toward a first player, who then passes again wide and inside the square on the left (or on the right) under the pressure (semi-active or full pressure) of a first defender. The second player, the one who wins the possession inside the square, must control the ball while running, playing a passing combination with a free player inside the square first and then out again. Then the first receiver in the square must shoot on goal from this side of the penalty area line, with the fewest number of touches possible, after receiving a return pass as 3rd man, behind the defender. The first receiver in the square is not fixed and he's related to the 1 v 1 duels without the ball, before receiving the pass. If the defenders win the ball, they can shoot on goal as well.

### Variations:

- Indicate a fixed limit of time to find the third man and to shoot on goal
- Change the shooting foot
- Indicate the side of the square corner where to shoot
- If the defenders win the ball they must play a passing combination between them or with the free player before shooting on goal

**Eye on:** Quick shots on goal, body placement to receive the first pass, to win the 1 v 1 duel without the ball, to overcome the defenders, to receive the return pass of the combination and to shoot with one foot or the other.

## Exercise 118: 1 v 1 and 1 v 2



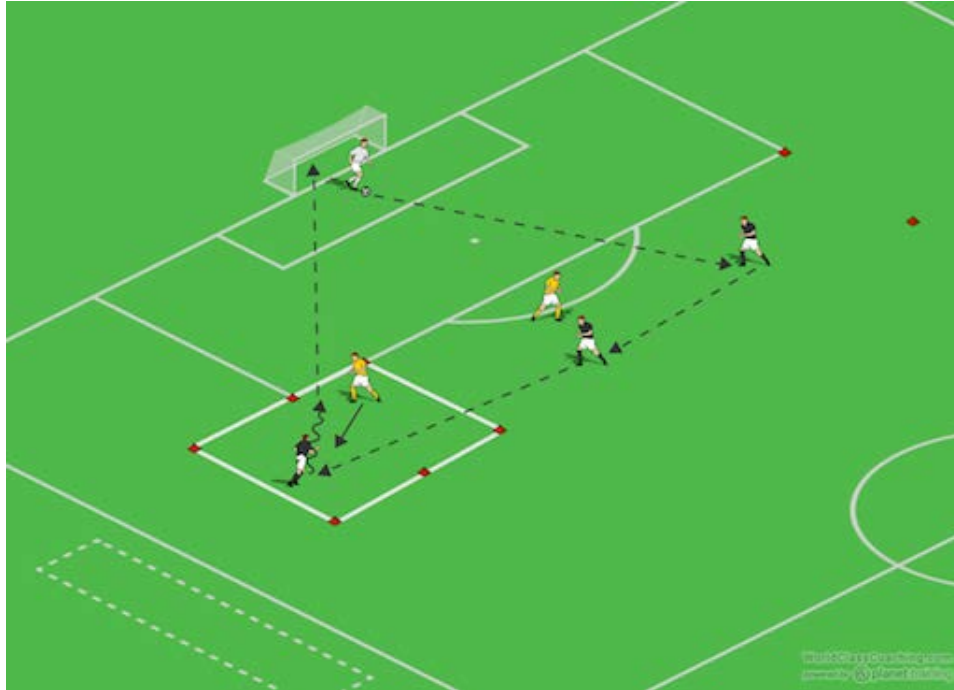
**Sequence:** The goalkeeper passes the ball out of the penalty area toward a first player, who then passes again wide and inside the square on the left (or on the right) under the pressure (semi-active or full pressure) of a first defender. The second player inside the square must control the ball under the full pressure of two defenders, and he must shoot on goal outnumbered as quickly as possible. If the defenders win the ball, they can shoot on goal as well.

### Variations:

- Indicate a fixed limit of time for the full pressure of the defenders
- Change the shooting foot
- If the defenders win the ball they must play a passing combination between them or with the outside teammate before shooting on goal

**Eye on:** Quick shots on goal, body placement to receive the ball between the defenders and to master it playing outnumbered

## Exercise 119: 1 v 1 and 2 v 1



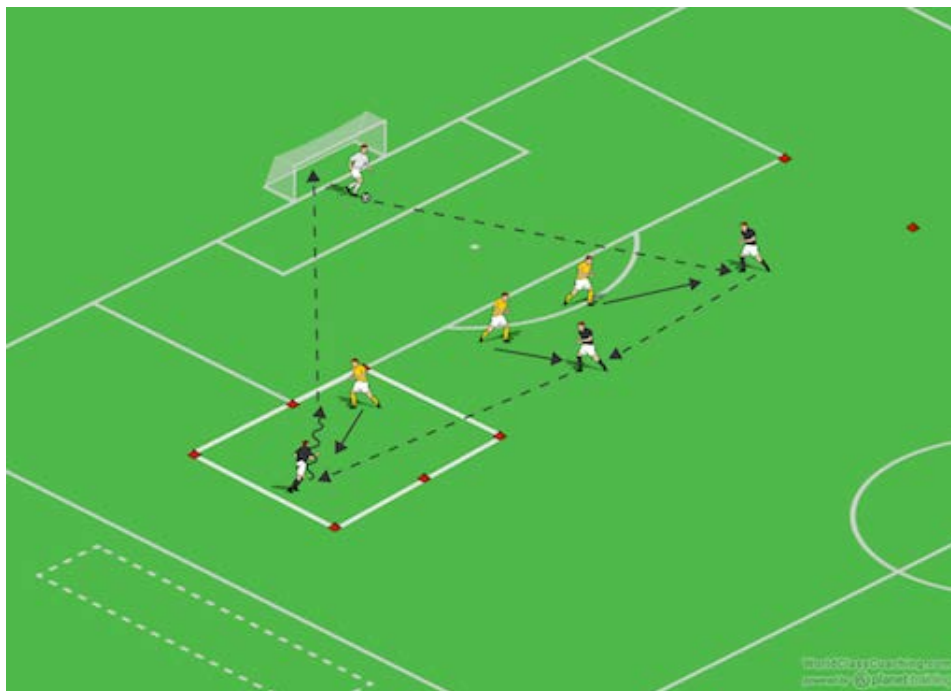
**Sequence:** The goalkeeper passes the ball out of the penalty area toward a first player, who then passes again toward a second teammate, playing 2 v 1. Meanwhile the players inside the wide square are moving to be free to receive and to shoot on goal. The player who is able to receive, he then must overcome the defender and shoot on goal. If the defenders win the ball, they can shoot on goal as well.

### Variations:

- Indicate a fixed limit of time for the full pressure of the defenders
- Change the shooting foot
- If the defenders win the ball they must play a passing combination between them or with the outside teammate before shooting on goal

**Eye on:** Quick shots on goal, body placement to receive the ball while running to free from the marker, overcome the opponent with one touch

