

Peter Schreiner

SCORING WITH PRECISION

Unlocking Goal-Scoring Mastery:
Elevate Your Players' Game!

- Precision training near the goal (Messi position)
- Precision training from the edge of the penalty area (Robben position)
- Shooting practice after passing sequences
- Shooting under time and opponent pressure

FOTO: A PAES
SHUTTERSTOCK.COM

Table of Contents

Introduction	6
Precision Training Techniques.....	10
Endless form in the “Messi Position”	
– shooting low into the far corner (1).....	12
Endless form in the “Messi Position”	
– shooting low into the far corner (2).....	13
“Messi Position” – Shots from a turn diagonally into the far corner.....	14
Differential Learning	16
Passing from different directions - Learning by difference.....	17
Precision training in multiple actions (from the left with the right).....	18
Precision training in multiple actions (from the left with the left).....	19
Precision training - quadruple action (side + baseline).....	20
Basic exercise in a trio - Ambidexterity.....	23
Endless form Ambidexterity – Passes from the baseline.....	24
Rapid passing sequence – Ambidexterity in a quartet (close range).....	25
Rapid passing sequence – Ambidexterity in a quartet (sideways).....	26
Endless form Ambidexterity - (Mini-goal).....	27
Endless form Ambidexterity - (Full-size goal with goalkeeper).....	28
Passes into the run – Precision with both feet from a short distance.....	29
Reaction to throws for shooting in close range.....	30
Variations Precision Training on 2 Mini Goals	32
Precision exercise on 2 mini goals facing each other (1).....	33
Precision exercise on 2 mini goals facing each other (2).....	34
Precision exercise on 2 mini goals facing each other (3).....	35
Precision exercise on 2 mini goals facing each other (4).....	36
Precision exercise on 2 mini goals facing each other (4).....	37

Precision Training Baseline 38

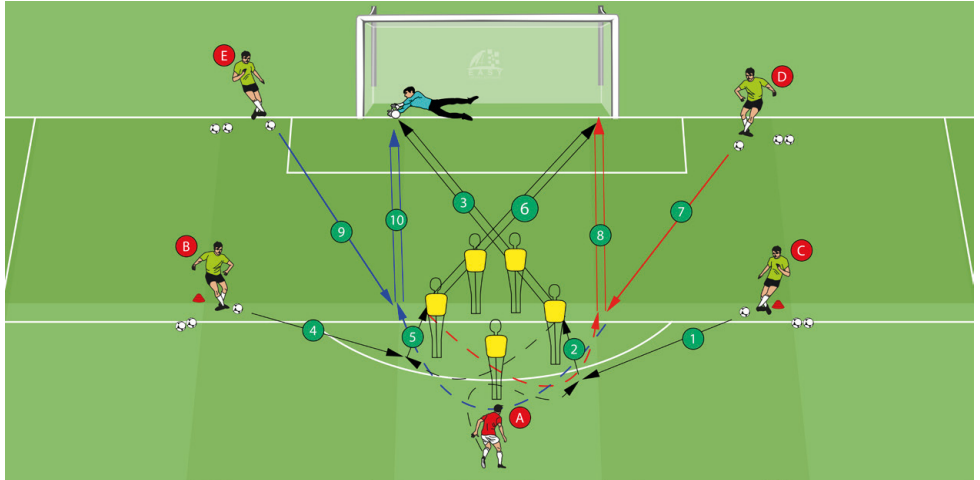
Converting passes from the baseline with the left foot.....	40
Converting passes from the baseline with the right foot.....	41
Endless form - Converting passes from the baseline.....	42
Precision training - “Messi Position” in the Striker’s Diamond.....	45
Variation: Passes from the left side.....	46
Striker’s Diamond between the penalty spot and the edge of the penalty area.....	47
Striker’s Diamond sideways with 2 passing directions.....	48
Striker’s Diamond at the edge of the penalty area with 3 passing directions.....	49
Endless form - Goal shot with quadruple actions with target zones.....	50
Endless form - Quadruple actions with goalkeeper.....	51
Striker’s Diamond at the 16-yard line - Calling out numbers.....	52
Variations of the striker diamond.....	53
Off-the-ball movement in the “Haaland Triangle” - Goal shot into target zones.....	55
The “Haaland Triangle” - Off-the-ball movement in the area near the goal.....	56
The “Haaland Triangle” with defenders.....	57
The “Haaland Triangle” with 2 attackers and 2 defenders.....	58

