

Team Lightning

SHOOTING DRILL

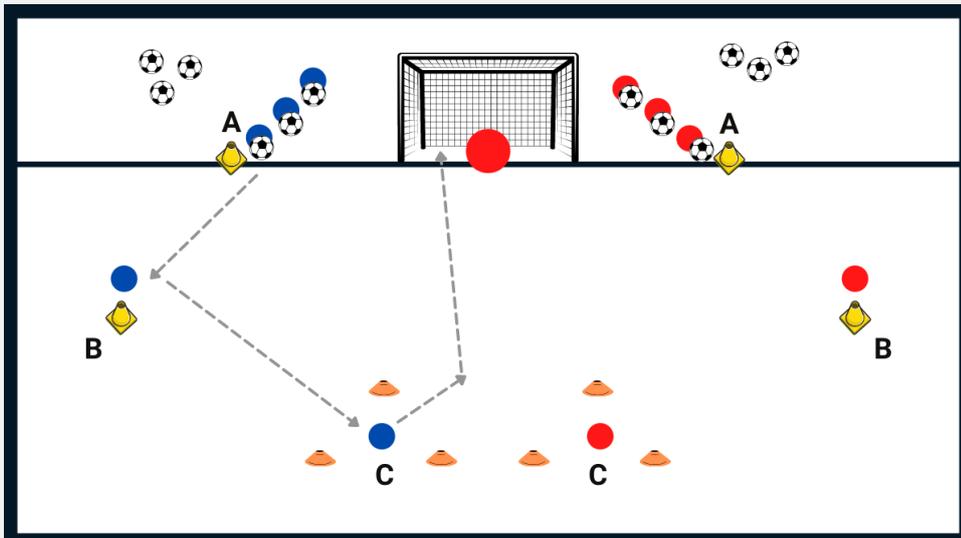


Age: 8-13 Years

Players: 8-16

Topic: Shooting

Duration: 20 Mins



Set Up The Drill:

Set up a full-size goal (use poles or cones if you don't have a real one). Use small cones to create two 3x3 yard triangles (C), approximately 12 yards away from the goal. The tip of each triangle should be roughly in line with either goalpost. Next place two cones set on either side of the goal as shown in the diagram (cones 'A' and 'B'). You will need a supply of balls.

Instructions:

Split players into two teams and from each team, place one player in the triangle (C), one player at cone B, and the remaining players behind cone A. Have one player from one of the teams act as the goalkeeper to start. One team begins by passing the ball in sequence (A-B-C) and when 'C' receives the ball, they should take one set-up touch to take the ball out of the triangle, and then one touch to shoot.

If 'C' scores, the blue team gets a point and repeats the sequence again. The person who scored joins the back of their own line, and the player standing in the red team's triangle becomes the next GK.

If 'C' misses, they become the next goalkeeper, and the red team passes and follows in the same sequence to try and score themselves. Play continues until one team scores 5 or 10 goals. Switch sides and then repeat!

Coaching Points:

- The player on cone 'B' should receive with their hips open and on their back foot, redirecting the ball towards their next pass.
- The player on Cone 'c' should look to get the ball out from their feet with their first touch so they can step into their shot and strike the ball cleanly.
- Encourage all the players to glance over their shoulder before receiving the ball to check the space they are playing into.