

TOUCHLINE TALES WHY YOUTH PLAYERS SCORE GOALS

SOCCER COACH **WEEKLY**

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TURN FREE KICKS INTO GOALS

- > THE RIGHT TECHNIQUE
- > UNSTOPPABLE SHOTS

WHERE THE GOALS CAME FROM

- > BODY PARTS
- > HOME OR AWAY

CRISTIANO >
RONALDO



300 GOALS

GET YOUR PLAYERS TO SCORE MORE

ROUND THE CLOCK SCORING • ONE-TOUCH SHARP • RONALDO AND BALE

THE BEST SOCCER PRACTICE PLANS EVERY WEEK

Why Youth Players Score Goals



Soccer Coach Weekly
Issue 419



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Touchline Tales

Scoring goals in the kind of quantity that Ronaldo does is a remarkable achievement, but I have had players at all age groups who scored over 20 goals a season – the biggest scorers however are on the smaller pitches like 7v7 and 9v9 ones.

It is interesting to look at the statistics of how Ronaldo's 300 goals were scored (see page 3) and where they were scored from. In open play most of his goals were scored from inside the penalty area, and with Real Madrid you can understand why with the great service he gets.

“On the smaller sided pitches with less players he is lethal”

For two seasons in a row my youngest son scored over 20 goals with his quick reactions in the penalty area. On the smaller sided pitches with less players he is lethal, and with an atmosphere at the club where no one blames someone who tries a skill, all the players are keen to shoot and so he benefits from a lot of rebounds off defenders and goalkeepers.

When you look at a great goalscorer like Ronaldo you can see the



similarities where everyone shoots and you have players like Gareth Bale who are not afraid to try a shot when they get the ball in the penalty area, which means he too gets lots of rebounds. Plus he knows his team mates inside out as well – so his confidence is sky high which helps him to be so successful.

I have seen coaches who force the team to pass to one player, the goalscorer rather than allow everyone to take a shot if they are in a position to do so. But this also means all youth players should have an understanding of when and where to shoot not just get a shot away when they have little chance of scoring.

To gain an understanding of shooting at goal all players must be involved

in games where they do take shots at goal and are encouraged to do so in a match. But it's no use shouting at them when they miss or they will not try to do it again. How often do you hear the opposition manager berating his players because none of them will shoot when they are in a position to do so. Often the reason is they were shouted at for missing in the last match.

This issue celebrates the goalscoring prowess of Ronaldo at the top of his game, full of confidence in a team he feels comfortable with – which tells us a lot about goalscoring.



David Clarke



ASK DAVE

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Just email me today: askdave@soccercoachweekly.net

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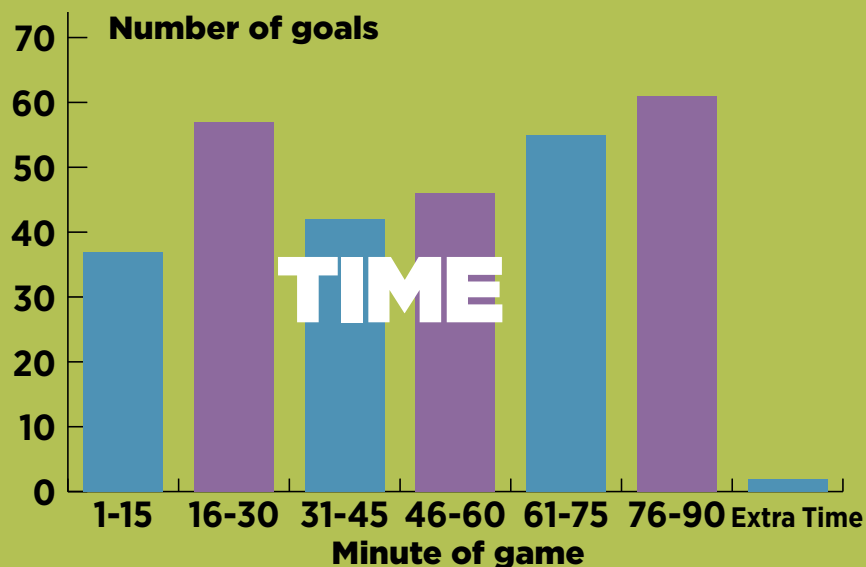
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300

