



## Shooting and Finishing Tips - T AFC Skill Sessions

1. Observe the goalkeeper's position - aim for the gap and shoot where the keeper is not
2. Select the best technique for your shot.
  - o A sidefoot shot will have greater accuracy, but a laces shot with good follow-through will have greater power.
3. Keep your head down and your eyes on the ball when striking.
4. Keep your body over the ball.
5. Make contact with the middle to top half of the ball.
6. Swing your leg as fast as you can for more power
7. Keep your ankle locked and a firm foot

Tips to improve your chance of scoring:

- **Shoot wide rather than high.** There's a better chance of getting a deflection that will wrong-foot the goalkeeper.
- **Shoot low.** It's harder for a keeper to reach shots along the ground because it's further for them to travel. It's easy for them to jump up and save, but much harder to crouch down and get it.
- **Shoot across the keeper.** It's tougher for them to hold these shots, and means they could divert the ball back into the path of another attacker.
- **Move the goalie's position** by moving the ball to the side before shooting
- **Fake the keeper** - add a fake in before you shoot to freeze the keeper
- **Shoot to score** - always shoot like you mean to score, believe it

Where Are the Most Shots Scored?

A recent study did take a look at where scored goals most often went into the net. Here are the results:

- **Top Left:** 8 percent **Top Center:** 4 percent **Top Right:** 5 percent
- **Middle Left:** 7 percent **Middle Center:** 8 percent **Middle Right:** 6 percent
- **Bottom Left:** 22 percent
- **Bottom Center:** 21 percent
- **Bottom Right:** 19 percent

Look at these stats: 62 percent of all goals were scored low. This makes sense because it is very difficult for goalkeepers, especially tall ones, to get down to the ground. It's much easier for them to jump high.

Also, looking at the statistics, 67 percent of goals were scored in the corners versus 33 percent down the middle. If you combine the two statistics and shoot low into the corner, you should have a much greater success rate in scoring goals.