

Peter Schreiner

THE ART OF SCORING GOALS

37 SHOOTING GAMES & COMPETITIONS

Practice under Realistic Conditions!

- 22 Shooting Games on 1 Goal
- 5 Rondos on 2 Goals
- 10 Shooting Games on 2 Goals

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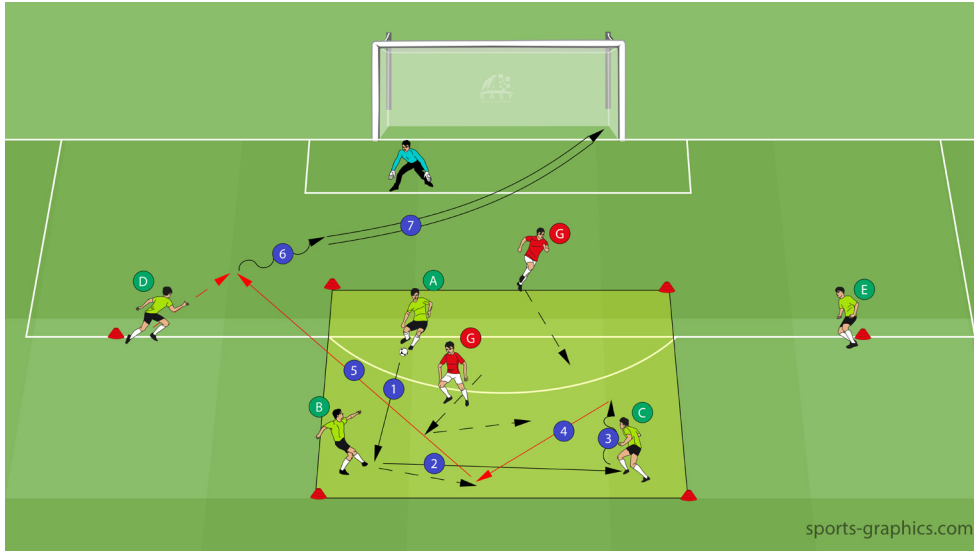
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3 against 1 + 1 - Playing through the wings with trigger actions



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ORGANIZATION/PROCEDURE

In a rectangle - adjusted to the age and skill level - a game of 3 against 1 is played, with another defender waiting on the baseline, and 2 additional attackers on the outside.

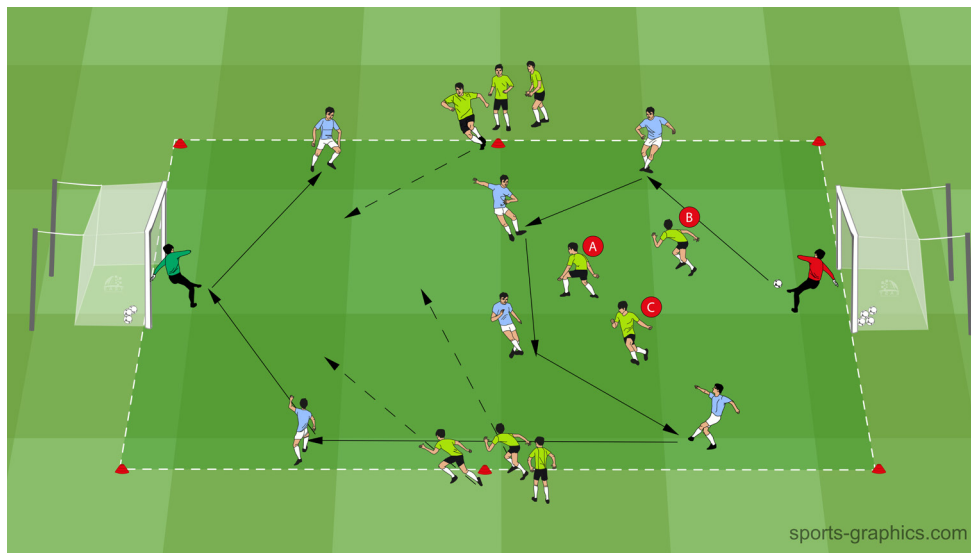
1. The game is played as 3 against 1 within the rectangle.
2. When the 2nd defender on the baseline recognizes a favorable situation to intervene in the game, he enters the rectangle, creating a 3 against 2 scenario.
3. Then, the attackers are allowed to pass to the left or right winger, who then dribbles towards the goal and attempts to score or pass to an advancing striker.

