



Target Master Training Drills

Training Drill: Shooting on the move and deadball.

Exercise Aim: Improve Focus, Direction, Technique & Accuracy.

Setup :

- Set up hoops into the vertical position. Net draw string should be open to allow the ball to pass through because this can be a high velocity exercise.
- Set 2 meter exclusion area around the TM.
- Set time limit for drill. (Recommended 3 mins)
- Set points score for each hoop. IE: Top 2 pts, Middle 1pt & Bottom 3pts. Set the bottom hoop for the higher value to encourage low level striking.
- Split the participants into two groups. Min 5 a side to max 8 a side.
- Ensure that every player has a football except for two players. IE: 10 participants 8 footballs, 16 participants 14 footballs etc.

Shooting Drill.

1. **P1**, stands behind the marker cones.
2. **P1**, passes the ball to **S**, using a push pass.
3. **P1**, starts a run towards the TM preparing to receive the ball back.
4. **S**, plays the ball, using a push pass, into the path of the running **P1**.
5. **P1** makes an attempt at shooting through the hoops.
6. **P1**, collects the ball after the attempt and continues run to join the back of the line for **P6-P10**.
7. **P2**, continues the drill doing exactly the same as **P1**.
8. Once **P5**, has completed their attempt, **S**, turns and continues the drill with **P6**.
9. **P6**, has their attempt, collects the ball and continues their run to the marker cones where **P1**, originally started. This is the start of the new line.
10. Drill continues for the set time limit.
11. Points scored are totalled up and a record made.

Coaching Notes & Observations.

- Observe the approach of **P1-P10**, timing of their runs.
- **S**, tries to play a decent ball back into the running line of the participant.
- Arms away from the side of the body to assist balance.
- Contact with the ball using the laced part of the boot.
- Head over the ball watching the ball at all times.
- Knee over the ball on striking.
- Finishing position is the foot/ pointed toes are pointing at the target.
- Encourage the participant to chip the ball using a short stubbing strike.
- Encourage accuracy and not power at first until the success rate increases.



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Dead Ball Shooting:

- Practicing free kicks and penalties is ideal.
- Set the cones at what ever distance you think is comfortable for the age group of your participants.
- Place the ball down behind the cones.
- Observe the approach of the participant.
- Strike the ball with the top, laced part of the boot striking the middle to the lower part of the ball.
- Head and knee over the ball for low trajectory strikes.
- Finishing position with foot and toes pointing at the targetmaster.
- For higher and lofted shooting the participant can lean back slightly striking the bottom part of the ball.
- For very young participant they can bounce the ball from their hands in an attempt for them to kick the ball on the downward motion.

Additional Recommendations.

- If you leave two players without a football/ soccer ball, then this will encourage team work from the others to get the ball to them ready for their turn. Illustrate to them that the drill is against the clock and the highest score wins so the last thing they need is people waiting to take their turn but can't until they have a football/ soccer ball.
- Giving the bottom hoop the greatest value, encourages the participant to keep the knee above the ball and strike the ball to achieve a low level trajectory as any good striker should.
- Giving the top hoop the second greatest value encourages the participant to shoot upwards towards the corner of the goal as any good striker can do.

Progression:

- As they improve you can then nominate different hoops.
- You can progress the drill by removing a couple of hoops so they aim for one that is left.
- Reduce set time and increase the distance to shoot from.

General Observations:

- We have used the targetmaster to practice the various different types of shots such as:
- Long curling shot with inside and outside of the boot, low driven shot etc.
- We have found beneficial to practice set pieces and corners.
- These drills are a very good warm up exercise for your strikers before a match as it gets them focused and encourages their striking ability.