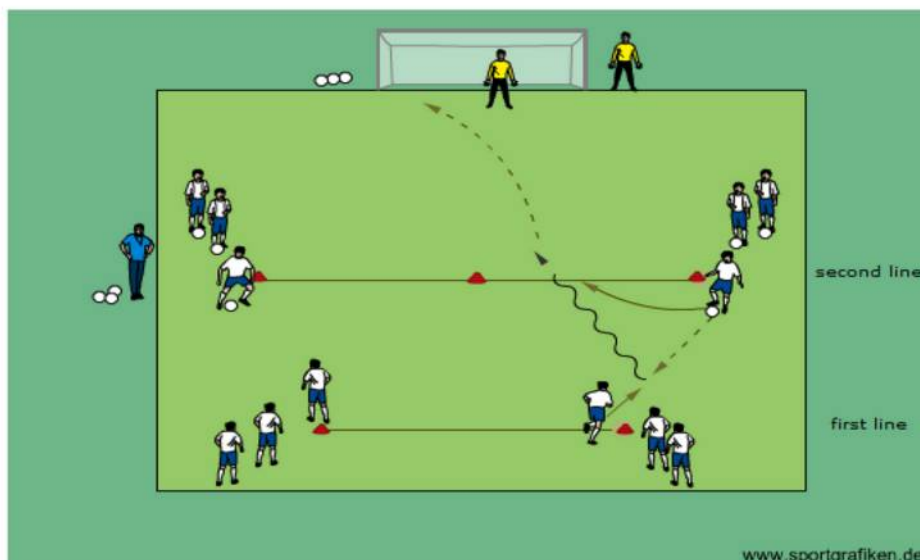


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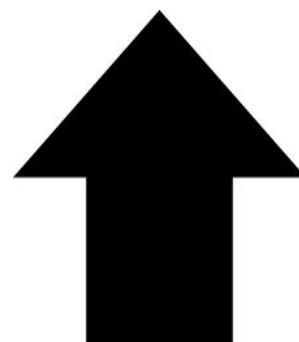
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Drill Title: Shooting Drill w Defender
Age Group: (8-11yrs) (12-15yrs) (16-Adult)
Number of Players: 8+
Difficulty: Medium
Time: 10-15 min.
Emphasis: finishing. passing

Field Preparation:
1 goal with goalie
supply of cones
good supply of balls for continuous play
repeat setup to accommodate the entire team



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Description

first player with the ball passes to partner who attempts to dribble and shoot on goal
passer becomes the defender who can try to block or steal the ball
defender cannot cross the second line
players switch roles after each turn
players switch sides after 4-8 rounds

Variation:

defenders are passive
first pass is lofted
shot on goal must be towards the goalie (as a warm up)
attacker has to shoot on goal on his first touch after he crosses the second line
attacker must try to beat the goalie in a 1v1 situation
specify how players must shoot (left or right foot, inside or laces, high or low etc.)
adjust spacing depending on the age and ability of the group

Coaching Points:

body mechanics and control of body
body position and balance
eye on ball
quality of preparation touch
contact surface
aggressive and positive mentality
vision and anticipation
placement versus power
setting up defender
change of speed & direction
protecting the ball
accurate passes

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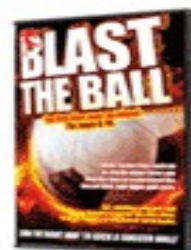
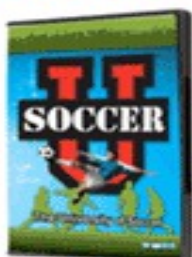
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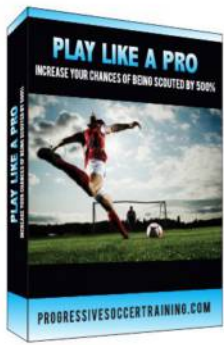
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- 5 Skills Every Coach Must Have
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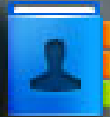


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