Real Madrid goals in numbers and charts

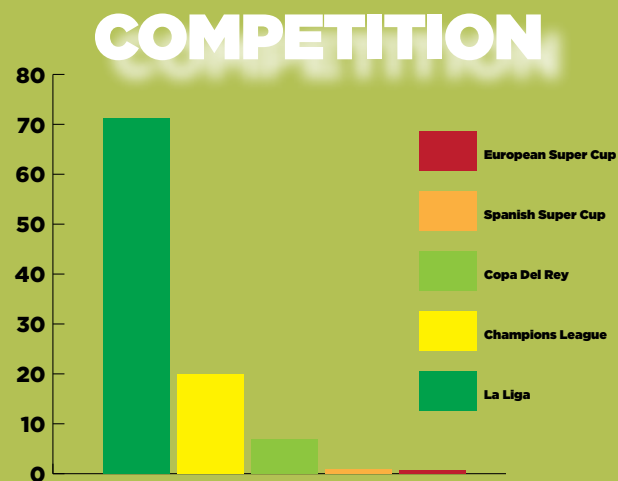
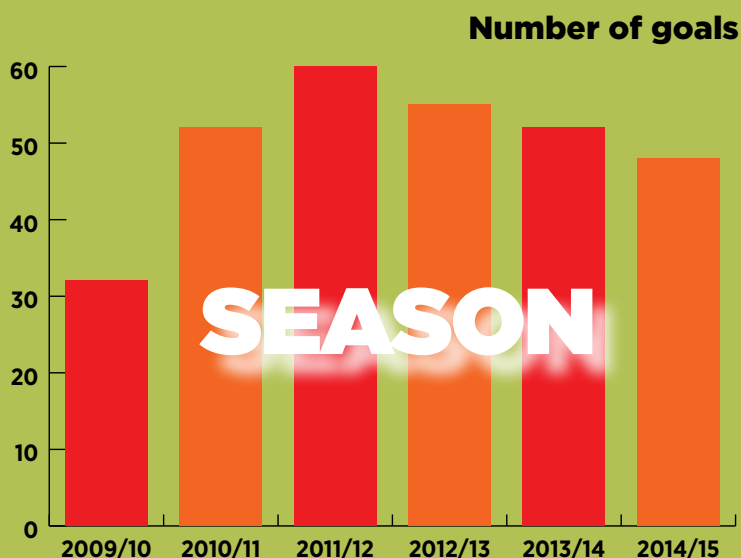


PENALTIES

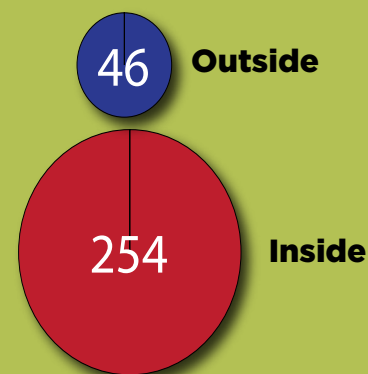
55

DIRECT FREE-KICKS

24



PENALTY AREA



VENUE Home 161 Away 134 Neutral 5

STATS THE WAY TO DO IT!

Who has he scored most goals against? Which part of his body did he use? SCW checks out the statistics of Cristiano Ronaldo's 300 Real Madrid goals



HEAD
41

SHOULDER
01

RIGHT FOOT
206

LEFT FOOT
52

TEAMS HE HAS SCORED MOST AGAINST



SEVILLA
18



A. MADRID
15



BARCELONA
15



GETAFE
15



MALAGA
13



CELTA VIGO
12



LEVANTE
12

Round The Clock Scoring

Awareness of route to goal and the best pass to give an assist to team mates is vital to the success of the session. Nightmare for defenders with overload players in attack

WHY USE IT

Goalscorers need to have that fast passing and movement ability to combine and score goals.

SET UP

You need balls, bibs, cones and four goals. Set up an area 30 x 30 yards with a goal at each corner. We used 13 players in the session.