## Exercise 120: 1 v 1 and 2 v 2



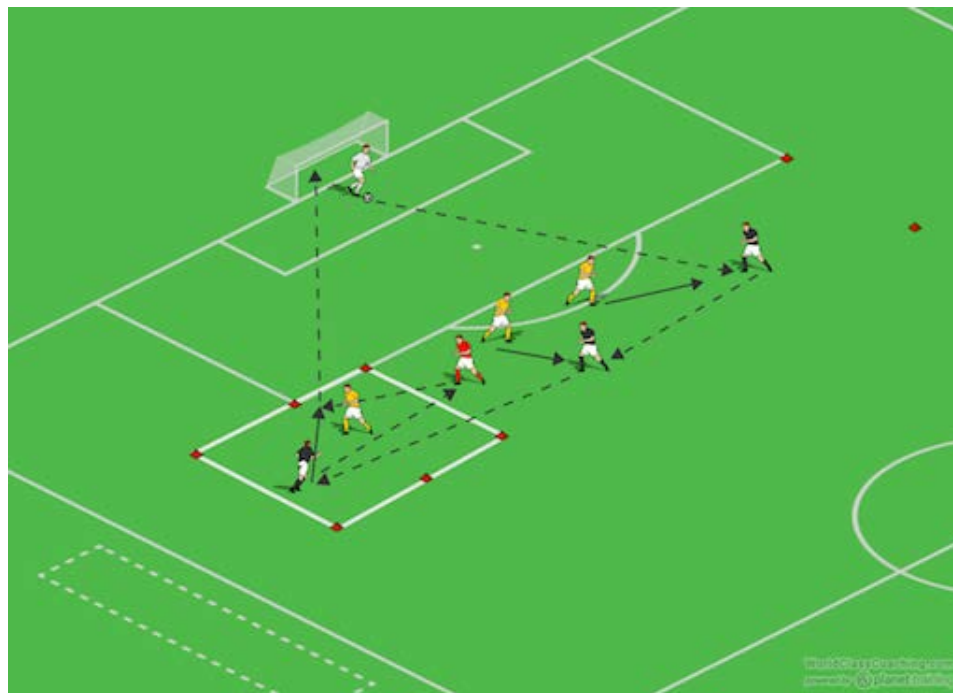
**Sequence:** The goalkeeper passes the ball out of the penalty area toward a first player, who then passes again toward a second teammate, playing 2 v 2 under the full pressure of two defenders. Meanwhile the attacking player inside the wide square is moving to be free from the opponent, playing a 1 v 1 duel without the ball, to receive and to shoot on goal with the fewest number of touches possible. If the defenders win the ball, they can shoot on goal as well.

### Variations:

- Indicate a fixed limit of time for the full pressure of the defenders
- Indicate a fixed limit of time to finish while playing the 1 v 1 duel
- Change the shooting foot
- If the defenders win the ball they must play a passing combination with the teammates before shooting on goal

**Eye on:** Quick shots on goal, speed of play in the 2 v 2 duel, body placement to receive the ball while running to free from the marker, overcome the opponent with one touch

## Exercise 121: 1 v 1 + 1 and 2 v 2



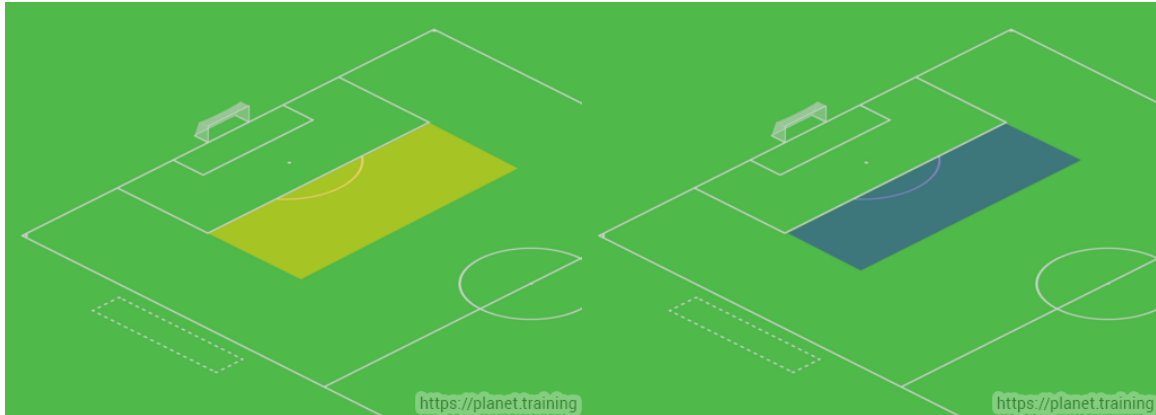
**Sequence:** The goalkeeper passes the ball out of the penalty area toward a first player, who then passes again toward a second teammate, playing 2 v 2 under the full pressure of two defenders. Meanwhile the attacking player inside the wide square is moving to be free from the pressure of a defender, playing a 1 v 1 duel without the ball. He must receive and play a wall passing combination with a free player to overcome the opponent before shooting on goal with the fewest number of touches possible. If the defenders win the ball, they can shoot on goal as well.

### Variations:

- Indicate a fixed limit of time for the full pressure of the defenders
- Indicate a fixed limit of time to finish while playing the 1 v 1 + 1 duel
- Change the shooting foot
- If the defenders win the ball they must play a passing combination with the outside teammates or the free player before shooting on goal

**Eye on:** Quick shots on goal, body placement to receive the ball while running to free from the marker, overcome the opponent with one touch passing combination

## Dribble, pass and shoot from the center spaces out of the penalty area



### Exercise 122: 1 v goalkeeper (1)



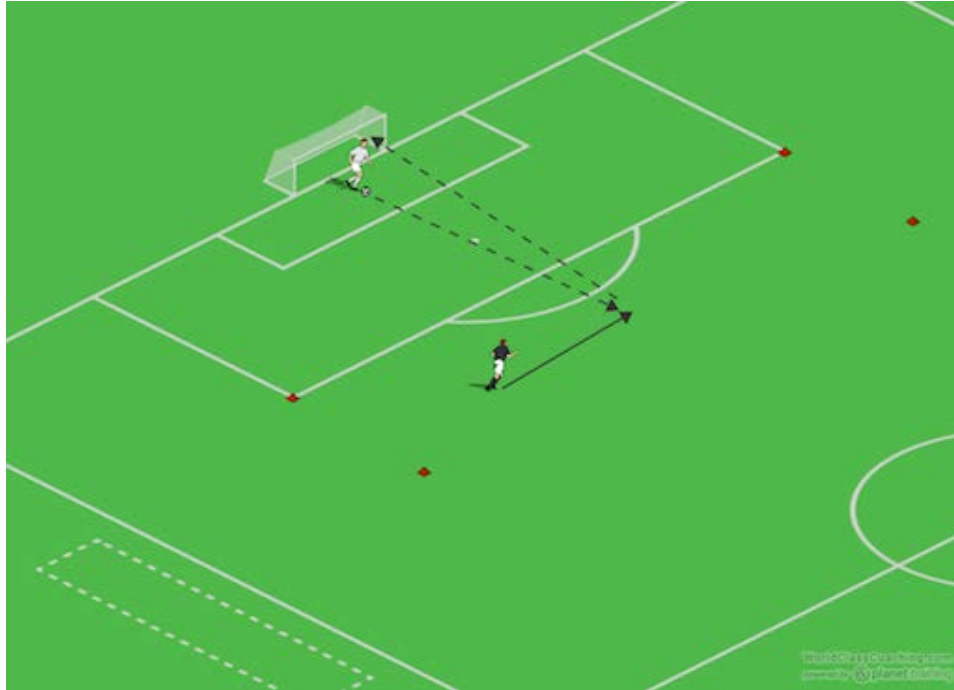
**Sequence:** The goalkeeper passes the ball inside the rectangular space out of the penalty area where a player must run wide from the center to receive, control toward the goal and shoot with two touches.

#### Variations:

- Indicate a fixed limit of touches before shooting on goal for ball mastery training
- Shoot with one touch
- Insert a feint before shooting
- Change the receiving foot and the shooting foot

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

### Exercise 123: 1 v goalkeeper (2)



**Sequence:** The goalkeeper passes the ball inside the rectangular space out of the penalty area where a player must run toward the center to receive from the outer spaces, control toward the goal and shoot with two touches.

