

Shooting Drill



LIGHTNING



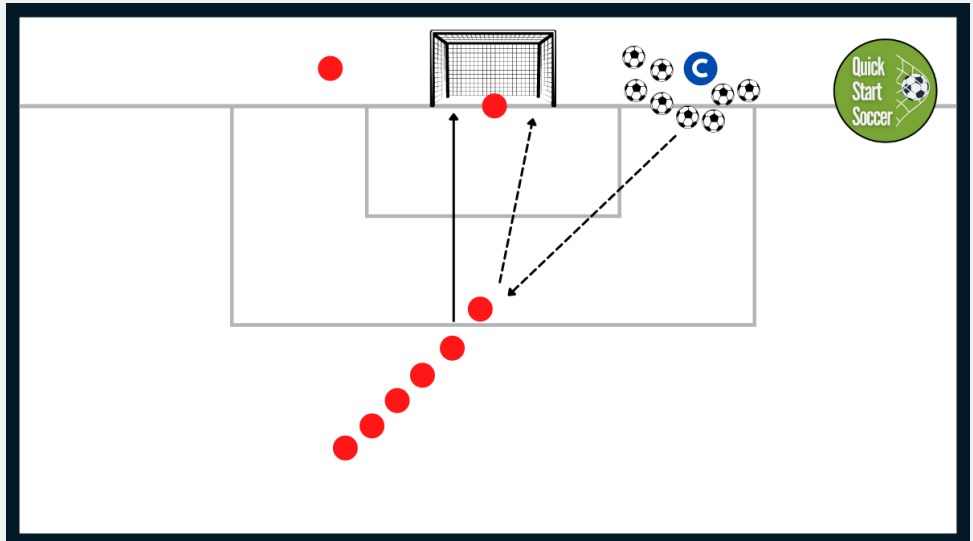
Age: 9-12 Years

Players: 8-12

Topic:

Shooting/Striking
From A Distance

Duration: 15 Mins



Set Up The Drill: Using a large soccer goal, have one player start in goal with all the other players lined up approximately 18 yards away from the goal. The coach (or a designated player) should stand next to the goal with a supply of balls to feed the balls to the players throughout the drill.

Instructions: The coach plays the ball to the first person in line who must then shoot with their first touch. What happens next depends on the outcome of that shot.

IF THE PLAYER SCORES:

The player who scored joins the back of the line.

The Goalkeeper is eliminated from the game and stands behind the goal.

The next person in line becomes the goalkeeper.

The next person in line after that takes the next shot.

IF THE PLAYER MISSES OR THE SHOT IS SAVED:

The Goalkeeper is still in the game and joins the back of the line.

The player who shot the ball becomes the next goalkeeper.

The next person in line takes the next shot to try and eliminate the new goalkeeper.

Once a player is eliminated they must stand behind the goal and help collect the balls for the coach. If they manage to catch one of the missed shots before it hits the ground they can rejoin the game by shouting 'lightning' and joining the back of the line. The last player in the game wins.