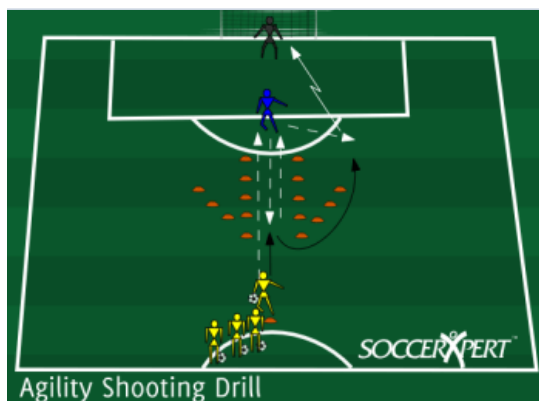




Drill Quick Glance

Age: 9+	Field: HALF FIELD
Players: 4+	Time: 15 mins.
Difficulty: EASY	Focus: SHOOTING
Keeper: YES	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls | Full-Size Goal

Shooting Agility Drill

Objective:

This soccer shooting drill focuses on agility and check-runs after the pass.

Setup

1. Use 10-12 cones to create a channel ending near the penalty area.
2. At the top of the channel, use 4-5 cones to create a line angled towards the corner flag.
3. The coach stands at the end of the channel, nearest the goal, a couple yards inside the penalty area.
4. The shooting players start 4-5 yards at the top of the channel with a ball.

Instructions

1. The first player in line (shooter) passes through the channel to the coach (or target player).
2. The shooter makes a check-run down the channel towards the coach.
3. The coach returns the pass to the advancing attacker inside the channel.
4. The shooter once again returns the ball to the coach quickly backpedals towards the end of the tunnel in which he began.
5. The coach lays a ball off to either side.
6. The advancing shooter must quickly react to the direction of the pass, sprint around the end of the cones and take a shot on stride.

Coaching Points

- Work at full speed
- Quick movement after pass
- React quickly to the pass and direction of the pass
- Solid strike on the ball
- Follow through towards goal

Variations

- To simplify, announce to players by pointing to the side you are laying off the ball.
- Create different shots by bouncing, spinning, or stopping the ball as you lay it off.