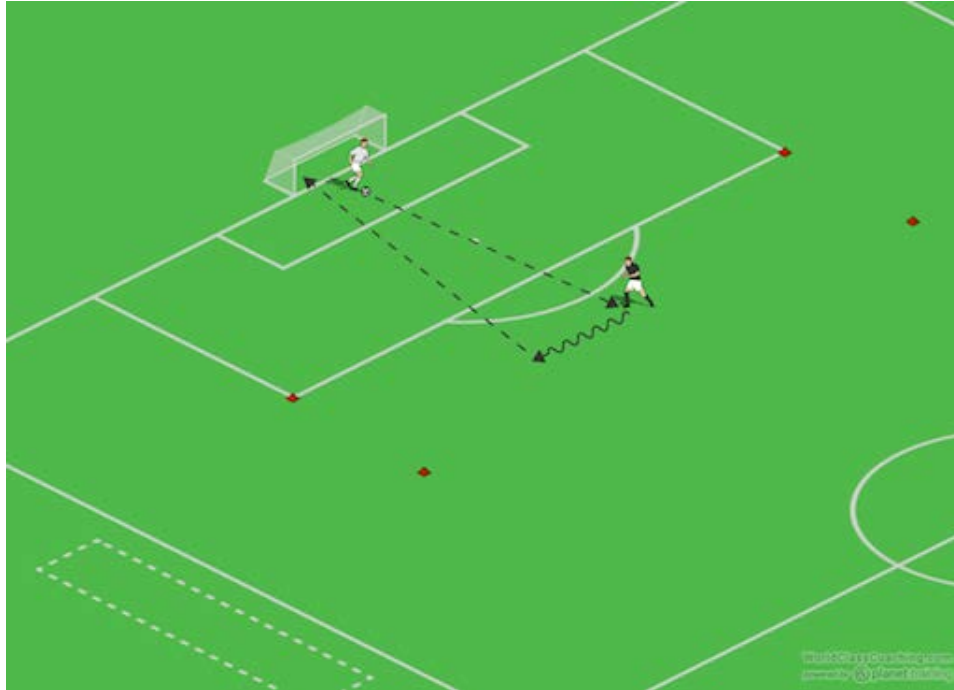
#### **Variations:**

- Indicate a fixed limit of touches before shooting on goal for ball mastery training
- Shoot with one touch
- Insert a feint before shooting
- Change the receiving foot and the shooting foot

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



### Exercise 124: 1 v goalkeeper (3)



**Sequence:** The goalkeeper passes the ball inside the rectangular space out of the penalty area where a player must receive, dribble wide and then change direction toward the goal to shoot as quickly as possible.

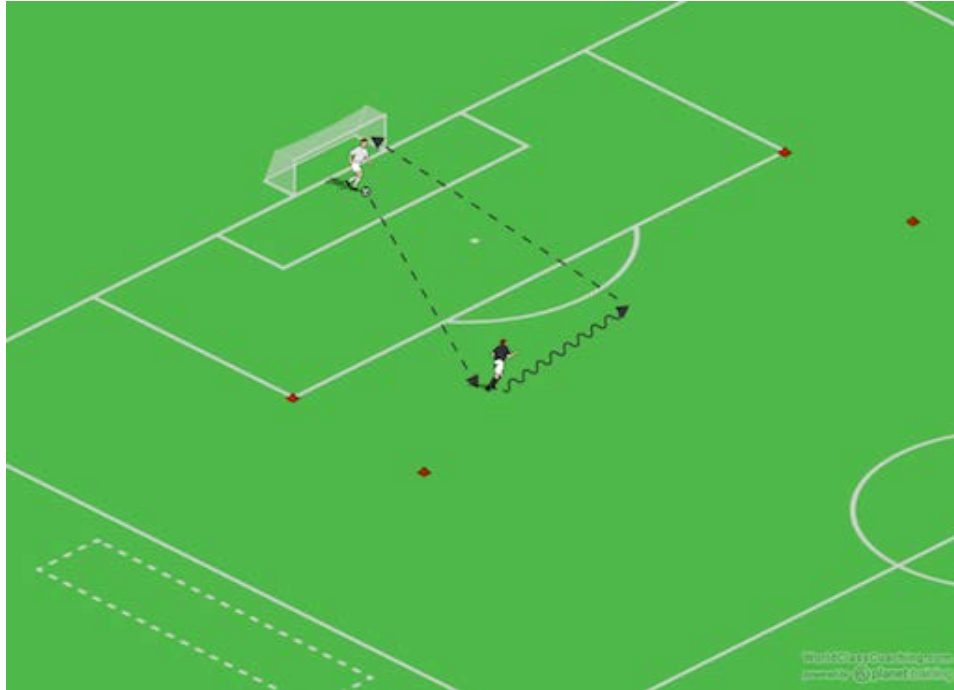
#### **Variations:**

- Indicate a fixed limit of time to dribble and to shoot
- Insert a feint before shooting
- Insert a semi-active or full active defender to create a 1 v 1 duel
- Change the receiving foot, the dribbling and the shooting foot

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



### Exercise 125: 1 v goalkeeper (4)



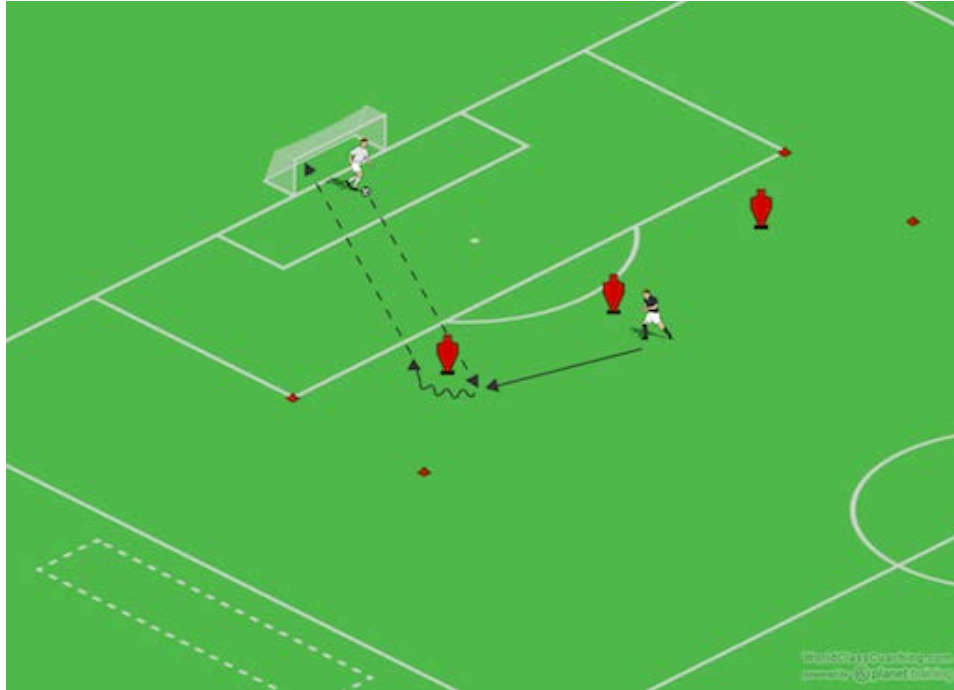
**Sequence:** The goalkeeper passes the ball inside the rectangular space out of the penalty area where a player must receive, dribble changing direction toward the center and then shoot on goal as quick as possible.

#### **Variations:**

- Indicate a fixed limit of time to dribble and to shoot
- Insert a feint before shooting
- Insert a semi-active or full active defender to create a 1 v 1 duel
- Change the receiving foot, the dribbling and the shooting foot

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

## Exercise 126: 1 v goalkeeper (5)



**Sequence:** The goalkeeper passes the ball inside the rectangular space out of the penalty area and among the three air-bodies. A player must run to receive, overcome the nearest air-body on the same direction of run, and then shoot on goal as quick as possible with the fewest number of touches possible.

### Variations:

- Indicate a fixed limit of time to overcome the air-bodies and to shoot
- Change the receiving foot, the dribbling and the shooting foot
- Change the air-body to be overcome to create changes of direction

**Eye on:** Quick shots on goal, body placement to receive, to dribble toward the air-body, and to shoot with one foot or the other.

