



Technical Learning Outcomes

Shooting

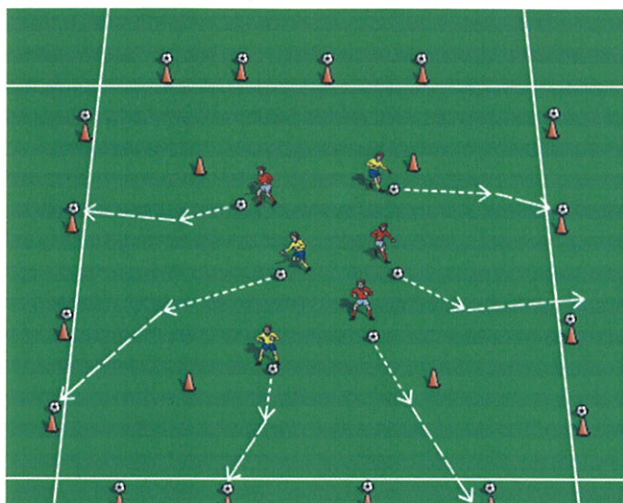
Driven Shot

- Angle of approach – off center
- Head up to observe the position of the goalkeeper
- Head down at the point of contact
- Non-kicking foot placed to side, slightly behind the ball
- Ankle locked, toe down
- Contact ball – will vary depending on target area
- Contact foot – laces (instep)
- Body weight forward, chest and knee over the ball at contact
- Follow through landing on striking foot



New York Red Bulls – Practice Activity

Activity #	W2200	Curriculum	Development
Section	Warm Up	Topic	Shooting
Key Learning Outcome(s)	Learning to shoot using the Driven Shot technique		



Activity W2201 – Development - Shooting

Organization

1. 40 x 40 Yard Area
2. 6 players
3. 22 balls (additional balls around area)
4. Cones to place balls on and mark out area in center of field

Instructions

1. Each player has a ball and are dribbling inside the marked out area on the center of the field
2. On the outside of the field, place as many balls on cones as available for targets.
3. On the coaches command the players must shoot there ball from inside the shooting area.
4. Players on the outside (set back not visible in diagram) retrieve loose balls and feed back into shooting area.
5. Players keep score a point for each ball they knock off a cone.
6. Rotate players after set time limit.

Coaching Points

1. Ankle locked, toe down
2. Contact of foot – Instep (Laces)
3. Body weight forward chest and knee over ball on contact
4. Follow through landing on striking foot

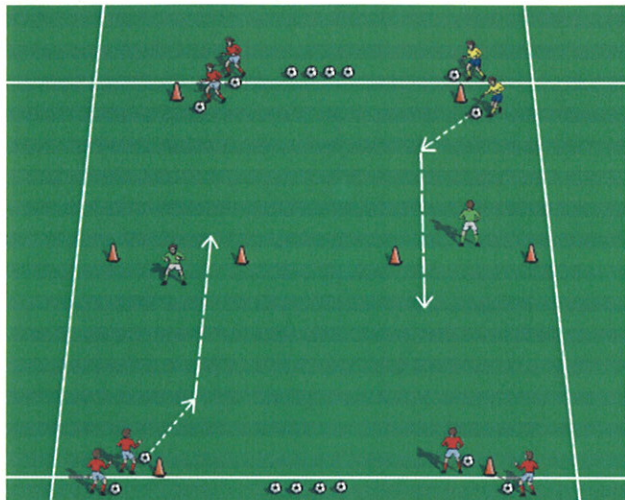
Progression/Regression:

1. P – Replace balls after knocked off the cone.
2. P – Take turns using each foot, one shot with the right then the next shot with the left
3. P – Encourage players to strike the ball first time on retrieved balls coming back into the shooting area.
3. R – Decrease the distance from the ball.



New York Red Bulls – Practice Activity

Activity #	W2201	Curriculum	Development
Section	Warm Up	Topic	Shooting
Key Learning Outcome(s)	Learning to shoot using the Drive Shot technique		



Activity W2202 – Development - Shooting

Organization

1. 40 x 40 Yard Area
2. 8 attackers, 2 goalkeepers
3. cones as markers for goals and starting position
4. 8 balls (additional balls around area)

Instructions

1. Each player has a ball.
2. To start they first dribble towards the goal to set up for a shot on goal.
3. Once the keeper attempts to save the shot, they must get back up quickly to turn and face another attacker striking on goal.
4. Repeat in the other grid as show in the above diagram