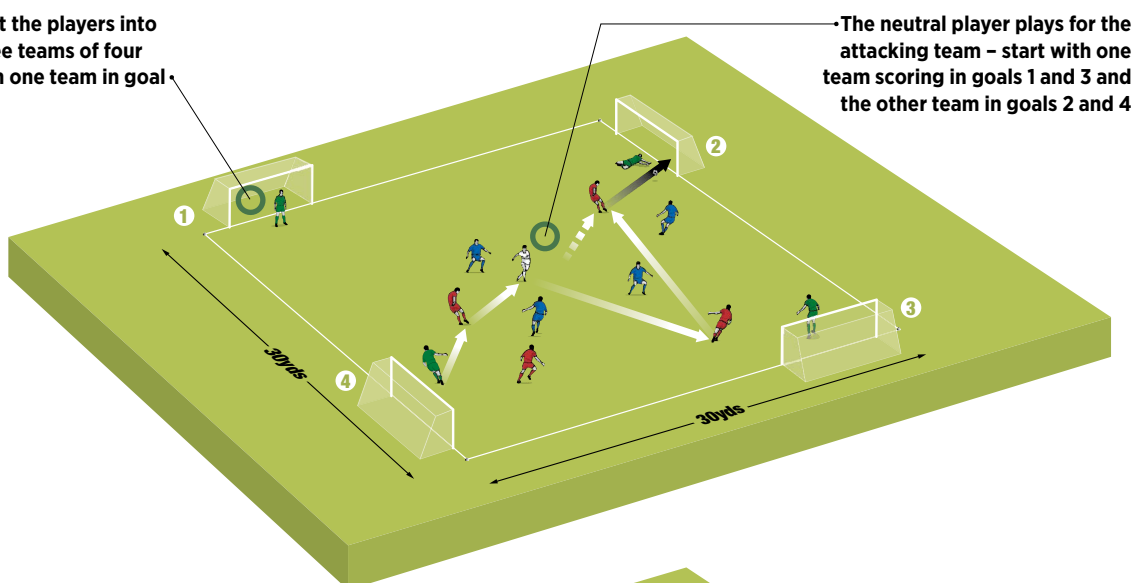
HOW TO PLAY

Split your players into three teams of four players and 1 neutral player. Two teams play 4v4 and one team are the four goalkeepers. Start with one team shooting into goals 1 and 3 and the other team shoots into goals 2 and 4 – the neutral player works with the team in possession to give an overload in attack. Progress into a 'round the clock' game where the first team to score in all the goals in the right order wins. Switch teams so everyone takes turns being the goalkeepers.

TECHNIQUE

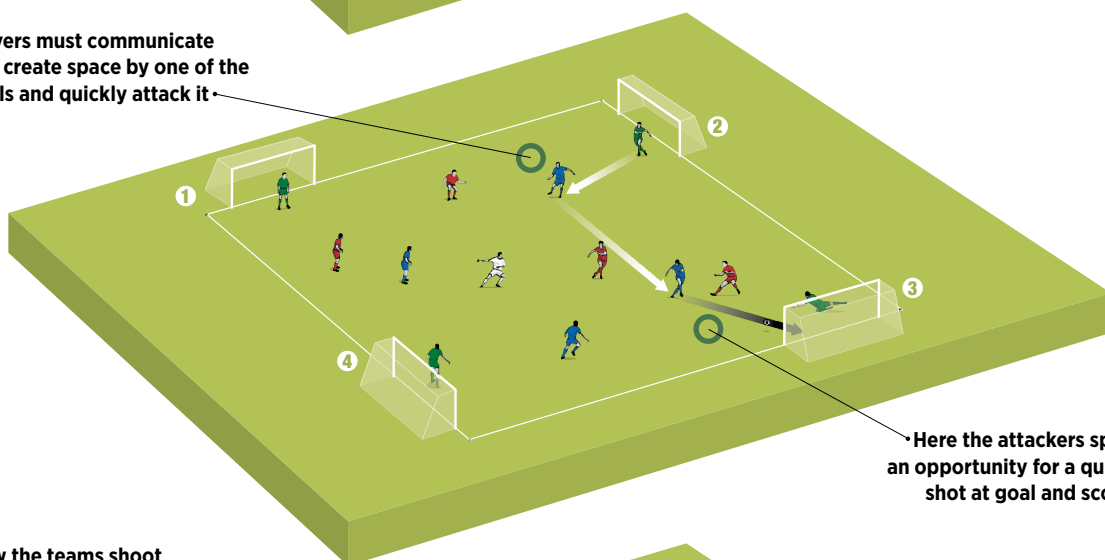
Shooting, passing, movement and game understanding.

