Kicking For Scores

No. 1. Show how to kick the ball for scores.  
Shooting From The Scoring Area  
(25 metres by 20 metres)

No. 2. 1 v 1 Shooting in pairs  
training poles or goals

No. 3. Shooting under pressure through  
Poles or Goals (time)

No. 4

A solos and fist pass to B  
B fist pass to C  
C takes and goes for score  
Follow the ball.  
(Can have number of groups)
No.5

Fist Passing

A Hand Pass to B
B Hand Pass to C
C Hand Pass to D
D Gives & takes Hand Pass to C&B and shoots for score

No.6

Punt passing

same set up only as No.5
distance between cones
30metres

No.7

A Hand Pass to F1
Feeder 2 (with Pool of Balls)
Take return kick for Pt
Take second ball
From F2 go for goal
Repeat B,C etc.

A Hand Pass to F1
Point
From F go for goal
Repeat B,C etc.

A,B,C

Must shoot outside
14 mt line (Goal)
Rotate feeders
**No.8**
In Pairs
No of Groups

Group 1
A solos to cone & Hand Pass back to B
A defends B, B attack to score

**Feeder calls 1**
(F1 wins ball B1 Defends)
Repeat 2,3,4 etc
Can use two balls & two groups

**Feeder calls** (with pool of footballs)
**Kicking For Scores – Richard Ferris**

**No.10**

**Team time shooting**

Team 1 Defends 5mins
Team 2 Attacks

Rotate Rolls

<table>
<thead>
<tr>
<th>Balls</th>
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<td>65 metres</td>
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The same player can’t receive two footballs in succession

Teams Line out

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**No 11**

**Scoring Drills**

Groups on either side of the field

A solos & Hand Passes to B
B Punts to C
C Punts to Feeder
Takes return & Shoots (Point)
Follow the ball
Can add GK go for Goal
No.12
Shooting
Groups on either side
of the field

A
Punt
Score

B
Solo

C

A punts to B
B solos to C
Place ball at cone
C picks up solos
Through poles
Hand Pass to feeder take return
shoot for score
No. 13
Switch the Play

Groups on either side of the field

A punts to B
B solos to C
C solo to cone punts to E
E gathers the ball feeds D
D solos and scores

Scoring Area

A

B

C

D

E Gather Ball

Hp

Take pass

Solo

Punt

Solo

Punt

Solo
No.14
Get Free

A Punts Long to B
B Gathers & Punts to C
C Punts to position E
D times the run through the poles
Gathers at position E & Shoots
From the scoring area.
Follow the ball.
Introduce defender at X

A                  
Punt

E
X

Punt
D

Groups on either side of the field.
No. 15

Wing to Centre

Two Groups Both Sides of Field

A punts to B
B punts to C
C punts to D
D Hand Passes to E
E scores
Introduce Defender at X

A

△ E

△ C

X  D

△ B

△ A

B

C

D

E

A

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No.16
Wing to Centre

A kicks high to B
B high catches, Hand Passes to C
C punts to D
D punts Long to E
E turns scores
Follow the ball

No.17
Fist a Score
A Hand Passes to F
A takes return Pass & fists score
Change feeders

3 Groups
**No.18**

*Goal Keeper Drill*

Pressure shooting (Goals)

On the whistle shoot for goal
A then B and so on.
Rotate places

**No.19**

*Goalkeeper Drill*

Target shooting (Goals)

A shoots for goal
Goal Keeper turns
B shoots for goal
Repeat
A Hand Passes to Feeder 1,
Takes return from feeder 1 and Hand Passes to B,
Takes return from B and shoots for score over Black posts to D
At the same time B,C,D are doing the same
( B using White goals to D )
( C using Black goals to B )
( D using White goals to A )

Requirements;
Number of players at each corner
Number of footballs at each corner.
Number of Goals/Poles
Change the feeders.
Change direction of Drill.
**No.21**
Shooting with Both Feet

Forwards divided into 3 groups

```
1,2
\[\triangle\]
3,4
\[\triangle\]
5,6
\[\triangle\]
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Coach calls 1 yellow etc.
Feeder punts ball into yellow circle
Player 1 runs, gathers ball in yellow circle, Turns and shoots for point.
Drill continues
Shooting with both Feet.
Introduce defender.

**No.22**
Shooting Drill

A solo around end cone Hand Pass to C
Takes return Hand Pass to D takes return
Shoots for point/goal .
B starts at same time as A in other direction
So, B solos round top cone, Turns, Hp to D
Takes return, Hp to C, Takes return & Shoots
Drill continues

Can be Hand Passing /Punt Passing
Lengthen distance of continues
No.23
Shooting Drill
Give & Go

Feeder (with pool of footballs)

B Shoots
A Shoots

Δ

Hp

Δ

Hp

Δ

Hp

Δ

A

B

B starts with the Ball
Runs towards Middle, gives hand pass & out round next cone etc

Drill continues
Cones 15 metres Square for Hand pass
Cones 30 metres Square for Punt Passing