Coaching Points

1. Angle of approach is off center
2. Head up to observe position of goal keeper
3. Head down at the point of contact
4. Contact foot – Instep (laces)
5. Follow through landing on striking foot

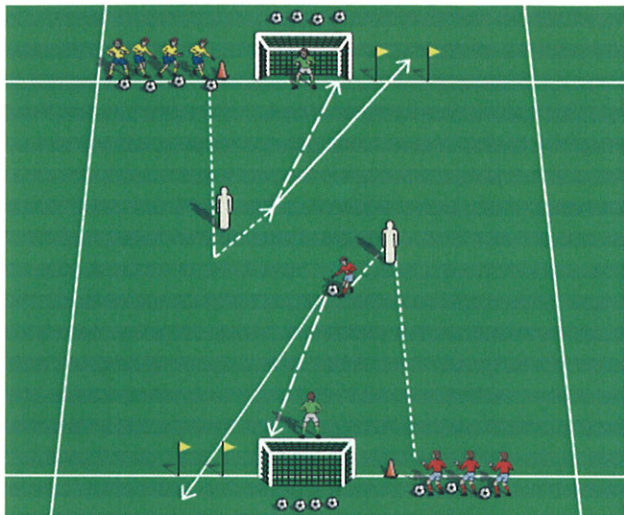
Progression/Regression:

1. P – Add pressure from player in line chasing the attacker
2. P – Form one goal still playing the same game but this time a 2v1 and keeper game
3. R – Allow players to dribble closer to the goal before striking.



New York Red Bulls – Practice Activity

Activity #	M2200	Curriculum	Development
Section	Main Theme	Topic	Shooting
Key Learning Outcome(s)	Learning to shoot using the Driven Shot technique		



Activity M2200 – Development - Shooting

Organization

1. 40 x 30 Yard Area
2. 8 attackers, 2 goalkeepers
3. 8 balls (additional balls around area)
4. 2 goals
5. Cones, mannequins, flags for markers

Instructions

1. Players start out each with a ball at the end line to the right of the goalkeeper
2. Each player then takes their turn running out to the mannequin (or marker) with the ball, turning, take a set up touch before getting a shot on goal
3. Once they shoot they must then sprint as fast as they can through the flags at the end line to the left of the goalkeeper.

Coaching Points

1. Angle of approach off center
2. Observe the position of the goalkeeper
3. None kicking foot is placed to the side and slightly behind the ball
4. Contact foot- Instep (Laces)
5. Follow through and land on striking foot

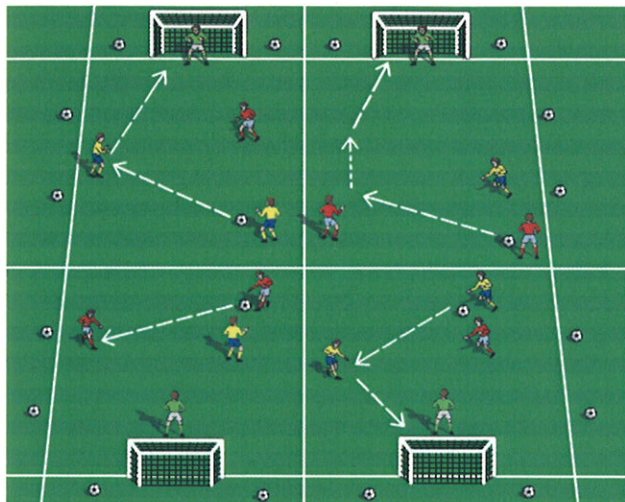
Progression/Regression:

1. P – Allow the attackers to follow in for rebounds before sprinting through the flags
3. R – Shorten the length of the field so players can get more shots in on goal



New York Red Bulls – Practice Activity

Activity #	M2201	Curriculum	Development
Section	Main Theme	Topic	Shooting
Key Learning Outcome(s)	Learning to shoot using the Driven Shot technique		



Activity M2201 – Development - Shooting

Organization

1. 20x20 Yards Area (Overall 40x40)
2. 2v1, 1 goalkeeper in each box
3. 1 ball (additional balls around area)
4. 1 goal in each box
5. Pinnies to play 2v1

Instructions

1. In each box play a 2v1 game to goal
2. Looking to get a shot off on goal as quickly as possible while being pressured
3. Play for a time limit and rotate all player including goalkeeper
4. Game always starts from the keepers hand and rolls the ball out.

