

Shooting Drill

WILD WEST SHOOTOUT

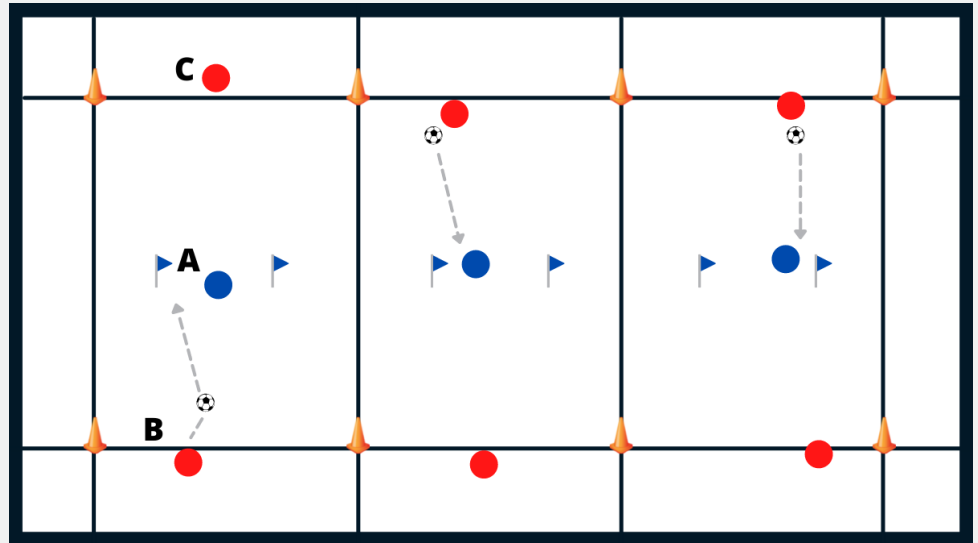


Age: 9-11

Players: 8-12

Topic: Shooting

Duration: 20 Mins



Set Up The Drill: Set up a 10×20 yard grid using small cones. In the center of the grid create an 8-yard goal using tall cones or flags. Repeat the setup so you have enough grids to accommodate all players. There should be 3 players per grid. Have a supply of balls ready to give to the players.

Instructions: Split the players up into groups of 3 with one group working in each grid. Position two of the three players at opposite ends of the grid and give one of them a ball. The third player starts as the goalkeeper in the central goal.

The players on the outside of the grid take it in turns trying to score on the central goal. They are not allowed to dribble towards the goal. All shots must be from distance and they must remain on the outside of the grid at all times. If the goalkeeper saves the shot they must roll the ball to the person who is next scheduled to shoot. Play for a designated time before switching out the goalkeeper. Whoever scores the most goals, wins!

The coach starts as the ghost and all players start as the Pac-Mans.

Coaching Points: ABCs of shooting:

- Approach: Players should approach the ball at an angle (use a setup touch with the outside of your shooting foot to help).
- Balance: The players balance should be over the ball with their standing foot next to the ball so they can push their full body weight through the ball as they strike.
- Contact (laces): The player toes should be pointing towards the ground as they use their laces to strike the ball, following through towards the target area.