Split the players into three teams of four with one team in goal



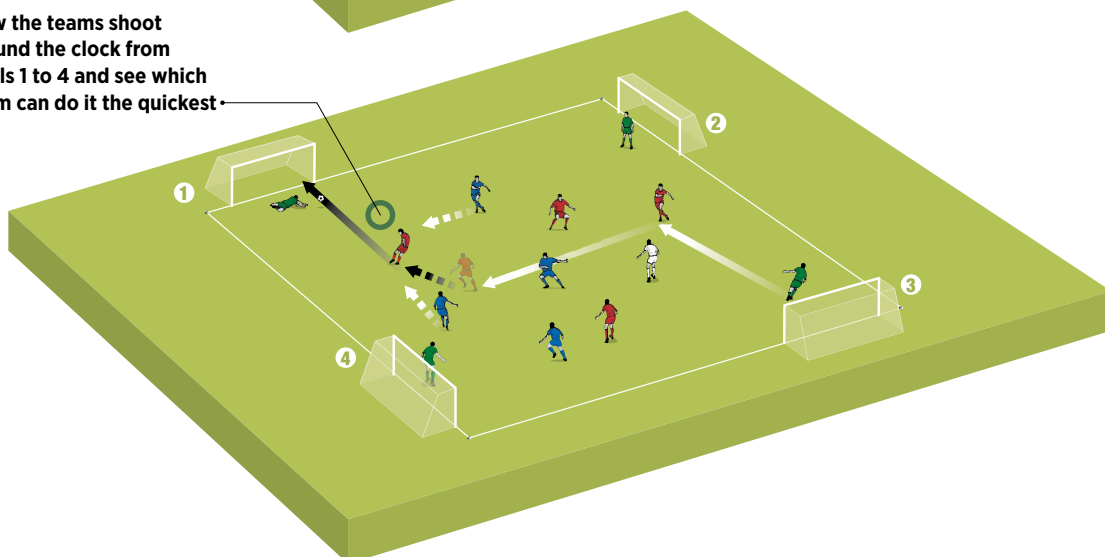
The neutral player plays for the attacking team – start with one team scoring in goals 1 and 3 and the other team in goals 2 and 4

Players must communicate and create space by one of the goals and quickly attack it



Here the attackers spot an opportunity for a quick shot at goal and score

Now the teams shoot around the clock from goals 1 to 4 and see which team can do it the quickest



Player movement ■■■→

Ball movement →

Run with ball ■■■→

Shot →

One-Touch Sharp

This is all about taking quick chances and being aware of where the goal is and reacting to the position of the ball played in 'blind' – the shooter only sees the ball at the last minute

WHY USE IT

Players must know where the goal is in relation to the ball to create one-touch shots at goal.

SET UP

You need balls, cones, a mini goal and a large goal. Using the penalty area of your normal pitch place a cone 12 yards from the goal line. Players work in pairs.

HOW TO PLAY

The striker stands on the cone 12 yards from the goal, facing the goal. A server stands just outside the 'D' of the penalty area with five balls. The server feeds the five balls to the striker into different areas of the pitch – through the striker's legs, to the left, to the right, on the floor, in the air... make sure they don't know where the ball is coming from – and the striker moves to the ball and shoots first touch. Switch striker and server after the 5 balls. You can add an extra striker to the game and they have to compete for the ball against each other – first to get to it can shoot or take on his opponent 1v1 to create space to shoot.

TECHNIQUE

Shooting using the outside, inside and laces of the foot. Accuracy over power.

A server has five balls to pass to the attacker into different areas of the penalty box.

The striker has to react to the ball and move quickly to the ball and shoot first touch

A mini-goal is placed in the main goal where you want the striker to shoot into.

If the striker scores in the goal he gets one point – see which of your squad is the sharpest shooter

Add a second striker they compete to get to the ball first and shoot at goal

Player movement 

Ball movement 

Run with ball 

Shot 

Ronaldo and Bale

This session is about using an unmarked player to launch an attack from midfield. In this case it replicates two forwards – Ronaldo and Gareth Bale – linking up in attack

WHY USE IT

Helps teams to build attacks through the thirds finding the extra man in the middle third and attacking in the final third

SET UP

You need balls, bibs, cones and goals. Set up an area 50 x 40 yards with a goal at each end. We used 16 players in the session.