Coaching Points

1. Observe the position of the goalkeeper
2. None kicking foot placed to the side and slightly behind the ball
3. Contact foot – Instep (laces)
4. Follow through landing on striking foot

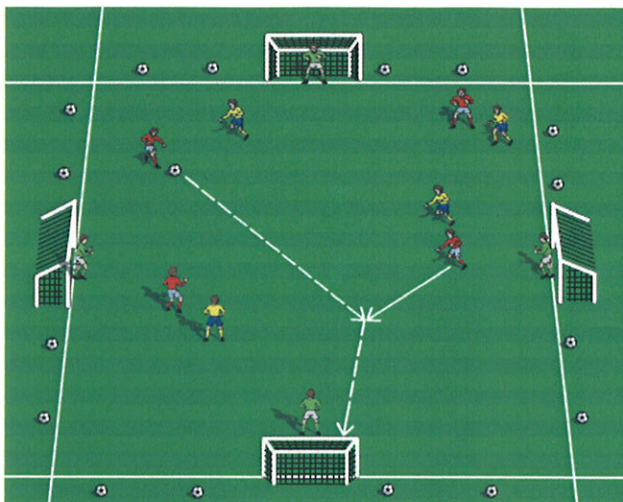
Progression/Regression:

1. P – Join two boxes together and play a 3v3 game going to goal
2. P – Join all boxes together and play 7v7 game with two goals and two goalkeepers
3. R – Take away the defender



New York Red Bulls – Practice Activity

Activity #	M2202	Curriculum	Development
Section	Main Theme	Topic	Shooting
Key Learning Outcome(s)	Learning to shoot using the Driven Shot technique		



Activity M2202 – Development - Shooting

Organization

1. 40 x 40 Yard Area
2. 4v4, 4 goalkeepers
3. 1 ball (additional balls around area)
4. 4 goals
5. Pennies to play 4v4

Instructions

1. Designate two goals to each team
2. 4 vs. 4.
3. Looking to get shot of quickly, shooting on a turn, running with the ball and shooting, or shooting from distance.
4. This game will be fast paced and will create a lot of second opportunities

Coaching Points

1. Head up to observe position of keeper
2. Head down at point of contact
3. Ankle locked, toe down
4. Contact foot – Instep (laces)
5. Follow through, landing on striking foot

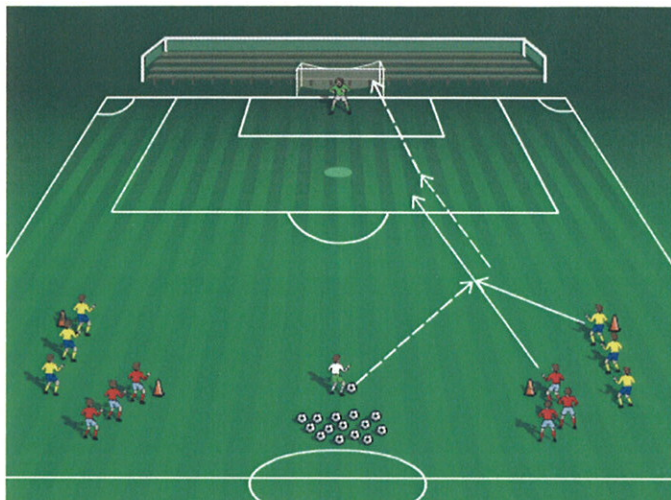
Progression/Regression:

1. P – Remove a goal from each team so now they are only going to one goal
2. R – Take away the goalkeepers



New York Red Bulls – Practice Activity

Activity #	M2203	Curriculum	Development
Section	Main Theme	Topic	Shooting
Key Learning Outcome(s)	Learning to shoot using the Drive Shot technique		



Activity M2203 – Development - Shooting

Organization

1. $\frac{1}{2}$ pitch
2. 6 attacker, 6 defenders, 1 goalkeeper, 1 server
3. 12 balls
4. Cones to mark starting position

Instructions

1. Start by having the attacking line 10 yards ahead of the defending line closer to the sideline.
2. Form two teams one attack, the other defending.
3. Server plays a diagonal ball towards corner flag
4. As soon as the server plays the ball both attackers and defender run after the ball.
5. The game is over when the attacker scores or miss, or if defender wins the ball.
6. Game starts with a ball played out to the opposite side.
7. Rotate defenders and attackers after a set time limit.