## Exercise 127: 1 v 1 (1)



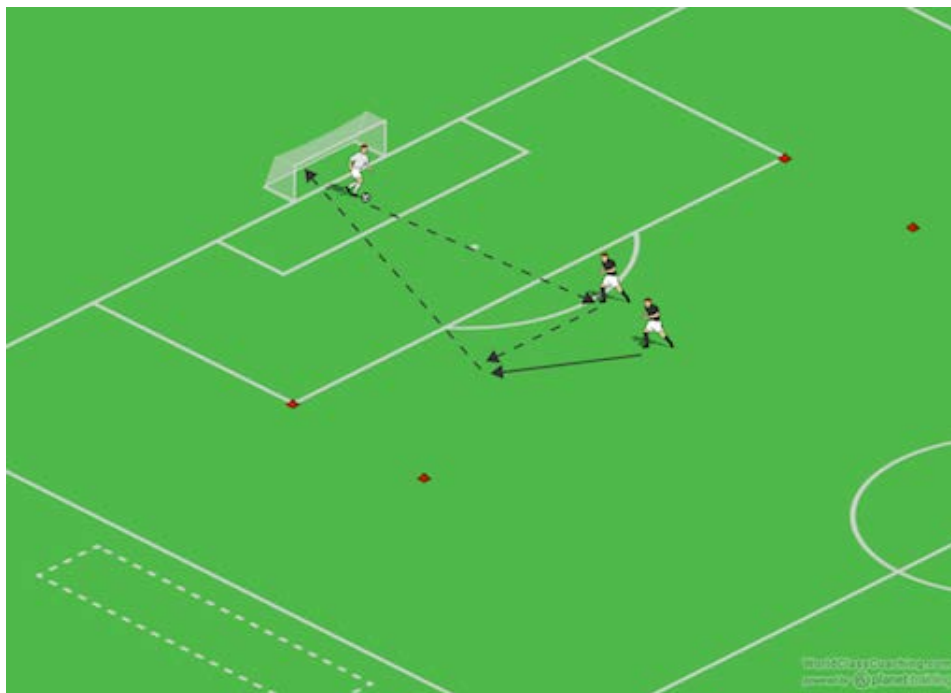
**Sequence:** The goalkeeper passes the ball inside the rectangular space out of the penalty area and among the three air-bodies. A player must run to receive under the pressure (semi-active or full) of a defender, overcome the nearest air-body on the same direction of run, and then shoot on goal as quick as possible with the fewest number of touches possible. If the defender wins the ball before the air-body has been overcome, he must shoot after having overcome a different one; if the defender recovers the possession after, he can shoot directly.

### Variations:

- Indicate a fixed limit of time to overcome the air-bodies and to shoot
- Change the receiving foot, the dribbling and the shooting foot
- Change the air-body to be overcome to create changes of direction
- The attacking and the defending players are not decided before the pass of the goalkeeper

**Eye on:** Quick shots on goal, body placement to receive and to save the ball first, speed of play then to dribble toward the air-body, and to shoot with one foot or the other under pressure

## Exercise 128: 1 v goalkeeper (6)



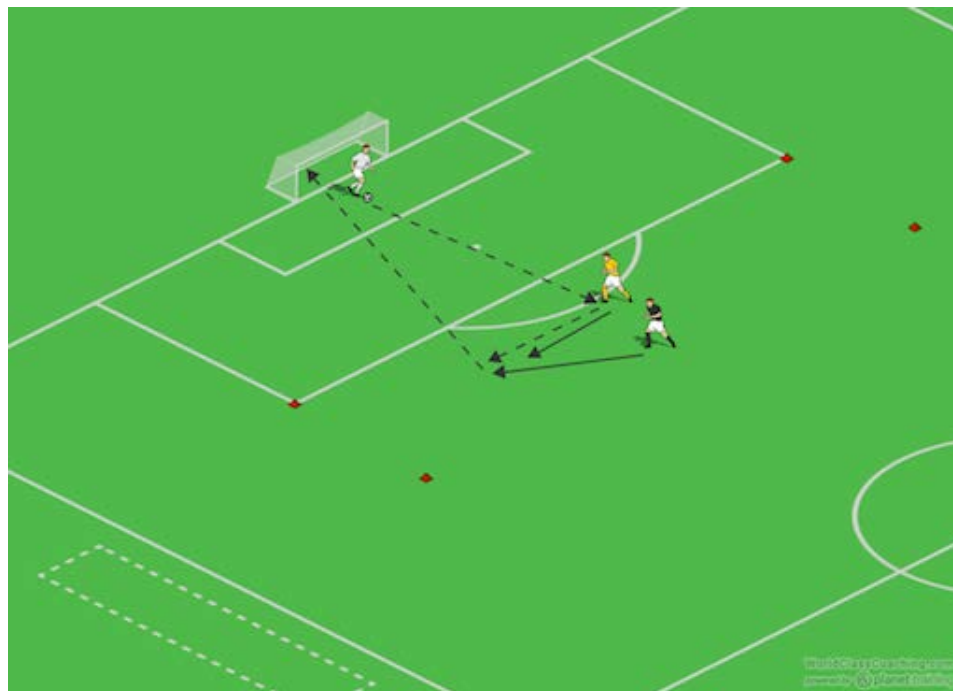
**Sequence:** The goalkeeper passes the ball inside the rectangular space out of the penalty area where a player must receive and pass toward a teammate who must control and shoot on goal with two touches. The second receiver must run without the ball overlapping the teammate or cutting outside or inside to receive and to shoot as quick as possible; he must always run toward opposite directions on the first pass and on the second one.

### Variations:

- Indicate a fixed limit of time to shoot
- Indicate the directions of the first move and where to receive the pass before shooting
- Change the receiving foot and the shooting foot

**Eye on:** Quick shots on goal, body placement to see always the ball while running, to dribble and to shoot with one foot or the other.

## Exercise 129: 1 v 1 (2)



**Sequence:** The goalkeeper passes the ball inside the rectangular space out of the penalty area where a player must receive and pass toward a second one, who must receive and shoot on goal with two touches; the first receiver becomes defender immediately after the pass. The second receiver must run without the ball overlapping the defender or cutting outside to receive and to shoot as quick as possible; he must always run toward opposite directions on the first pass and on the second one. If the defender wins the ball, he can shoot on goal as well.

### Variations:

- Indicate a fixed limit of time to save the possession and to shoot
- Indicate the directions of the first move and where to receive the pass before shooting
- Change the receiving foot and the shooting foot
- If the defender wins the possession he must shoot from the opposite side of the rectangular space from where the ball was won.

**Eye on:** Quick shots on goal, body placement to see always the ball while running, to dribble and to shoot with one foot or the other.

### Exercise 130: 1 v 1 (3)



**Sequence:** The goalkeeper passes the ball inside the rectangular space out of the penalty area where a player must receive and pass toward a second who must control and shoot on goal with two touches; the first receiver becomes defender immediately after the pass. The second receiver must run cutting inside without the ball to receive and to shoot as quick as possible; he must always run toward opposite directions on the first pass and on the second one. If the defender wins the ball, he can shoot on goal as well.

#### **Variations:**

- Indicate a fixed limit of time to save the possession and to shoot
- Indicate the directions of the first move
- Change the receiving foot and the shooting foot
- If the defender wins the possession he must shoot from the outer spaces of the rectangular shape

**Eye on:** Quick shots on goal, body placement to see always the ball while running, to dribble and to shoot with one foot or the other.

## Exercise 131: 2 v 1



**Sequence:** The goalkeeper passes the ball inside the rectangular space out of the penalty area where a player must receive and pass toward a teammate, who must control and shoot on goal with the fewest number of touches under the pressure of a defender. The second receiver must run without the ball, overlapping the teammate or cutting outside or inside to receive and to shoot as quickly as possible; he must always run toward opposite directions on the first pass and on the second one. If the defender wins the ball he can shoot on goal after a 1 v 1 duel against the direct opponent; the player he won the ball from.