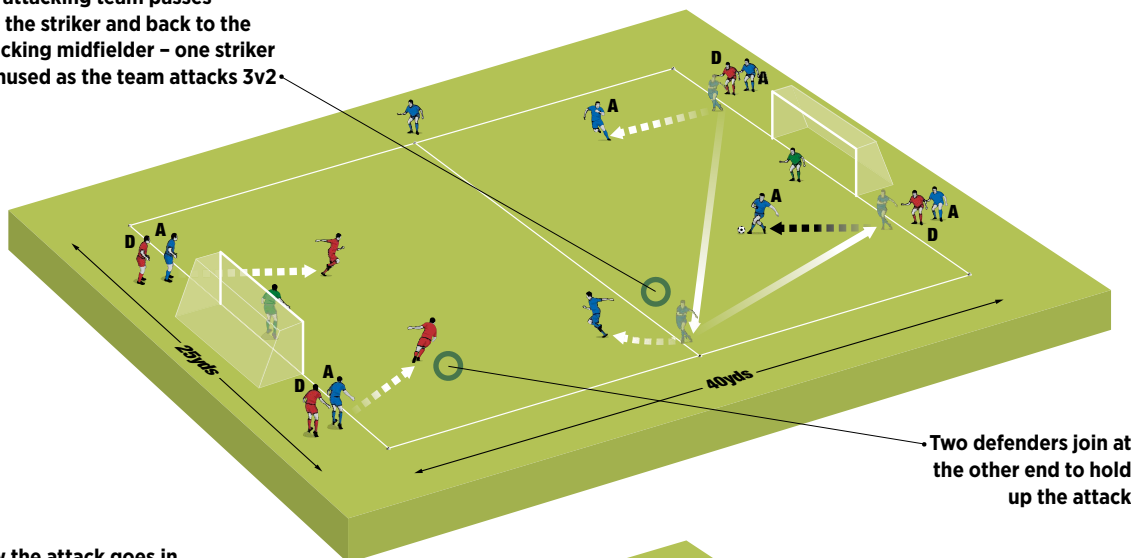
HOW TO PLAY

Setting up as shown, one of the two attackers on the sides of the goal passes out to a centreforward on the halfway line. Two defenders now approach from the other end. The centreforward drops the ball off one-touch to the other attacker. The trio now attacks 3v2 looking to score in the goal within 30 seconds, staying onside at all times. When time is up, defenders win or clear the ball, or a shot is taken, players jog through to the opposite side, with the exception of the unused centreforward, who now is involved in the new attack which comes from the other direction.

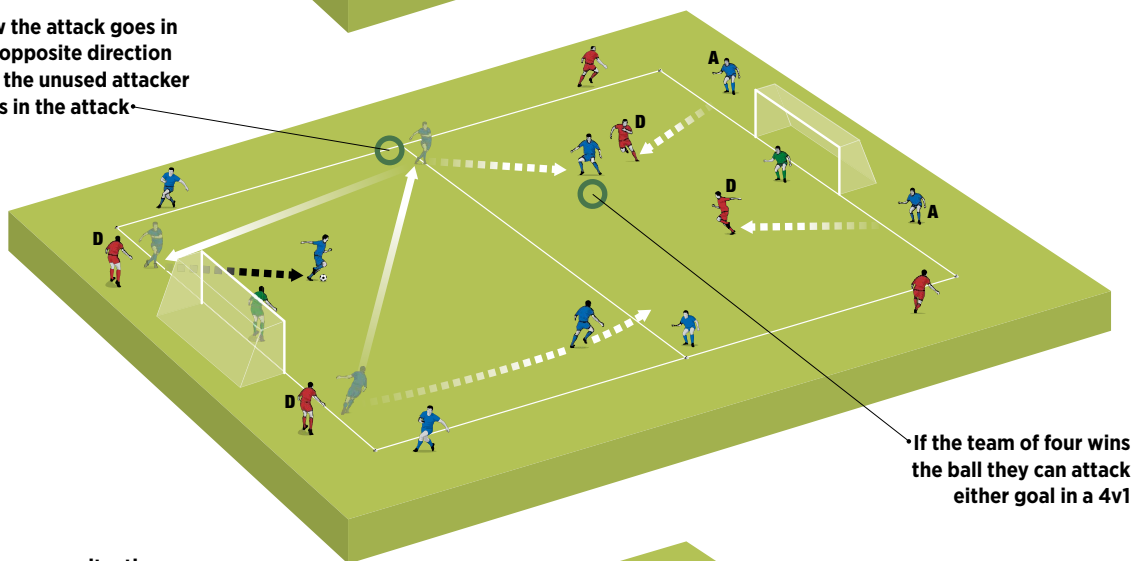
TECHNIQUE

We want good ball control, movement, communication and width. Players must gauge where to run to and when, with good passing and dribbling.