Coaching Points

1. Head up to observe the position of the goalkeeper
2. Head down on point of contact
3. Non kicking foot next to and slightly behind the ball
4. Contact foot – Instep (laces)
5. Follow through, landing on striking foot

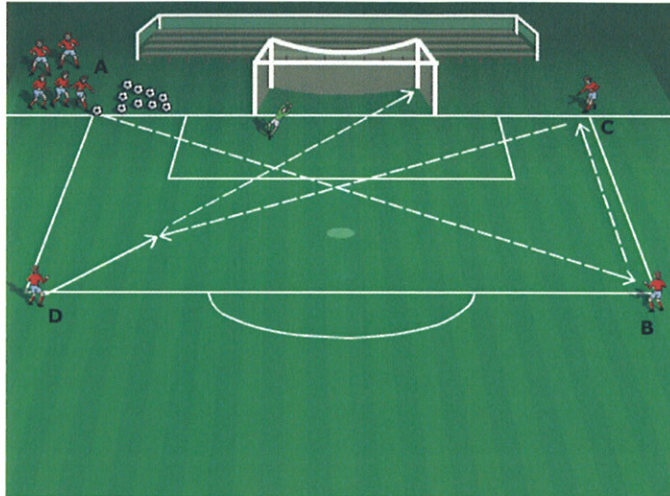
Progression/Regression:

1. P – Change the direction of the feed e.g. play ball down middle and play a 2v2 game towards goal
2. P – Reduce the distance of the defensive line
3. R – Reduce the area of play



New York Red Bulls – Practice Activity

Activity #	M2204	Curriculum	Development
Section	Main Theme	Topic	Shooting
Key Learning Outcome(s)	Learning to shoot from a Drive Shot technique		



Activity M2204 – Development - Shooting

Organization

1. Penalty Box
2. 6+ players
3. 1 ball (additional balls by servers)

1. Player A starts the activity by playing a diagonal ball to player B
2. Player B receives the ball and plays it towards the end line to player C
3. Player C receives the ball and plays a diagonal ball to player D
4. As Player C plays the ball, Player D should be running towards the ball for a shot on goal

Coaching Points

1. Head down on point of contact
2. None kicking foot next and slightly behind the ball
3. Weight forward chest and knee over the ball
4. Contact foot – Instep (laces)
5. Follow through, landing on striking foot

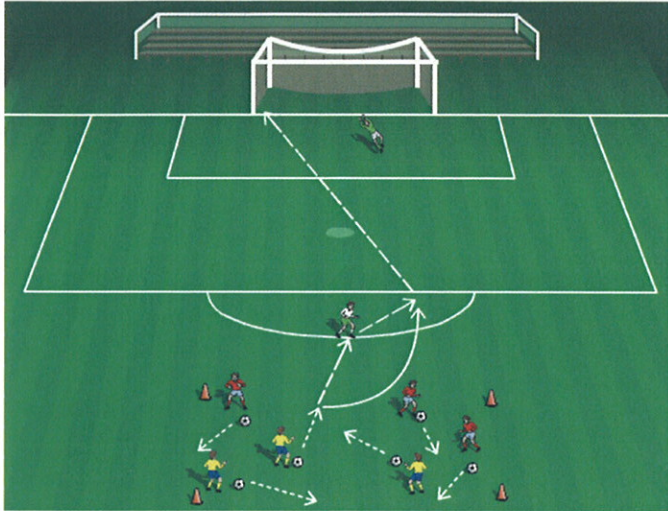
Progression/Regression:

1. P – Get player C to pressure player D once they pass the ball
2. P – Add a defensive line behind player D so this time they feel pressure coming from behind
3. R – Reduce passing distance for all players.
4. R – Reduce number of passes in combination.



New York Red Bulls – Practice Activity

Activity #	M2205	Curriculum	Development
Section	Main Theme	Topic	Shooting
Key Learning Outcome(s)	Learning to shoot with the Drive Shot technique		



Organization

1. Penalty Area
2. 6 attackers, 1 goalkeeper
3. 6 balls

Activity M2205 – Development – Main Theme

Instructions

1. In a grid just outside the penalty box players each have a ball and are dribbling around
2. Assign each player a number 1-6
3. On the coaches command they call out a number.
4. That player with the number passes the ball out of the box for the coach to lay of.
5. The player then sprints after the ball and strikes on goal.

