

Peter Schreiner

GOAL SCORING TRAINING SYSTEM

In 8 Steps from Beginner to Goal Getter
Levels 05 - 08

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- Goal shot after a high ball
- Goal shot under time pressure
- Goal shot with opponent pressure
- Game forms and competitions

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Introduction

In the first part of the series “The Goal Scoring Matrix,” I introduced the first 4 levels of the systematic training concept from beginner to goal scorer. It covered training forms for beginners and advanced players, where the ball always stayed on the ground, as it’s easier to handle that way. Levels 3 and 4 focused on double actions and complex training forms.

In this book, we are now increasing the difficulty level. Level 5 follows goal shooting exercises under more difficult conditions. The pass before the goal shot is no longer always flat but comes as a high ball.

Levels 6 and 7 focus on time pressure and opponent pressure before or during the goal shot. And in the last training stage, it becomes very game-like. Learning level 8 deals with game forms in which the goal shot is required under competitive conditions.

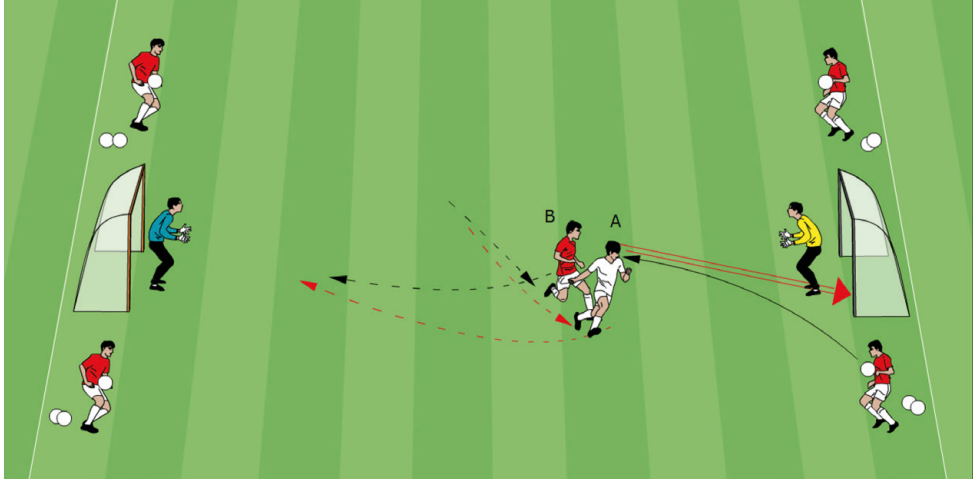
As already emphasized in the first part of this series, effective goal shooting training does not mean simply shooting at the goal. Players only learn to avoid mistakes and perfect their behavior during the goal shot if the coach sets specific tasks and gives concrete corrective feedback. Only then do players not just shoot the ball towards the goal somehow, but learn to aim precisely and outplay the goalkeeper.

I wish you interesting reading hours and successful implementation of the training forms with your players.



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Header Competition with Opponent Pressure



ORGANIZATION & STRUCTURE

The game is played on 2 goals at a distance of 16-25m (possibly the penalty area) with a goalkeeper, involving 6 players, 2 players in the middle, and 4 passers each with 2-4 balls.

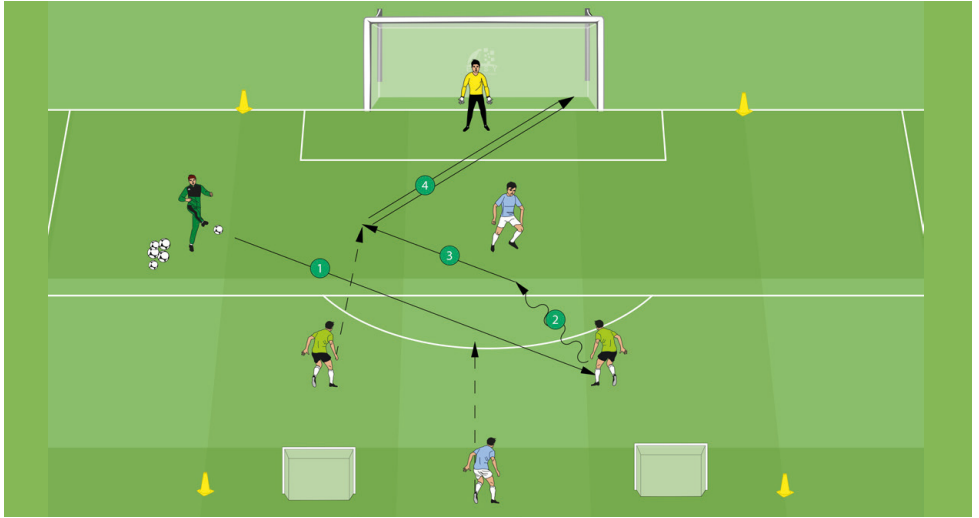
EXECUTION

1. In the middle, there is 1 attacker and 1 defender. The attacker breaks away from the defender and starts in the direction of any passer.
2. The passer throws the ball into the run of the attacker, who heads it directly into the goal.
3. Immediately after the header, the attacker sprints to the next passer, trying to shake off their defender with running feints and quick changes of direction.
4. Afterward, the next pair comes into the middle.
5. Who scores the most goals?

COACHING POINTS

- Each player takes a turn as both attacker and defender.
- Since the competition is very strenuous, the first defender should not immediately become the attacker, but only after the other pairs have started.

2 against 1 with pressure from behind on 1 full-size goal



ORGANIZATION & STRUCTURE

One goal with a goalkeeper, 2 counter-goals 30m-35m away from the goal, 2 attackers are approximately 20m-25m in front of the goal, 1 defender between the goal and attackers, 1 defender approximately 5m behind the attackers.

