

Peter Schreiner

GOAL SCORING TRAINING SYSTEM

— In 8 Steps from Beginner to Goal Getter
Levels 01-04

PHOTO:
ROMAIN BIARD
SHUTTERSTOCK.COM

- Basic Exercises for Beginners
- Basic Exercises for Advanced Players
- Multiple Actions
- Complex Training Forms

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Introduction

For years, I have been preoccupied with the topic of “Scoring Goals in Soccer” because I believe that it is very important to systematically and specifically develop players’ scoring skills. However, this is strongly neglected in the training of our young players. In this context, the players love forms of training with a focus on shooting on goals.

Most of the time, goal-scoring training lacks the all-important detailed coaching that helps players avoiding mistakes and perfect their goal-scoring behaviour. Players somehow shoot the ball on goal in training and - what is even more unfortunate - in competition, without aiming according to certain criteria and passing the goalkeeper.

That’s why I’ve been particularly involved with “Goal-Scoring Training” and “Individual Training for Strikers”. For this purpose, I analysed more than 1500 goals of the top strikers in Europe and developed a training concept. This brought me many invitations from soccer associations to give lectures as well as practical presentations in seminars and at congresses.

With the contents of the seminars, I now start the series: “The Goal Shooting Matrix” with the first two titles:

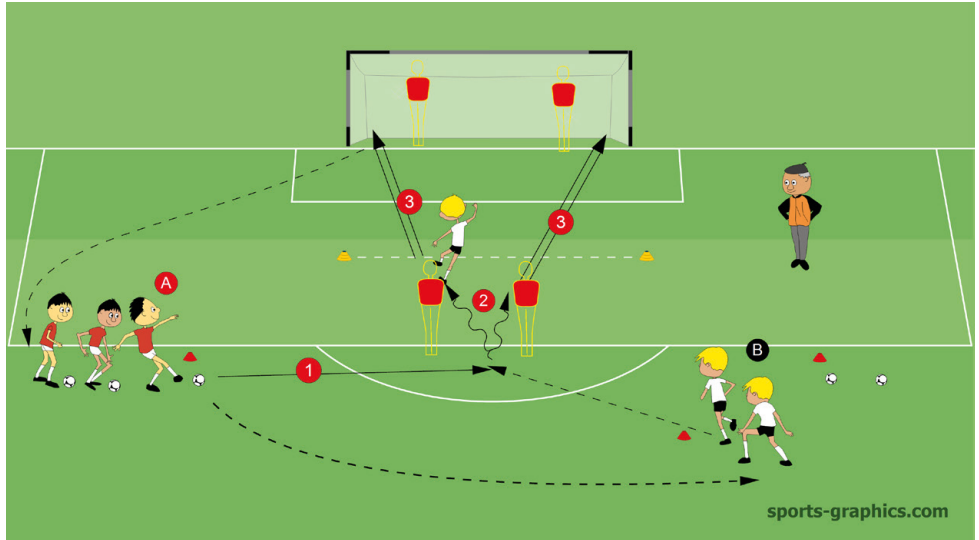
- Part 1: Goal shooting training - In 8 steps from beginner to goal scorer. Learning levels 01 to 04
- Part 2: Goal shooting training - In 8 steps from beginner to goal scorer. Learning levels 05 to 08

I now wish you interesting readings and a successful implementation of the training forms with your players.



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Goal Shot after Cross Pass with Ball Control



ORGANIZATION & STRUCTURE

Set up two cones each 7-9m from the goal as a closing line, two cones for the passers at the penalty area and two cones for the strikers (about 20m in front of the goal), the passers of both groups have one ball each, set up 2 dummies to indicate a gap in the defense.