Coaching Points

1. Head up to observe position of the goalkeeper
2. Head down on point of contact
3. Ankle locked – toe down
4. Contact foot – Instep (laces)
5. Follow through, landing on striking foot

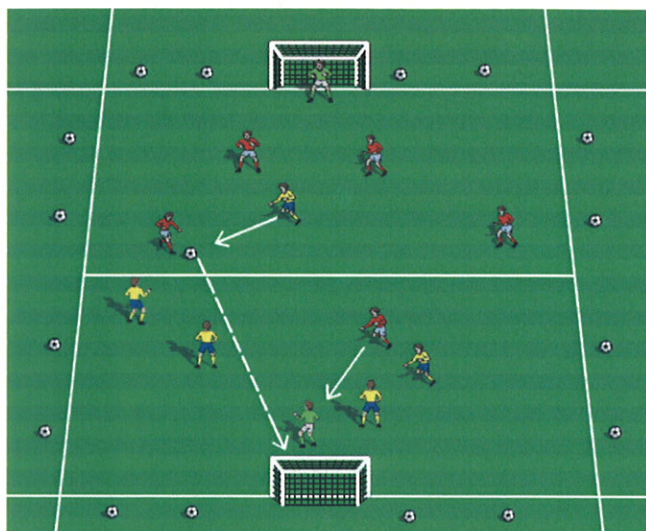
Progression/Regression:

1. P – Add pressure by allowing the next number in sequence to pursue the shooter, e.g. three is called, four leaves their ball and applies pressure.
2. R – Move the dribbling box closer to the goal.



New York Red Bulls – Practice Activity

Activity #	M2206	Curriculum	Development
Section	Main Theme	Topic	Shooting
Key Learning Outcome(s)	Learning to shoot with the Driven Shot		



Activity M2206 – Development - Shooting

Organization

1. 40 x 30 Yard Area
2. 10 players
3. 2 Goalkeepers
4. 2 goals
5. 1 ball (additional balls at both end lines)

Instructions

1. Two teams, 5 vs. 5
2. Divide the field in half
3. 4 vs. 1 in each half, players must stay in their own half of the field.
4. 4 attackers in each half attempt to score from their own half.
5. The lone teammate in the other half has one touch to score or unlimited touches to pass the ball backwards.
6. If ball goes out of bounds Goalkeeper restarts the game

Coaching Points

1. Head up to observe the position of the goalkeeper
2. Head down at the point of contact
3. Ankle locked, toe down
4. Contact Foot – Laces (Instep)
5. Body weight forward chest and knee over the ball at contact

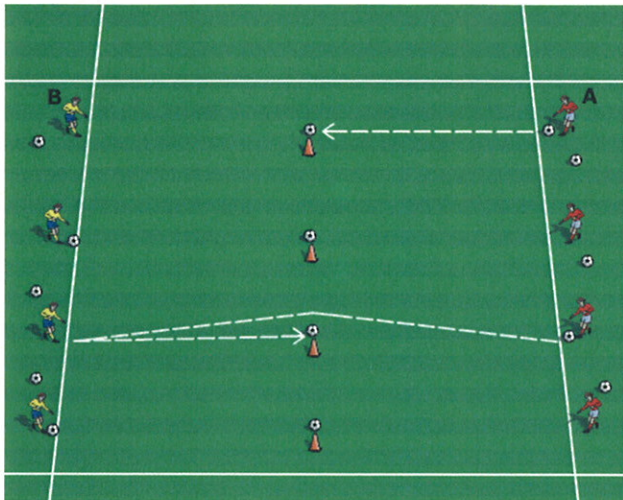
Progression/Regression:

1. P – 3 vs. 2 in each half.
2. R – No goalkeepers



New York Red Bulls – Practice Activity

Activity #	M2207	Curriculum	Development
Section	Main Theme	Topic	Shooting
Key Learning Outcome(s)	Learning to shoot using the Driven shot Technique		



Activity M2207 – Development - Shooting

Organization

1. 40 x 20 Yards Area
2. 8 players
3. 4 balls (additional balls around area)
4. Marker in the centre used as targets

Instructions

1. Divide the group into two, four players on each side 10 yards apart
2. Place a cone between the two players, 10 yards from player to cone 20 yards overall
3. Place a ball on top of the cone.
4. The game is to see how many times a player can knock the ball off the cone
5. If a player knocks the ball off the cone then they replace that ball back on top of the cone while their partner gets ready.