Precision Training Through Balls 60

Goal shot after a diagonal pass into space.....	62
Diagonal passes - Deep run.....	63
Deep runs - Diagonal sprint.....	64
Diagonal and deep runs - Rotate passer and shooter.....	65
Precision training in “Messi Position” from the Y-formation.....	67
Precision training in “Messi Position” after a one-two pass.....	68
Shooting at target zones after combination.....	69
Shooting at goal with goalkeeper after combination (1).....	70
Shooting at goal with goalkeeper after combination (2).....	71
Shooting - Combination with a chip into the far corner.....	72
Pre-exercise - “Robben Position” with slalom.....	75

Pass combination at the edge of the 18-yard box	76
Goal shot in the “Robben Position” after a pass into the run	77
Passes into the run from different directions	78
Goal shot in the “Robben Position” after a pass into the run	79
Opponent at the back and shot from the edge of the penalty area.....	80
Ambidexterity - Quick passing sequence in the quartet (to target zones)	81
Ambidextrous shooting in a group of four (at full-size goal with goalkeeper)	82
Endless form - Precision from the “Robben Position”	83
Goal shot from the “Robben Position” after “steep-clap-steep”	84
Goal shot from the “Robben Position” after the Y-formation (1)	85
Goal shot from the “Robben Position” after the Y-formation (2)	86
Goal shot from the “Robben Position” after “playing through the third player”	87
Goal shot from the “Robben Position” after a run behind the defense	88
Goal shot from the “Robben Position” after a one-two pass.....	90
Precision Training Shooting on 2 Goals	92
Double-action goal shot on 2 goals	93
Shots in the “Robben Position” - Endless form on 2 goals	94
1v1 competition - Precision in shooting under opponent pressure.....	96
Competition - Ambidextrous shooting in a group of four	98
Concluding Remarks.....	100
About the Author	102

Precision training - quadruple action (side + baseline)



ORGANIZATION & STRUCTURE

Four dummies in trapezoid formation at the edge of the penalty area, 4 feeders with 2-3 balls, 2 shooters, full-size goal with goalkeeper.

1. C passes into the path of A.
2. A sprints to the ball and takes it to the right side past the dummy.
3. A shoots at the goal and sprints towards B.
4. B passes the ball into the path of A.
5. A dribbles past the dummy and shoots at the goal.
6. A sprints towards D.
7. D passes the ball into the path of A.
8. A shoots directly with the right foot at the goal and sprints towards E.
9. E passes into the path of A.
10. A shoots directly with the left foot at the goal.
11. This is followed by a second series or the next player takes their turn.

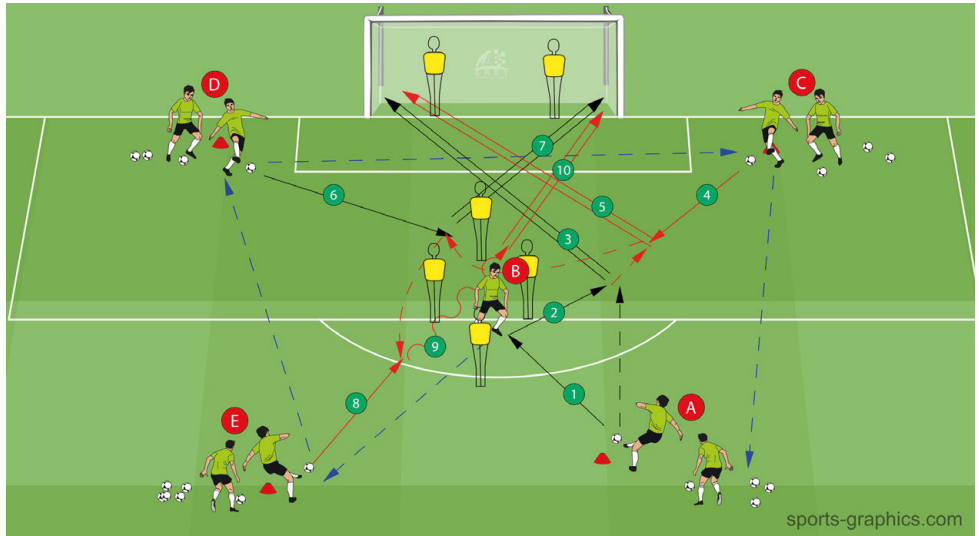
COACHING POINTS

- The shooter should finish the balls directly from the baseline with the outer foot.

VARIATIONS

- The number of passers and the direction of the passes vary.