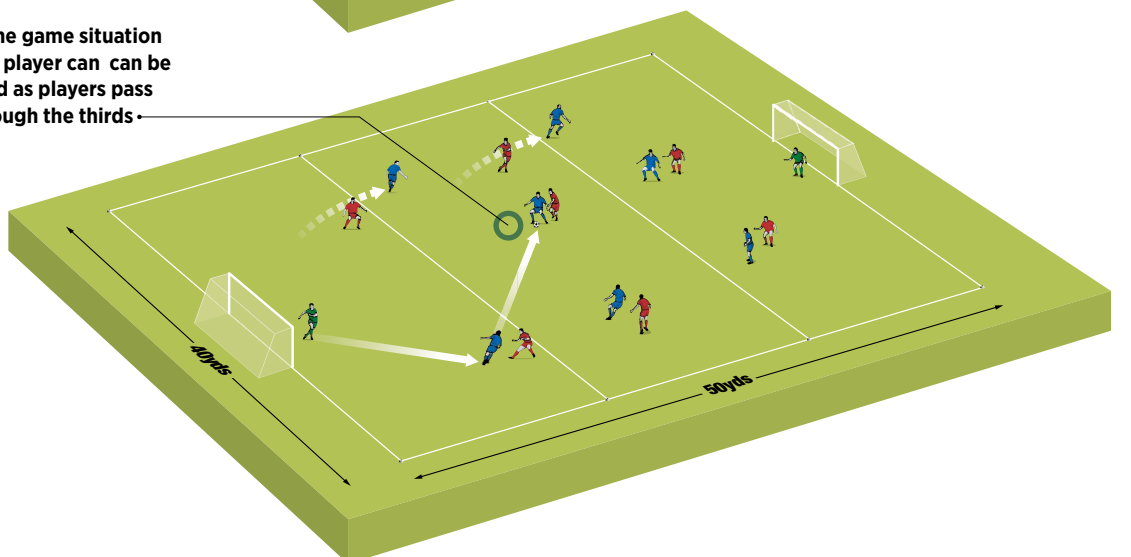
The attacking team passes into the striker and back to the attacking midfielder – one striker is unused as the team attacks 3v2



Now the attack goes in the opposite direction and the unused attacker joins in the attack



In the game situation one player can be used as players pass through the thirds



Player movement ■■■→

Ball movement →

Run with ball ■■■→

Shot →



Score From Free-Kicks

Free-kicks around the box present a golden scoring opportunity for an attacking team, but there's more to a good free-kick than simply blasting the ball as hard as possible

Free-kicks are important: fact. So important that between 40 and 50 per cent of all goals scored originate from set-pieces. And whether you want to bend it like Bale or blast it like Baines, it's clear from the pros that practice makes perfect.

"I practise my free-kicks after every session, for between half an hour and an hour," says Gareth Bale, who has scored free-kicks for both club and country this season.

With so many goalscoring opportunities on offer from dead-ball situations, it's important your players are well-drilled for all

attacking free-kick scenarios – not just the glory-grabbing attempts.

"Practice is crucial," says Sunderland set-piece specialist, Seb Larsson, who is as well known for his free-kick crosses as he is for his shots.

"It's not just about mastering technique; it gives you confidence. You've practised it so many times you know you can take a good free-kick when it matters."

And the secret to those deadly dead-ball deliveries from out wide? "I hit my free-kicks with the inside of my foot, connecting at a low point on the ball, bringing my foot over the top," says the Swedish midfielder.

"This creates topspin and dip."

What if you're not the tallest team? Crosses, or even chips from central areas into the box are of little benefit.

But by being switched on, your players can still make the most of attacking free-kicks.

Look at Barcelona: always first to the ball, always in position, looking to thread a quickly taken free-kick to a team-mate in a dangerous position.

As with shooting, preparation and practice are key to turning free-kicks into goals.