### Variations:

- Indicate a fixed limit of time to win the 1 v 1 duel and to shoot
- Indicate the directions of the first move
- Change the receiving foot and the shooting foot
- The defender must finish outnumbered playing 1 v 2 inside the rectangular shape

**Eye on:** Speed of play to win the 2 v 1 duel, Quick shots on goal, body placement to see always the ball while running, to dribble and to shoot with one foot or the other.

## Exercise 132: 2 v 2



**Sequence:** The goalkeeper passes the ball inside the rectangular space out of the penalty area where a player of the attacking team must receive and pass toward a teammate to shoot on goal with the fewest number of passing combinations under the pressure of two defenders. The second receiver must run without the ball overlapping the teammate or cutting outside or inside to receive and to shoot as quick as possible; the goal worth double if a defender has been overcome after a 1 v 1 duel. If the defenders win the ball, they can shoot on goal directly if it is possible.

### Variations:

- Indicate a fixed limit of time to win the 2 v 2 duel and to shoot
- Try to finish after a killer pass between and at the back of the defending players
- Both the defenders must touch the ball before shooting on goal
- The couple in possession in not previously selected

**Eye on:** Speed of play to win the 2 v 2 duel, Quick shots on goal, try to be always free from the marker, body placement to see always the ball while running, to dribble and to shoot with one foot or the other.



### Exercise 133: 2 v 2 + 1



**Sequence:** The goalkeeper passes the ball inside the rectangular space out of the penalty area toward a free player and where a 2 v 2 duel without the ball is being played. The free player decides the first receiver of the attacking team who must play a wall passing combination with him; the second player of the attacking team must shoot on goal as "third man" after receiving a killer pass. This pattern of play must be complete under the pressure of two defenders; they can put pressure both on the attacking players and on the free player. If the defenders win the ball, they can shoot on goal directly if it is possible.

#### Variations:

- Indicate a fixed limit of time to win the 2 v 2 + 1 duel and to shoot
- After two passes, the prior defending team with the ball must play looking for the third man at the back of the opponents

**Eye on:** Speed of play to find the third man, Quick shots on goal, try to be always free from the marker, body placement to see always the ball while running

### Exercise 134: 3 v 3



**Sequence:** The goalkeeper kicks the ball inside the rectangular space out of the penalty area where a 3 v 3 duel without the ball is being played. The first receiver of the attacking team must play a wall passing combination with the second teammate. The third player of the attacking team must shoot on goal as "third man" after receiving a killer pass. This pattern of play must be complete under the pressure of three defenders; if they win the ball, they can shoot on goal directly if it is possible.

#### **Variations:**

- Indicate a fixed limit of time to win the 3 v 3 duel and to shoot
- After two passes, the prior defending team with the ball must play looking for the third man at the back of the opponents

**Eye on:** Speed of play to find the third man, Quick shots on goal, try to be always free from the marker, body placement to see always the ball while running

## Exercise 134: 3 v 3 + 1



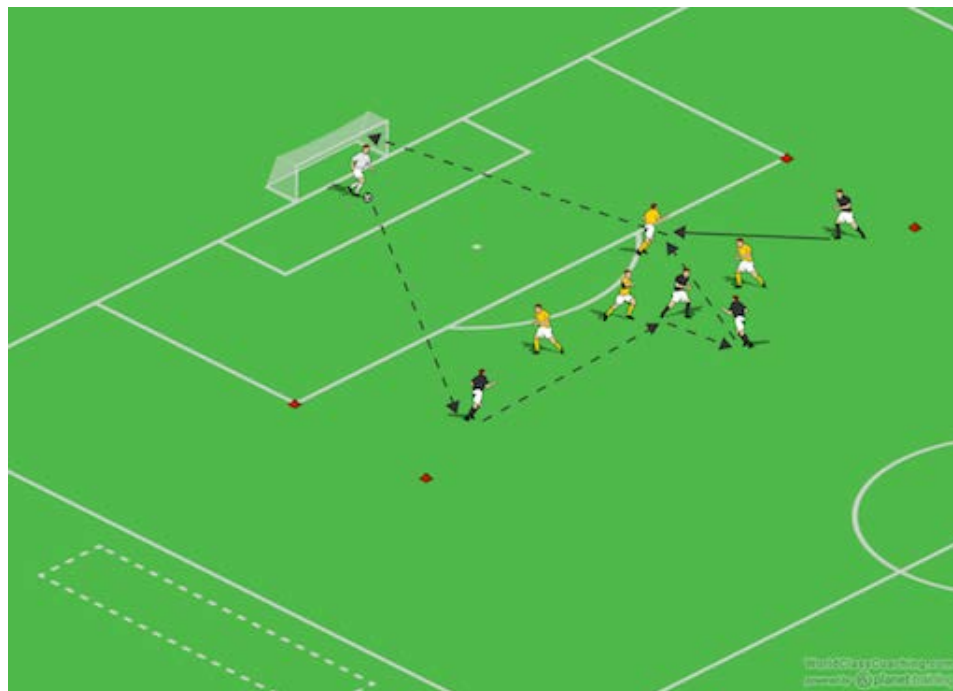
**Sequence:** The goalkeeper kicks the ball inside the rectangular space out of the penalty area where a 3 v 3 duel without the ball is being played. The attacking team must score through a pattern of play to find a third man at the back of three defenders. The final pass must come from a free player who is placed as lower vertex on the further line of the rectangular shape. This pattern of play must be complete under the pressure of three defenders; if they win the ball, they can shoot on goal directly if it is possible.

### Variations:

- Indicate a fixed limit of time to win the 3 v 3 + 1 duel and to shoot
- After two passes, the prior defending team with the ball must play looking for the third man at the back of the opponents through the free player

**Eye on:** Speed of play to find the third man, Quick shots on goal, try to be always free from the marker, body placement to see always the ball while running

## Exercise 135: 4 v 4



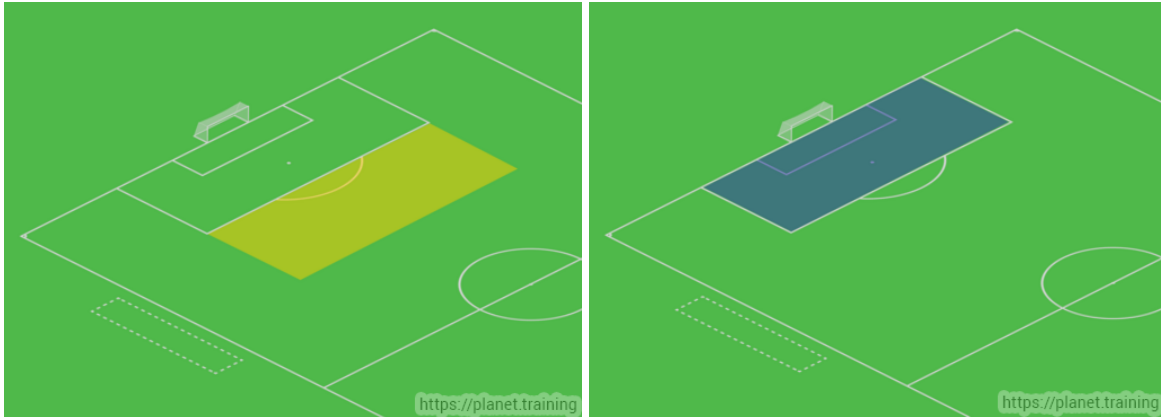
**Sequence:** The goalkeeper kicks the ball inside the rectangular space out of the penalty area where a 4 v 4 duel without the ball is being played at the beginning. The attacking team must score through a pattern of play to find a third man or a cut run at the back of three defenders. The final pass must come from a lower vertex on the further line of the rectangular shape. This pattern of play must be complete under the pressure of four defenders; if they win the ball, they can shoot on goal directly if it is possible.