Coaching Points

Driven Shot

1. Angle of approach off center
2. Head up to observe target
3. Head down at point of contact
4. Contact foot - Instep

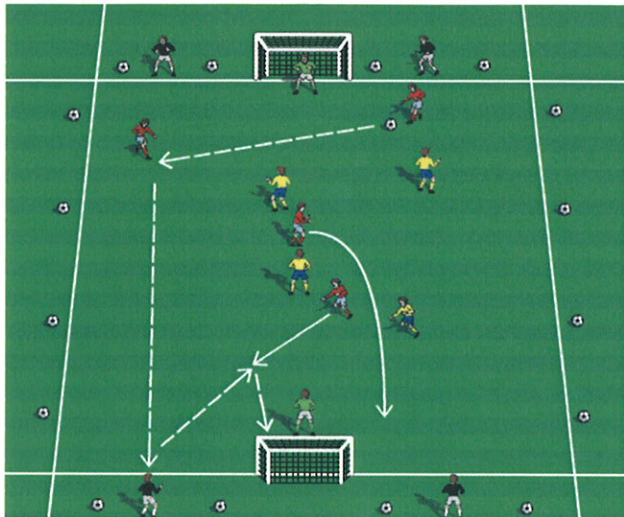
Progression/Regression:

1. P – If player A misses the ball on their attempt can player B play the ball on their 1st touch to knock the ball off.
2. R - Decrease the distance between player and cone.
3. R – Make a 2 yard gate to replace the ball and cone (bigger target area)



New York Red Bulls – Practice Activity

Activity #	C2200	Curriculum	Development
Section	Conditional Game	Topic	Shooting
Key Learning Outcome(s)	Learning to shoot using the Driven Shot technique		



Activity C2200 – Development - Shooting

Organization

1. 50 x 40 Yard Area
2. 4v4 + 4 neutrals, 2 goalkeepers
3. 1 ball (additional balls around area)
4. 2 Goals
5. 3 color pinnies

Instructions

1. Playing a 4v4 tournament
2. Have one team as neutral players at the end lines, minimize their touches 1, 2 or 3 touches.
3. Looking to see angles and situations to get a driven shot off

Coaching Points

1. Head up to observe the position of the goalkeeper
2. Head down at the point of contact
3. Ankle locked – toe down
4. Contact on ball – will vary depending on target area
5. Body weight forward chest and knee over the ball
6. Follow through landing on striking foot

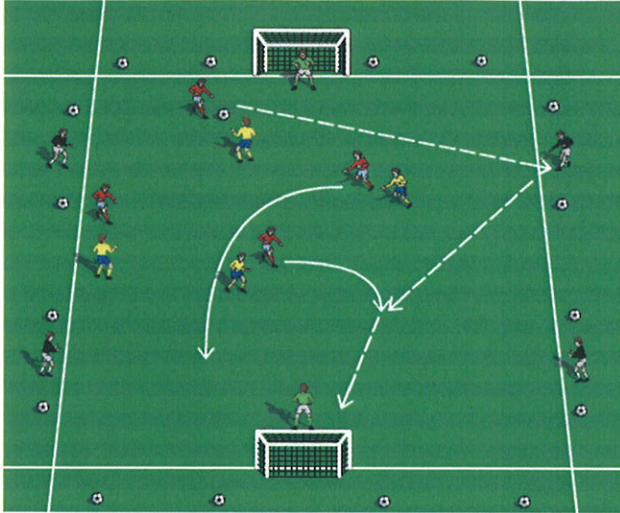
Progression/Regression:

1. P – Make the field small, allowing less time on the ball.
2. P – Remove neutral players at each end and add them to each team
3. R – When there are no neutral player, make sure to increase the size of play, you may reduce later once they are achieve high success rate of scoring



New York Red Bulls – Practice Activity

Activity #	C2201	Curriculum	Development
Section	Conditional Game	Topic	Shooting
Key Learning Outcome(s)	Learning to shoot using the Driven Shot technique		



Activity C2201 – Development - Shooting

Organization

1. 50 x 40 Yard Area
2. 4v4 + 4 neutrals, 2 goalkeepers
3. 1 ball (additional balls around area)
4. 2 Goals
5. 3 set of color pinnies

Instructions

1. Playing a 4 vs. 4 tournament
2. Have one team as neutral players at the end lines, minimize their touches 1, 2 or 3 touches.
3. Looking to see angles and situations to get a driven shot off

Coaching Points

1. Head up to observe the position of the goalkeeper
2. Head down at the point of contact
3. Ankle locked – toe down
4. Contact on ball – will vary depending on target area
5. Body weight forward chest and knee over the ball
6. Follow through landing on striking foot

Progression/Regression:

1. P – Make the field small, allowing less time on the ball.
2. P – Remove neutral players at each side and add them to each team
3. R – When there are no neutral player, make sure to increase the size of play, you may reduce later once they are achieve high success rate of scoring ability