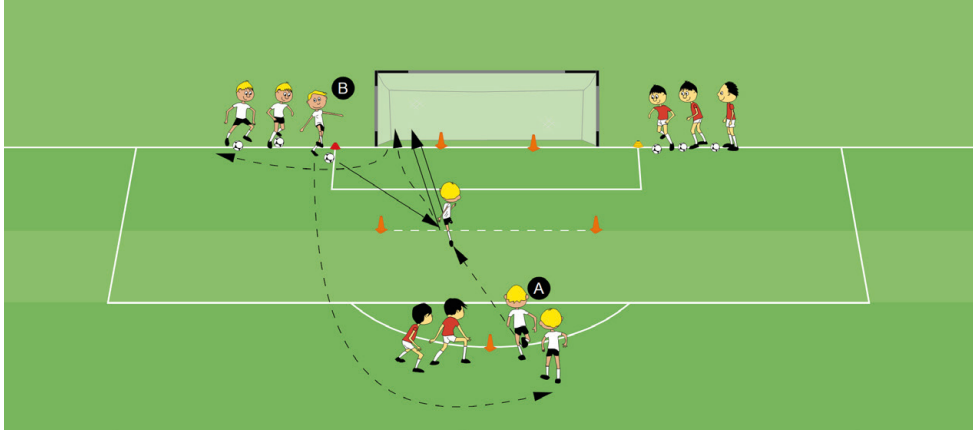
EXECUTION

1. The first striker (B) starts diagonally at high speed. Halfway to the finish line, A passes parallel into B's run.
2. B takes the ball through the dummies and, at the shooting line, shoots flat and accurately with the inside or instep into the pre-determined target zone.
3. The passers line up behind the strikers in their group, the strikers get their ball and line up behind the passers. Change sides after two complete passes.

COACHING POINTS

- Timing, length, sharpness and accuracy of the pass.
- The pace and direction of the approach to the ball, the stride length of the striker.

Direct Shot on Goal after after Back Pass



ORGANIZATION & STRUCTURE

There are two target zones in the goal, a starting cone for the strikers of both groups centrally at the border of the penalty area, 2 passing cones on the baseline near the 5-meter area and two cones set up as a shooting line about 5 meters in front of the goal, the passers of each group receive a ball.

EXECUTION

1. The first striker A starts at high speed from the starting cone and receives a flat back pass from B.
2. The player runs head-on into the ball and sinks it as flat as possible with the inside into a target zone, gets his ball and lines up behind the passers.
3. B switches to the strikers of his group.
4. Then the first striker of the red group starts, and so on.
5. A pass is completed when all players have passed and shot once from the left and right.

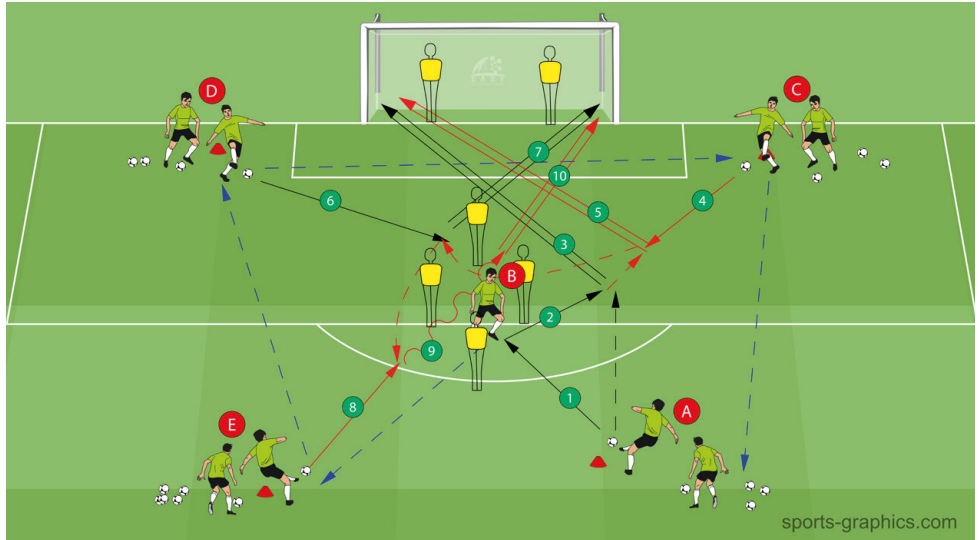
COACHING POINTS

- Timing, sharpness and accuracy of fit.
- No loss of tempo of the striker immediately before the shot.
- Short lunging movement of the shooting leg.