### Variations:

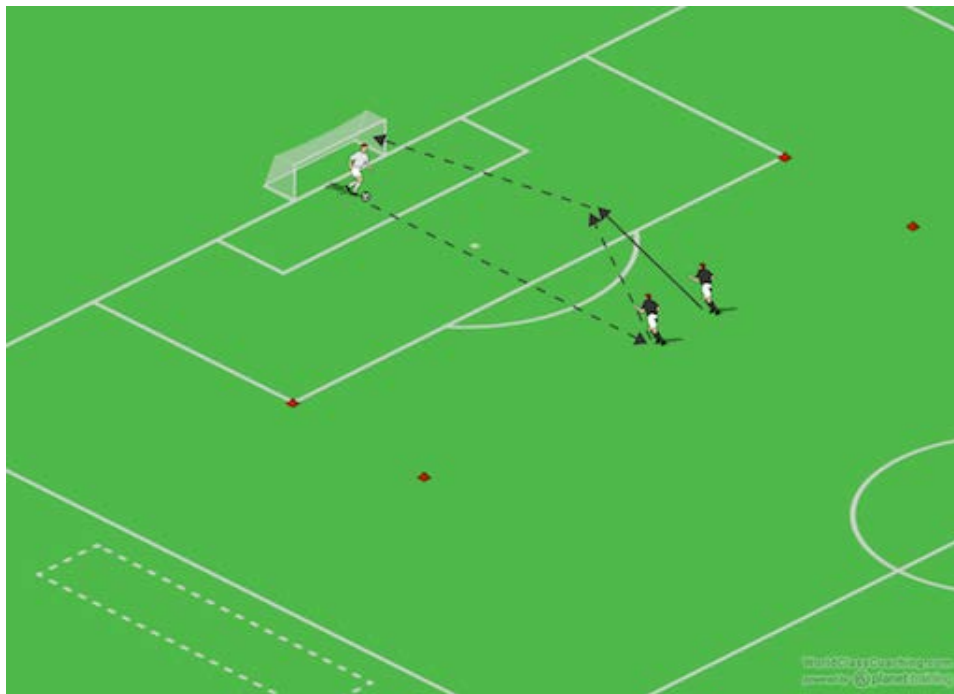
- Indicate a fixed limit of time to win the 4 v 4 duel and to shoot
- After three passes, the prior defending team with the ball must play looking for the third man at the back of the opponents through the free player

**Eye on:** Speed of play to find the third man or the cut run of an unmarked teammate, Quick shots on goal, try to be always free from the marker, body placement to see always the ball while running

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



**Exercise 136: 1 v goalkeeper (1)**



**Sequence:** The goalkeeper kicks the ball inside the rectangular space out of the penalty area where a first player receives and passes forward on the run of a teammate. The second receiver must control the ball with the right time and shoot on goal inside the penalty area. Finish with one touch if it is possible. The receiving player and the shooting player are not selected before the pass of the goalkeeper.

**Variations:**

- Change the runs without the ball of the shooting player (cut runs or overlaps)

**Eye on:** Timing of runs and body placement to finish with one touch

### Exercise 137: 1 v goalkeeper (2)



**Sequence:** The goalkeeper kicks the ball inside the rectangular space out of the penalty area where a first player receives, dribbles and passes forward on the run of a teammate. The second receiver must control the ball with the right time and shoot on goal inside the penalty area. Finish with one touch if it is possible. The receiving player and the shooting player are not selected before the pass of the goalkeeper.

#### **Variations:**

- Change the runs without the ball of the shooting player (cut runs or overlaps depending on the dribble of the possession player)
- Indicate a fixed limit of time to dribble and change the dribbling foot of the first player

**Eye on:** Timing of runs and body placement to finish with one touch

### Exercise 137: 1 v goalkeeper (2)



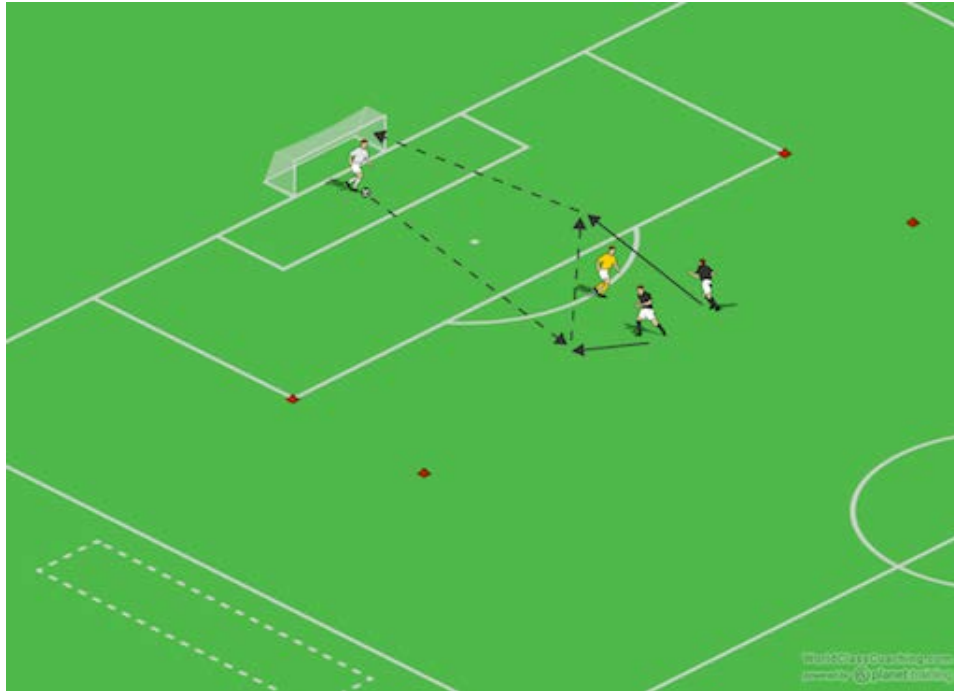
**Sequence:** The goalkeeper kicks the ball inside the rectangular space out of the penalty area where a first player receives, he overcomes the air-body with one touch and passes forward on the run of a teammate. The second receiver must control the ball with the right time and shoot on goal inside the penalty area. Finish with one touch if it is possible. The receiving player and the shooting player are not selected before the pass of the goalkeeper.

#### **Variations:**

- Change the runs without the ball of the shooting player (cut runs or overlaps depending on the dribble of the possession player)
- Indicate a fixed limit of time to dribble and change the dribbling foot of the first player

**Eye on:** Timing of runs to overcome the air-body and body placement to finish with one touch

### Exercise 139: 1 v 1 or 2 v 1



**Sequence:** The goalkeeper kicks the ball inside the rectangular space out of the penalty area where a first player receives, and passes forward on the run of a teammate. The second receiver must control the ball with the right time under the pressure of a defender and shoot on goal inside the penalty area. He must finish with one touch if it is possible. The defender can play with full pressure only against the shooting player. The receiving player and the shooting player are not selected before the pass of the goalkeeper.

