

The perfect hat-trick

The term “perfect hat-trick” is given to a player who is able to score a hat-trick (three goals in the same game) using his right foot, left foot and head. This session will improve your players’ all-round finishing skills.



What you tell your players the session is about

1. Scoring goals.
2. Shooting with a range of techniques.
3. Improving all-round finishing skills.

Session planner

Warm up 10 mins	Session 15 mins	Developments 15 mins	Game 15 mins	Warm down 5 mins
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Activity	Kit	Outcome
Warm up	A goal, balls, cones	Players beat the defender to score goals, from <i>The Ultimate Football Warm-Ups manual</i> , exercise 75
The session	Two goals, balls, bibs cones	Players are shooting with both feet and using their head to try and score the perfect hat-trick
Development	Two goals, balls, bibs cones	The goal scorer is rewarded and has the opportunity to turn a single goal into the perfect hat-trick
Game	Two goals, balls, bibs, cones	Players are taking more shots at goal with less touches as they are not concerned which technique is used to score a goal
Warm down	n/a	Gentle jogging and stretching exercises



Where it fits

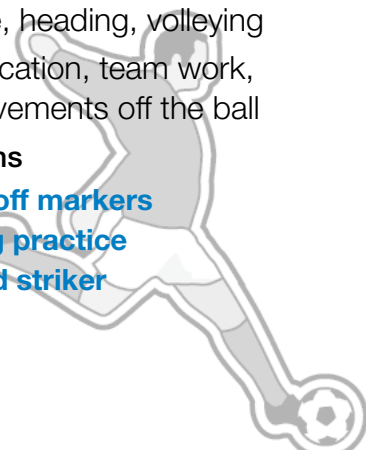
Individual skills: Shooting, first touch, movements to receive, heading, volleying

Team skills: Communication, team work, combination play, movements off the ball

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What to think about

- Improving all-round technique of shooting with both feet and heading to score will give your players more opportunity to score goals.
- Goals win games so your players must take shots when the opportunity arises.
- 80% of goals are scored in less than two touches. So working on having a good first touch and then shooting immediately is essential to scoring more often because this catches the keeper off guard.





Set-up

Use an area 40 yards long by 30 yards wide for all practices.



What you get your players to do

Two groups work simultaneously at both ends of the pitch. Use three servers and one shooter for each team. The shooter receives a pass from server 1 and takes a touch before shooting with the right foot. The shooter then runs to receive a pass from server 2 to shoot at goal using the left foot.

Finally the shooter runs to receive a high throw from server 3 in order to head at goal. Shooters are trying to score all three shots and complete the "perfect hat-trick".



What to call out

- "Touch and strike"
- "React to the next ball"
- "Hit the target"

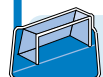


Development

Play a small-sided game but each team nominates one outside server to stand next to the goal the team is attacking. When a goal is scored, the scorer receives a free pass from you or an assistant coach. He takes one touch and shoots at goal for a second time (the player must shoot with the opposite foot to the one he has scored with).

If the player is successful in scoring again, he receives a throw from the outside server in order to head at goal. The scorer is unopposed on the serve from the coach and his team mate and this gives the scorer a chance to complete the perfect hat-trick! If the scorer misses the second shot then the game continues as normal.

Rotate servers on a regular basis.

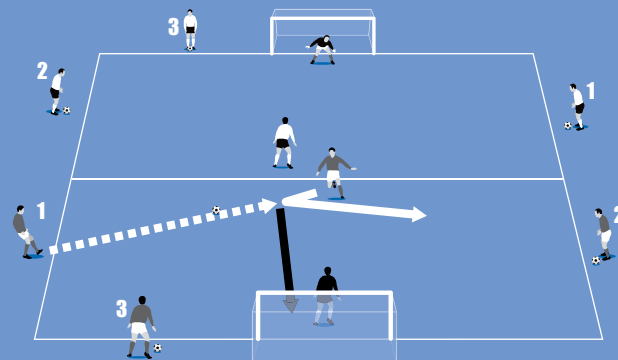


Game situation

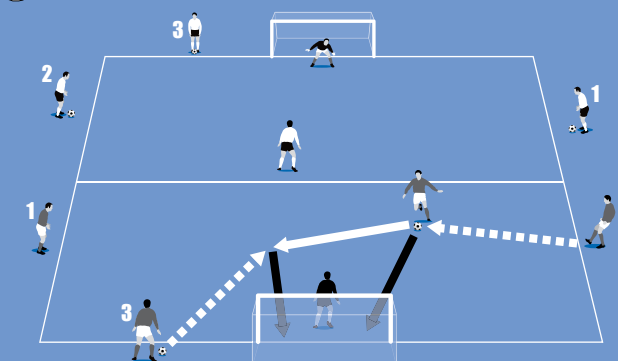
Split the squad into two teams. Players should now be shooting more often and using both their right and left feet and head when the chances arise. Look closely for players still reluctant to take shots with their weaker foot and not challenging to head the ball on crosses. When this occurs, penalise that player's team by giving the opposing team a free kick. The team which scores most goals wins.

The perfect hat-trick

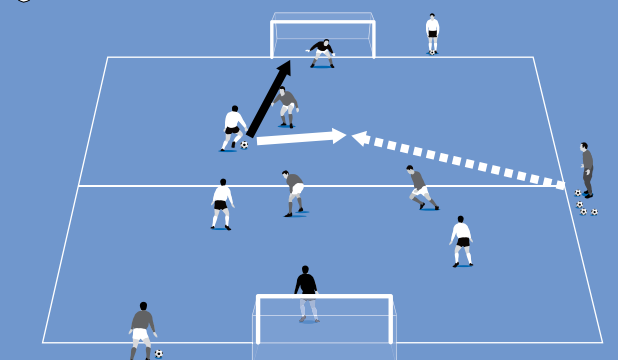
player movement ⇨ pass/serve □□□⇨
shot →



The shooter receives a pass from server 1 and shoots at goal with his right foot.



The shooter receives a pass from server 2 and shoots with his left foot before racing to head at goal from server 3's throw.



If a goal is scored, the scorer receives a pass from you and shoots with the opposite foot. Then he has a chance to header a third goal.