Endless form - Goal shot with quadruple actions with target zones



ORGANIZATION & STRUCTURE

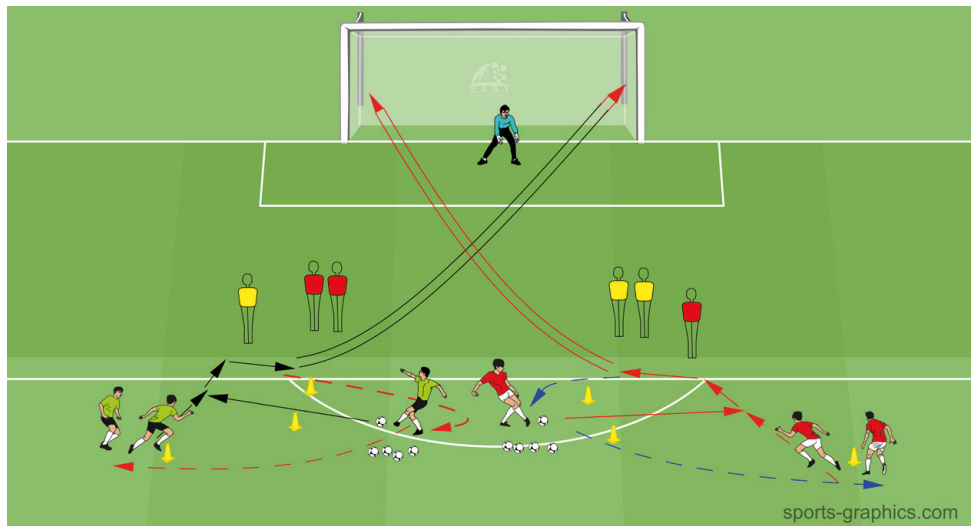
At the edge of the penalty area (distance depends on the training focus), set up 4 dummies in a diamond shape, with 4 players positioned with the ball at different locations, target zones are set in the goal.

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

VARIATIONS

- Passes from different directions.
- Reduction to double-action or triple-action.
- Variation in the location of the striker diamond (distance from the goal, shifting sideways).

Goal shot in the “Robben Position” after a pass into the run



ORGANIZATION & STRUCTURE

Three dummies are set up as opponents as shown in the diagram, with 1 goalkeeper, and 1 cone gate for the passer, with 2-3 players on each side.

1. The first player passes through the cone gate into the path of the shooter.
2. The shooter runs to the ball, takes a short control, and performs the “Robben movement.” (After a quick and short step diagonally back, he shoots towards the goal.)
3. Afterward, players switch positions.

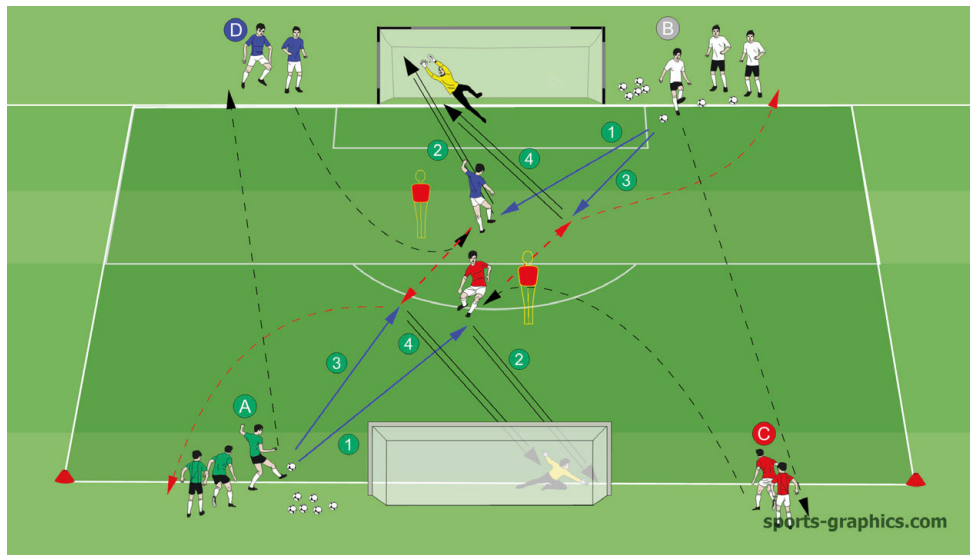
COACHING POINTS

- Good timing between passer and shooter.
- Precision in shooting from the “Robben Position” is crucial (often high into the far corner).
- It’s about shot technique training and precision after a pass.

VARIATIONS

- Different angles, varying distances.

Double-action goal shot on 2 goals



ORGANIZATION & STRUCTURE

Field: Double penalty area, 10-12 players and two goalkeepers, 8-12 balls, two goals, passers positioned beside the goals.

1. C sprints around the dummy, and A passes to C (simultaneously, the same process occurs from B to D).
2. C and D shoot directly at the goal (or after a short ball control).
3. C and D sprint immediately after the shot in the opposite direction.
4. A passes to D and B to C.
5. Afterwards, players switch positions as follows:
6. A moves to position D, B to position C, C to B, and D to A.

VARIATIONS

- Passing from the other side. The dummies need to be repositioned accordingly.
- Balls are thrown high, and players head the ball.
- The first ball is played flat, and the second ball is played high.