Trigger: The attack by the waiting opponent player G.

COACHING POINT

- Positions D and E should be double-covered to quickly create the next attack. The players in the rectangle then quickly return to their starting positions.

Rondo: 5 against 3 on 2 goals with a goalkeeper



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ORGANIZATION/PROCEDURE

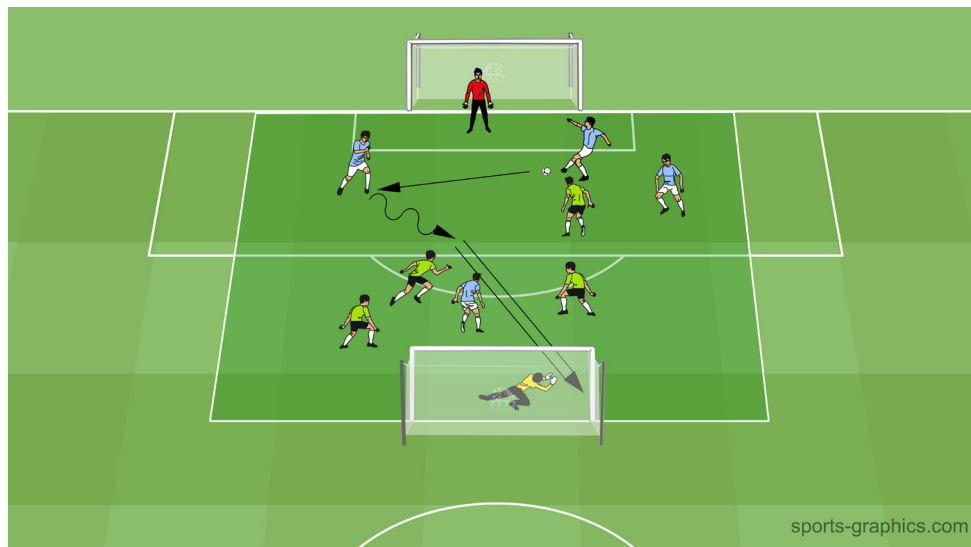
Playing field with 2 goals 22-32 meters apart. In the field, there are 4 blue players and 3 green players, with goalkeepers participating in the 5 vs. 3 and ready to prevent goals by the green team.

1. A goalkeeper passes the ball to the 5 vs. 3 on the outside.
2. The 3 attackers try to win the ball and then shoot at the goal, earning 3-5 points.
3. After 5 passes, the outside players are allowed to pass to the other side (1 point). The green attackers (A, B, C) leave the field.
4. The two blue players in the middle turn to the other field.
5. 3 more attackers sprint into the other field, aggressively press, and also try to win the ball and then shoot at the goal, earning 3-5 points.
6. In the next field change, the players who have been outside the longest sprint into the field.

COACHING POINTS

- Secure passing
- Free movement in possession - short lateral movements to improve passing angles
- Rapid counterpressing by the blue team upon losing the ball
- Quick goal-scoring attempts by the green team upon winning the ball

3 vs 1 in 2 halves - Only long-range shots count!



ORGANIZATION/PROCEDURE

Field double penalty area, 2 goals with goalkeepers, divide the players into 2 teams. The groups each distribute with 3 players in one half and a single player in the opposing half, who plays against the 3 players of the other team.

1. The single player is the disruptor.
2. The 3 players in the majority try to score a goal with a long-range shot from their own half.
3. They may not cross the halfway line.
4. The disruptor tries to take the ball and pass it to his teammates in their half.

TIPS AND NOTES

- The defending team in the other half should try to block the path of the shot by skillfully shifting positions as much as possible.
- After a set amount of time, switch the disruptor.