The following drill should help you with both.

Words by:
Louis Massarella
Activities by:
David Clarke

5 GREAT FREE-KICK ARTISTS



Juninho Pernambucano

The Brazil star has pioneered 'knuckle-balling', where a straight run-up to strike the ball on the valve results in a late dip.



Cristiano Ronaldo

Perfected the knuckle ball by adding power to Juninho's dip to score many memorable goals for Real and United.



David Beckham

Equally adept shooting or crossing from free-kicks. An unusually wide run-up helps create his trademark bend.



Leighton Baines

Receiving rave reviews for his dead-ball prowess at Everton. He can blast it, bend it, or cross it to deadly effect.



Andrea Pirlo

The Juve star is a dead-ball specialist, even inspiring Messi to score a free-kick by shooting under a jumping defensive wall.

Deadly Dead-balls

Every team needs to be able to score from a dead-ball situation, so get your players to try this game to develop the perfect free-kick

WHY USE IT

Every game seems to involve a goal scored from a set piece. This shows how important free-kicks are to the final outcome of matches. Therefore it's vital that your players spend adequate time developing an unstoppable free-kick in their training sessions.

SET UP

Mark out an area 40x30 yards with a goal at each end. Select two even teams. You need balls, bibs, cones and goals.

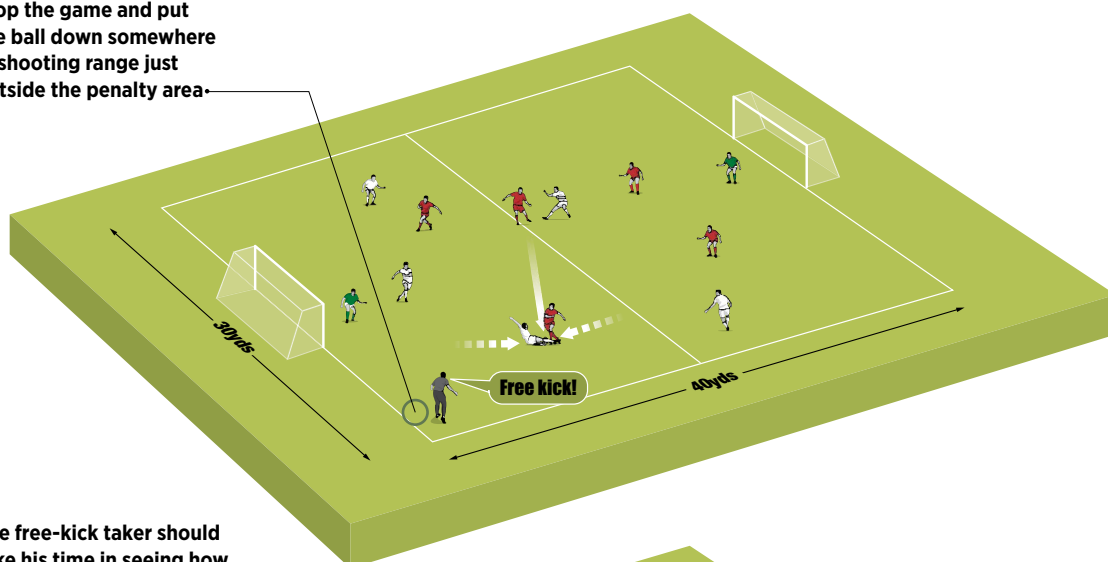
HOW TO PLAY

Play a small-sided game. While the game is being played you should carry a second ball under your arm. On your call place the ball and award a free-kick to a team of your choice. Immediately the players must react to this situation. You can place the ball in different areas for players to practice angled kicks and straight ones.

