**Shooting**

5 BALL SHOT: We need a keeper -- Team A kicks first, Team B shags balls (switch)

* line up 5 balls spaced apart
* 1 player shoots at a time -- accuracy and concentrate on hard kick
* try both feet on second time around (and switch goalie)

SHOOTING: We need a keeper again -- we will do this several times each

Form 1 line at half-line (CONE)

Coaches on L & R sides with balls

Player runs toward goal, accepts a pass from one of the coaches, takes control of ball, dribbles and shoots on goal.

Player retrieves their ball and returns it to a coach and back to the line

# SIDE-BALL SHOOT: 2 lines each facing goal post, rotate goalies

Coaches on each side, 1 at a time coach passes to a line furthest away

1 line is forced to use R foot while other line is forced to use L foot

1 goalie, 1 shagging. Goalie gets ball and rolls/punts back to coach on side (rotate goalies)

# Clean Your Room

Players divided into 2 groups, each with a ball and stand at either end of grid (divide grid with 2 rows of cones – no go zone).

Object: Keep your room (side of the field) clean with no balls, kick balls to opposite teams “room”

\*Note: good time to instruct on proper kicking of ball

RAPID FIRE DRILL (2 games going – 2 keepers, 2-3 players each side=4)

On the center line place 2 tall cones about 4 feet apart to mark the goal. Divide all players but the goalie into two teams. Each team stands on opposite sides of the goal with balls and goalie in middle acting as goalie for both sides. The goalie receives a shot from one side then turns to receive a shot from the opposite side. The drill continues until all the shots have been taken.

## 1V1 Race SHOOTING

* Create rectangular grid with goalie on long end and 2 cones (1 gate) on opposite end of goalie
* Divide team into 2 groups, one on either side of playing area, each side with balls
* This is a simple game of 1 v 1. Coach will call two players names (John and Bill). The two players dribble as fast as they can through the gate. The first player to go through the gate is on the attack, the second player leaves his ball and becomes a defender and tries to gain possession of the ball. The first team to score five goals wins.

## DRAG RACE DRILL

A ball is placed on the penalty mark or the top of the goal area. Two players run from the goal line to a cone on the center line, and back toward the ball. The first player to get to the ball shoots at the goal.

PASS & SHOOT: 2 ATTACKERS/1 – 2 Cones as defenders / KEEPER:

set up 2 cones where attackers will start (players in lines), 1 cone where defender would be start, and keeper in goal. Coach passes to attackers, they dribble toward goal, using one another for support and try to score. Keeper tries to save balls

Switch attackers every play and and keepers every few minutes or so.

Switch so play it starts with a throw in to teammate

Encourage talking for passes, movement

PENALTY KICKS - 1 goalie (switch off) – each players gets one shot (players place ball on penalty mark) – set up quickly and go through line 3 times.

##### 2 V 2 Shooting or 3 V 3 Shooting:

* Alternate goalies, play and shoot.

##### Two Goal Game

Set up two goals with cones on each playing end. Scrimmage and teams can score on either goal by dribbling through goals rather than shooting.

##### FIRST SHOT

* 2 lines on the outside of each post, 1 goalie, 2 cones out at the 18 yard mark even with the goal posts.
* On my mark I have one player from each lines sprint out to the cones, I roll a ball toward the goal in the center of the cones, the first player to reach the ball is on offense and tries to score, the second player is on defense and tries to get the ball away and stop the shot.

# SHOOTER'S DELIGHT

Set a cone 20-25 yards from the goal, and have all players line up behind

the goal post excluding three players who will be passing balls for shots.

The passers stand with a ball at distances of about 5 yards, 10 yards, and

15 yards from the goal. The first player in the line at the post sprints out

around the cone and back towards the goal and the first player passes the

ball out in the middle and the runner takes a one or two touch shot. The

shooter continues to run and shoots all three balls.

This drill works best with 4-7 players. If you have more, try running this with

two runners and two sets of passers, going at the same goal, but with left

and right footed shot set ups.

Knock it Off

Mark off grid with 7 cones on each side – place balls on the center 5 cones

Players divide into 2 teams. Coach rolls ball into grid and says “go”. Each team fights for possession and tries to knock the balls off the cones on their goal/cone side. If ball goes out of play coach rolls it back in. Game ends when one team knocks all balls off end line cones.

\*Variation: only shoot with right or left foot.

##### Slalom Shoot: 2 lines at cones, create slalom with cones for players to dribble through.

* Dribble through slalom, and shoot on goal at last “shooting cone” – hard shots to corners
* Shag ball and switch lines
* 2 alternating goalies

##### HULA HOOP

* On an outdoor field, tie a hula hoop in each top corner of the goal area with 2 pieces of cord.
* Have players take shots on goal from either a still ball (Penalty Kick), or a moving ball that must pass through a hula hoop to count. This encourages players to aim at the top corners.
* I've left the hoops up during a scrimmage and played the scrimmage without a keeper.