

Multi-Ball Shooting



SMALL SIDED DRILL

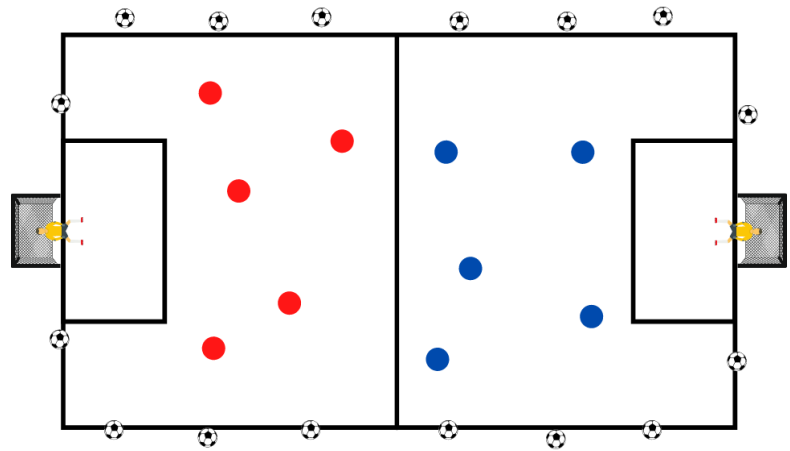


Age: 8-11 Years

Players: 10-14

Topic: Shooting /
Turning

Duration: 20 Mins



Set Up The Drill:

Set up a 35×25 yard grid using small cones. Place two goals on either side of the field as you would in a regular game. If you don't have goals available use tall cones or poles. You will also need pinnies in 2 different colors and a large supply of soccer balls (at least 12). Spread the balls equidistantly around the perimeter of the field as shown in the diagram.

Instructions:

Split the players up into two even teams. This is a regular soccer game with regular rules except whenever the ball leaves play or a goal is scored the non offending team can choose to restart the game by dribbling or kicking in any of the balls on the perimeter of the field. Only 1 ball should be allowed on the field at any one time. If the players bring 2 balls onto the field, a free kick is awarded to the opposing team. The game continues until all the balls on the perimeter have been used. Whichever team scores the most goals; wins!

Coaching Points:

- Players should evaluate which ball to bring into the field of play next and why they are doing so.
- Use of correct shooting techniques in different situations.
- Teams should transition quickly on both offense and defense.
- Good execution of turn moves (both to re-enter the field and during regular play).