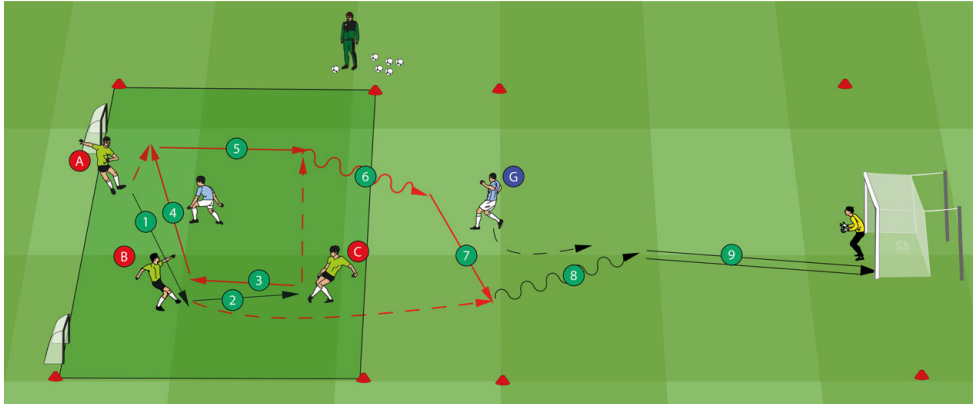
EXECUTION

1. A passing player passes to one of the attackers. As soon as this player touches the ball, the rear defender is allowed to pursue the attackers.
2. The attacker with the ball dribbles towards the defender in front of him, while the second attacker positions himself accordingly.
3. The dribbler passes approximately 2m before the defender to his partner's run or dribbles past the defender if he moves too far towards the second attacker.
4. After that, the shot on goal is taken under pressure from the two defenders.
5. Counter: If the defenders win the ball, they start an attack on the two counter-goals.

COACHING POINTS

- It's important that the distances are correctly maintained. Initially, the attackers should be given such a lead that they are highly likely to get a shot on goal if they correctly resolve the 2 against 1 situation. Afterward, the distance of the rear defender should be gradually reduced so that in the end, a 2 against 2 situation is possible.

From 3 against 1 to 2 against 1



ORGANIZATION & STRUCTURE

In the starting area (15m x 10m), a 3 against 1 game is played. Between the starting area and the goal with the goalkeeper, there is another defending player. The coach is positioned on the side with balls ready to play new balls in when the attack is over.

EXECUTION

1. With a predetermined number of passes (4-8), the 3 attackers prepare a 2 against 1 situation.
2. Here, A plays a long ball to C after the required number of passes.
3. B sprints towards the goal, while C controls the ball and dribbles towards the defender in the area.
4. C passes at the right moment into B's path. B dribbles towards the mini-goals and passes into the path of C.
5. C shoots at the large goal with a goalkeeper. If the defender wins the ball, they finish on one of the two counter-goals.

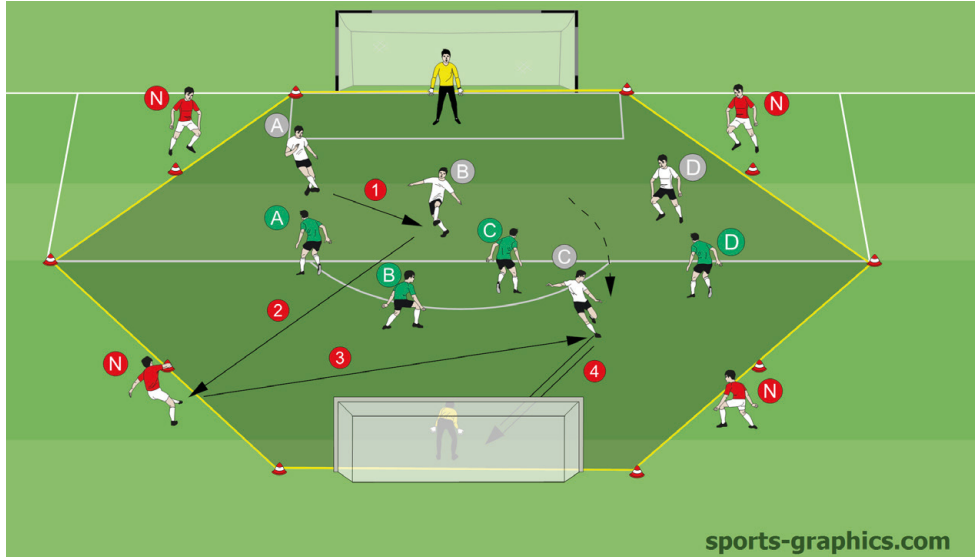
VARIATIONS

- The second defender runs back, creating a 2 against 2 situation.
- All players from the starting rectangle move towards the large goal, resulting in a 3 against 2 advantage for the attackers.

COACHING POINTS

- The focus of this training exercise is shooting at goal from a 2 against 1 situation under pressure from the opponent.
- The two defenders switch positions after each attack and are changed after 5 to 10 attacks.

4 against 4 plus 4 neutrals outside



ORGANIZATION & STRUCTURE

Playing field: double penalty area (or field limited as shown here), 2 goals with goalkeepers, 3 teams of 4 players each. Game duration: 3 to 5 minutes per game.

EXECUTION

1. In the field, teams (A and B) play 4 against 4.
2. The 4 players from team C position themselves around the field as passers.
3. After regaining possession of the ball, an outside player must be passed to before a new attack on the goal can be initiated.
4. Each team plays against every other team: A vs. B, A vs. C, B vs. C.

VARIATIONS

- Limit ball contacts (outside players only direct, inside players two touches).
- Goals scored after a combination with an outside player count double (triple).
- Additional use of neutral players in the field to create a numerical advantage.