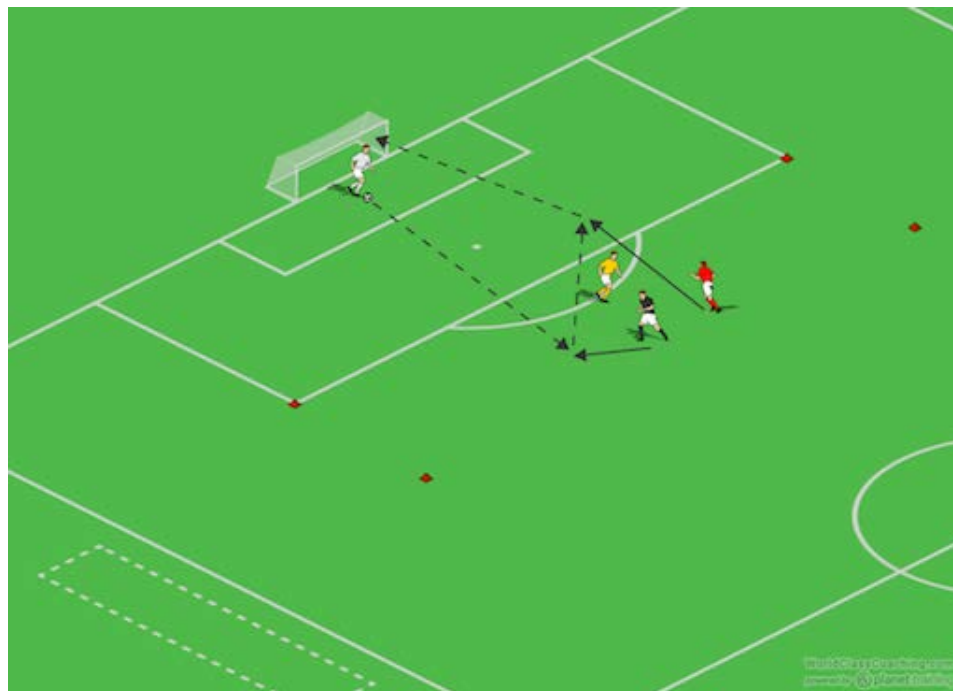
#### **Variations:**

- Change the runs without the ball of the shooting player (cut runs or overlaps depending on the dribble of the possession player)
- The goalkeeper can indicate the possession player the defender must press on; he can call both also

**Eye on:** Timing of runs and body placement to finish with one touch, close the forward passing lines to intercept the ball, defend outnumbered



## Exercise 140: Alternate 2 v 1



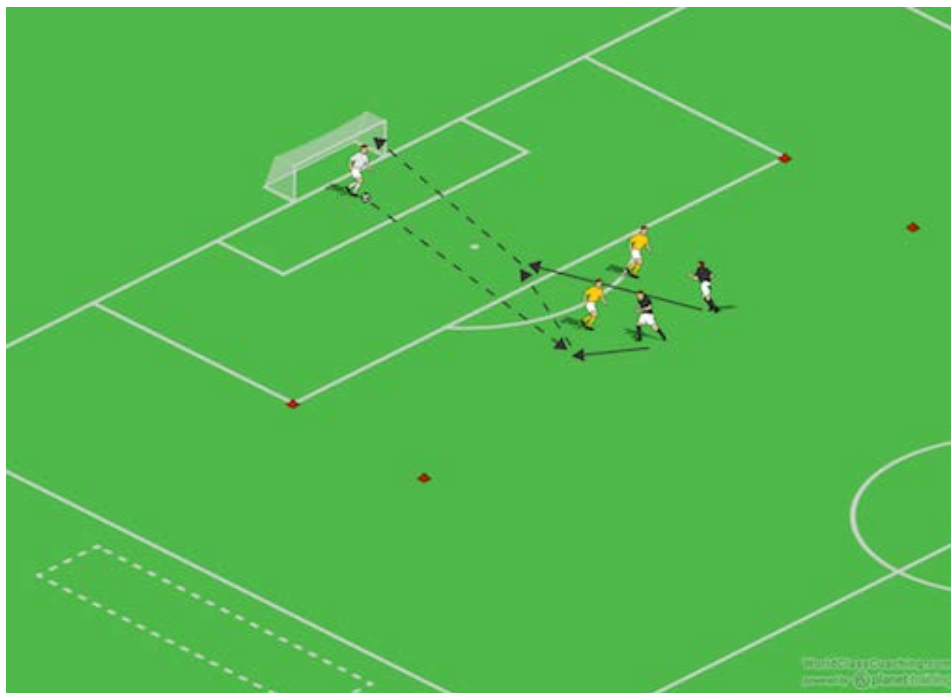
**Sequence:** The goalkeeper kicks the ball inside the rectangular space out of the penalty area where a first player receives under the pressure of a defender; he then must play a killer pass toward a free player who must shoot on goal. Finish with one touch if it is possible. The defender can play with full pressure only against the first receiving player. The receiving player and the shooting player are not selected before the pass of the goalkeeper.

### Variations:

- Change the runs without the ball of the shooting player (cut runs or overlaps depending on the dribble of the possession player)
- The goalkeeper can indicate the possession player the defender must press on
- The defender can be fully active against both the attacking players

**Eye on:** Timing of runs to receive, orientation of control toward the free player, body placement to finish with one touch, close the forward passing lines to intercept the ball, defend outnumbered

## Exercise 141: 2 v 2



**Sequence:** The goalkeeper kicks the ball inside the rectangular space out of the penalty area where a 2 v 2 duel is played without the ball at the beginning. The player who receives the ball must pass forward inside the penalty area where a second teammate must shoot as quickly as possible. The defenders must put pressure and recover the possession to shoot on goal from where the ball is recovered. The goal worth double if the pass is sent between the defender and toward the penalty area.

### Variations:

- Change the runs without the ball of the shooting player (cut runs or overlaps depending on the dribble of the possession player)
- The goalkeeper can indicate the second possession player after the first pass
- The first receiver can choose the attacking teammate
- The defenders can be active inside the penalty area also

**Eye on:** Timing of runs to receive, orientation of control toward the penalty area, body placement to finish with one touch, close the forward passing lines to intercept the ball

## Exercise 142: 2 v 2



**Sequence:** The goalkeeper kicks the ball inside the rectangular space out of the penalty area where a 2 v 2 duel is played without the ball at the beginning. The player who receives the ball must pass forward inside the penalty area where a second teammate must shoot as quick as possible. The defenders must put pressure and recover the possession to shoot on goal from where the ball is recovered. The goal worth double if the goal is scored inside the penalty area, after an overlap run.

### Variations:

- Change the runs without the ball of the shooting player (cut runs or overlaps depending on the dribble of the possession player)
- The goalkeeper can indicate the second possession player after the first pass
- The first receiver can choose the attacking teammate
- The defenders can be active also inside the penalty area

**Eye on:** Overlaps timing to receive, orientation of control toward the penalty area, body placement to finish with one touch, close the forward passing lines to intercept the ball

### Exercise 143: 2 v 2 + 1



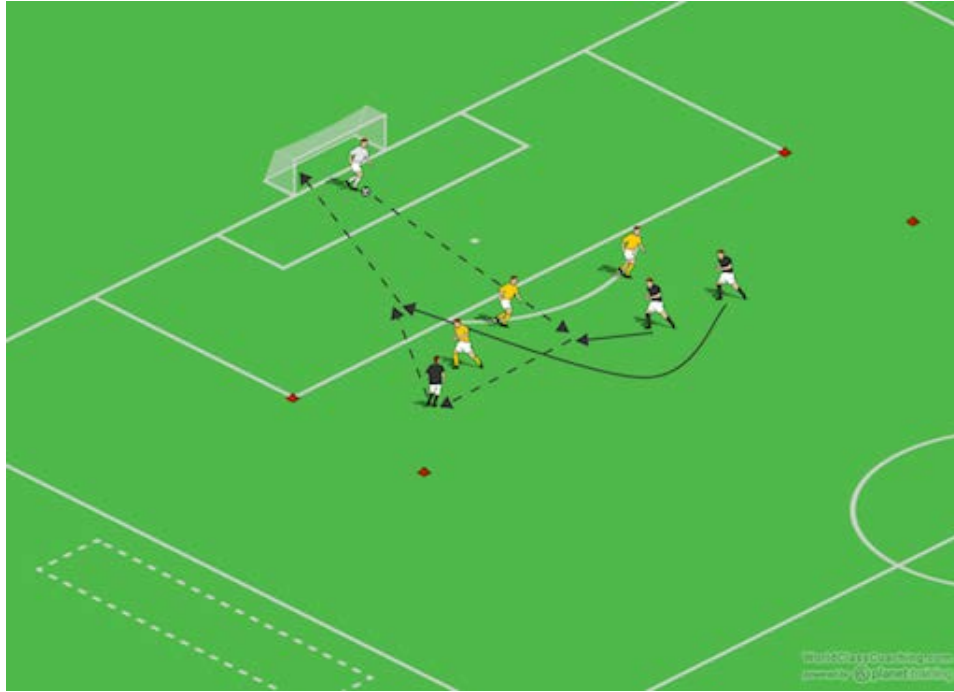
**Sequence:** The goalkeeper kicks the ball inside the rectangular space out of the penalty area where a 2 v 2 duel is played without the ball at the beginning. The player who receives the ball must pass toward an outer free player; a third man must run forward inside the penalty area to receive and to shoot on goal as quick as possible. The defenders must put pressure and recover the possession to shoot on goal directly, from where the ball is recovered.

