

Shooting Drill

2V2 SHOOTING WARS

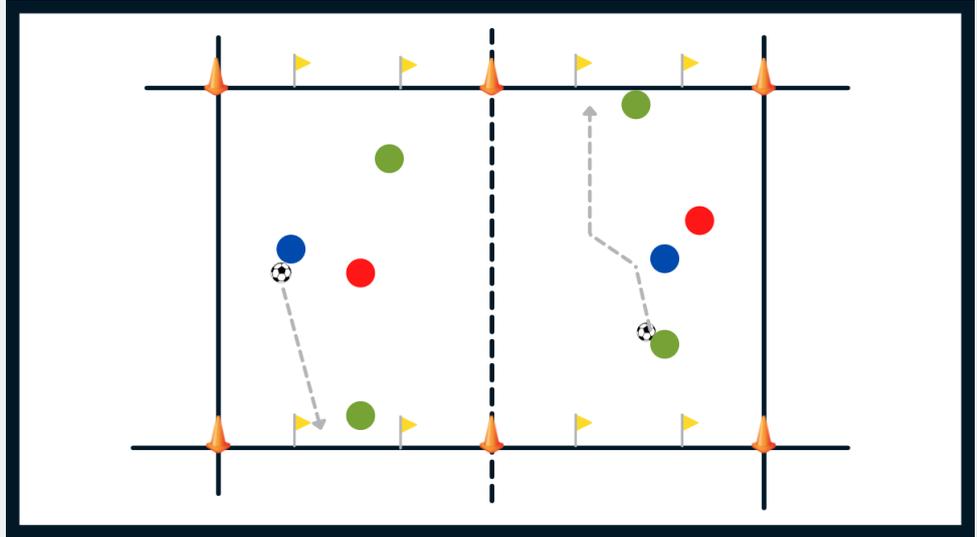


Age: 9-11

Players: 8-12

Topic: Shooting

Duration: 20 Mins



Set Up The Drill:

Set up a 12×20 yard grid using small cones. Create two 8 yard goals, one at each end of the grid, using tall cones or flags. Repeat the setup so you have enough grids to accommodate all players. There should be 4 players per grid. Have a supply of balls ready to help facilitate quick restarts.

Instructions:

Split the players up into teams of 2 and designate one player as the goalkeeper and one as an outfield player in each team. Next set up two teams in each grid. Play is directional with one team defending one goal and the other team defending the other. The outfield players compete for possession of the ball and try to score on the opposing goalkeeper. If the ball goes out of bounds the game is restarted by the goalkeeper of the team who did not kick the ball out. Goalkeepers cannot score themselves but can support their teammates in possession of the ball. Play for a designated amount of time. Whoever scores the most goals wins!

Progression:

Both players on each team can now act as goalkeepers and outfield players at the same time.

Coaching Points:

- Players should shoot early and often.
- Changes of speed and use of tricks and turns to beat your opponent.
- Look up before shooting, find the biggest space in the goal, and kick the ball there.