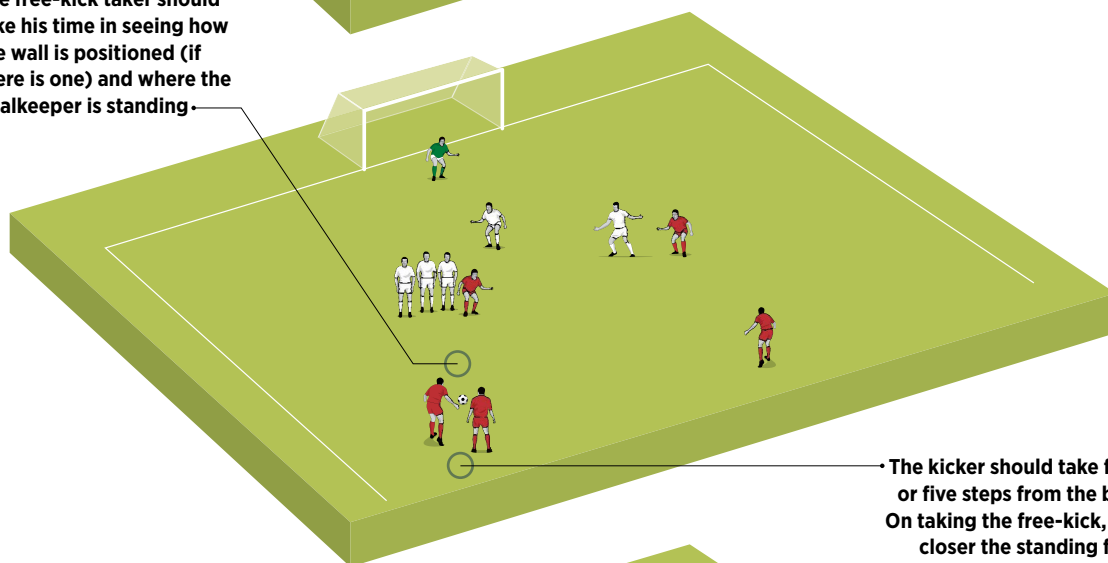
TECHNIQUE

Practice is crucial. It's not just about mastering technique; it gives you confidence. This session gives plenty of realistic match situations for practising free-kicks around the penalty area. Players should also be practising at home.

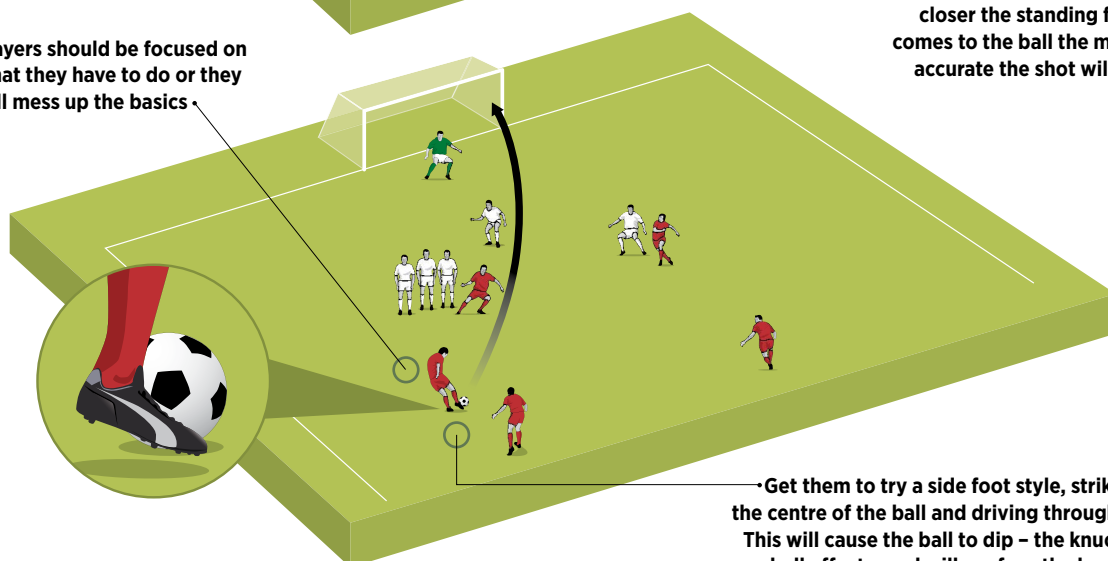
Stop the game and put the ball down somewhere in shooting range just outside the penalty area.



The free-kick taker should take his time in seeing how the wall is positioned (if there is one) and where the goalkeeper is standing.



Players should be focused on what they have to do or they will mess up the basics.



The kicker should take four or five steps from the ball. On taking the free-kick, the closer the standing foot comes to the ball the more accurate the shot will be

Get them to try a side foot style, striking the centre of the ball and driving through it. This will cause the ball to dip – the knuckle ball effect – and will confuse the keeper

Player movement



Ball movement



Run with ball



Shot