#### **Variations:**

- The goalkeeper can indicate the second possession player after the first pass
- The first receiver can choose the attacking teammate before passing the ball to the free player
- The defender must play a passing combination with the free player before shooting on goal
- The defenders can be active also inside the penalty area

**Eye on:** Timing of runs of the third man, orientation of control toward the penalty area, body placement to finish with one touch, close the forward passing lines to intercept the ball, defend outnumbered

## Exercise 144: 3 v 3



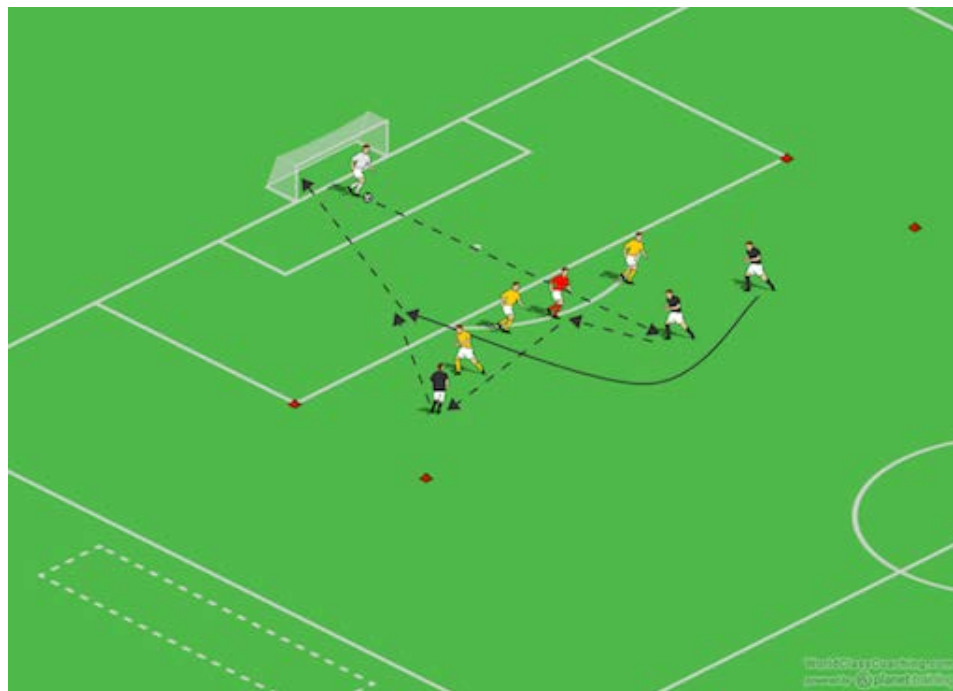
**Sequence:** The goalkeeper kicks the ball inside the rectangular space out of the penalty area where a 3 v 3 duel is played without the ball at the beginning. The player who receives the ball must pass toward an outer teammate; a third man must run forward inside the penalty area and between the defenders to receive and to shoot on goal as quick as possible. The defenders must put strong pressure just after the pass of the goalkeeper and recover the possession to shoot on goal directly, from where the ball is recovered.

### Variations:

- Indicate a minimum number of touches of the ball as possession phase before attack the goal
- The defenders can be active inside the penalty area also

**Eye on:** Timing of runs of the third man, orientation of control toward the penalty area, body placement to finish with one touch, close the forward passing lines to intercept the ball, save the possession

## Exercise 145: 3 v 3 + 1



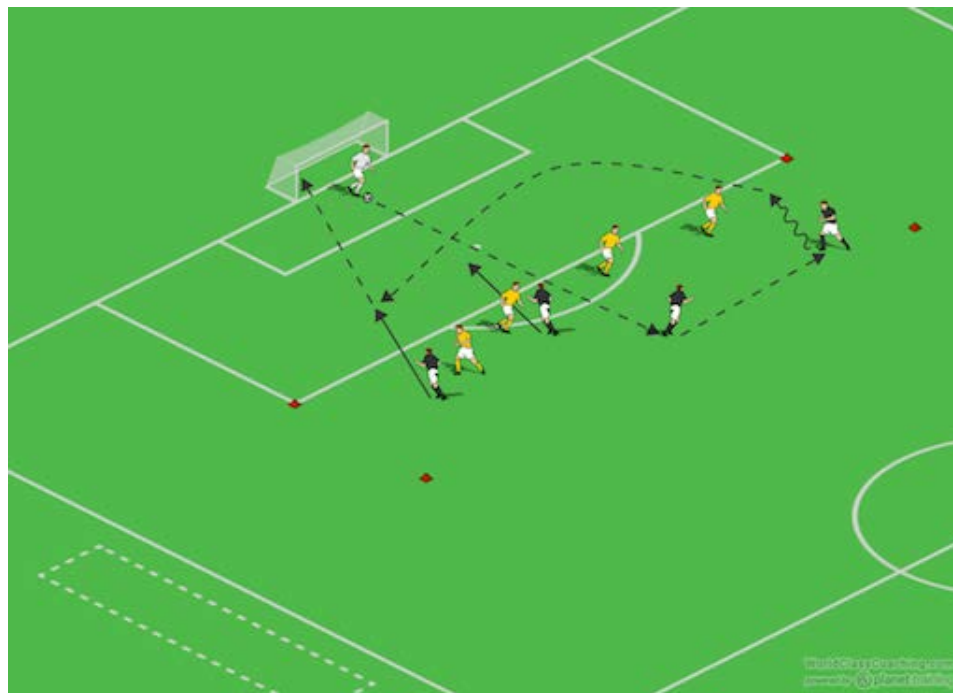
**Sequence:** The goalkeeper kicks the ball inside the rectangular space out of the penalty area where a 3 v 3 duel is played without the ball at the beginning. The first player who receives points out the team in possession; a 3 v 3 + 1 duel is now played. The goals must be scored through the red free player who must be a center forward for the team in possession and with a run inside the penalty area of a player coming from the back. The defenders must put strong pressure just after the pass of the goalkeeper, against the free player also, and recover the possession to shoot on goal directly from where the ball is recovered.

### Variations:

- Indicate a minimum number of touches of the ball as possession phase before attack the goal
- The free player is a support player for the defending team if the possession is recovered back
- The defenders can be active inside the penalty area also

**Eye on:** Timing of runs of the shooting player, orientation of control toward the penalty area, body placement to finish with one touch, close the forward passing lines to intercept the ball, pressure on the nearest opponent, save the possession

## Exercise 146: 4 v 4



**Sequence:** The goalkeeper kicks the ball inside the rectangular space out of the penalty area where a 4 v 4 duel is played without the ball at the beginning. The first player who receives the pass points out the team in possession. The goals must be scored through a cross pass toward the penalty area and with a run inside of players coming from the back. The player who sent the cross pass can attack the second time of the ball after rebounds of the goalkeeper or of the defenders. The defenders must put strong pressure just after the pass of the goalkeeper, they are active inside the penalty area also and they must recover the possession to shoot on goal directly from where the ball is won back.

### Variations:

- Indicate a minimum number of touches of the ball as possession phase before the cross pass
- The defenders must play the same way if the ball is won back

**Eye on:** Timing of runs of the shooting players, orientation of control for the cross pass, body placement to finish with one touch, close the forward passing lines to intercept the ball, pressure on the nearest opponent, save the possession