VARIATIONS

- Passers first dribble a short distance to the sidelines before passing back.
- Group competition: Which group scores more hits in one run?

Goal Shot Endless Form with 4 Actions



ORGANIZATION & STRUCTURE

At the border of the penalty area (distance depends on the training focus) set up 4 dummies in diamond shape, in 4 places there are players with balls, in the goal target zones are set.

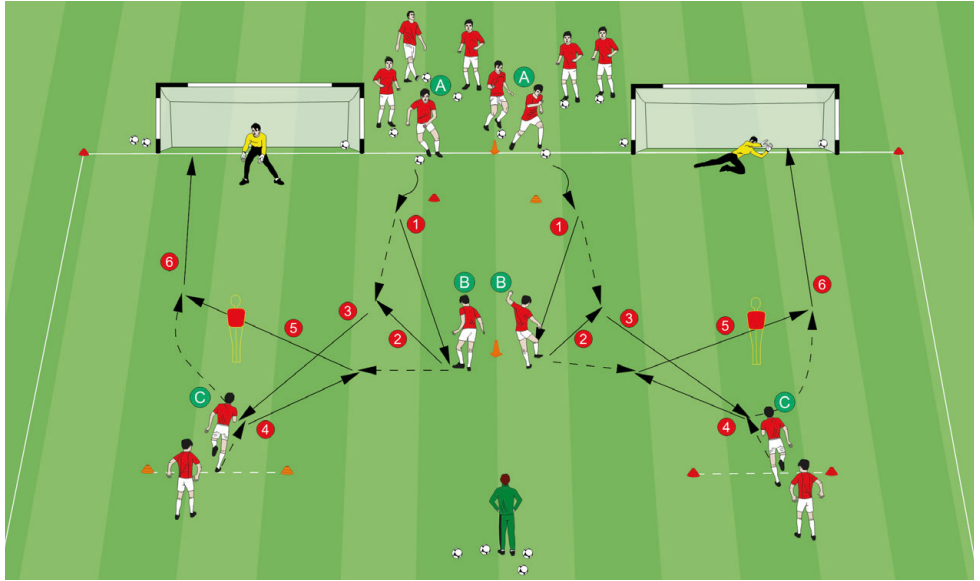
EXECUTION

1. A passes to B and sprints towards the goal.
2. B passes into the run of A and runs to position E.
3. C passes the 2nd ball into the run of A and runs to the position A.
4. A shoots the 2nd ball into the goal.
5. A runs through the striker diamond and receives a pass from D, who runs to the C position.
6. A runs back towards E and receives a pass into the run. E then runs to position D.
7. A dribbles through the striker diamond.
8. A shoots on goal and offers himself for the next pass from position A, etc.

VARIATIONS

- Passes from different directions.
- Reduction to double action or 3 actions.
- Vary the location of the striker diamond (distance from the goal, move it sideways).

Combination 04



ORGANIZATION & STRUCTURE

Mark a field (25 x 25 meters) freely in the space, position two goals next to each other, space between both goals about 8 meters, distance player C 25 meters, dummy (pole, cone) about 10 meters from C.

EXECUTION

1. Both sides start at the same time, A dribbles around a cone and passes to B.
2. B lets the ball drop onto A.
3. A runs towards the ball and passes diagonally to C.
4. C sprints towards the ball and in the movement passes directly to B, who runs towards the ball.
5. B passes into the run of C, who sprints around the dummy after his pass.
6. C shoots at goal directly or after briefly controlling the ball.
7. The players move on one position.

COACHING POINTS

- In this exercise the focus is on the double pass between B and C.
- Good timing,
- Precise passes from the movement (sprint to the ball)
- Good communication