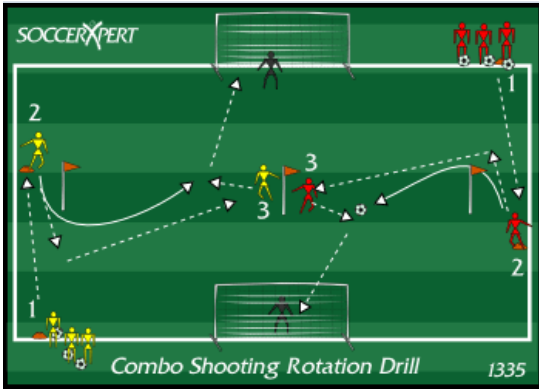




Drill Quick Glance

Age: 9+	Field: 30X30
Players: 10+	Time: 15 MINS.
Difficulty: MEDIUM	Focus: SHOOTING
Keeper: YES	Type: Team
Author: Chris Johnson	

Equipment

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

Combination Shooting Rotation Drill

Objective:

This soccer shooting and finishing drill focus on combination play and build-up before getting the shot off. It is a great shooting soccer drill to focus on burying the ball with a shot after a small combination play.

Setup

1. Set up two goals facing each other about 30 yards apart.
2. Place a goalkeeper in each goal.
3. Set three flags at the middle of this area, one on the left, center, and right sides of the field.
4. On the left and right flags, place a cone 5 yards past the flags.
5. Set a player at each of these cones.
6. Set two players at the center flag, one player for each side of the drill.
7. The remaining players should start on the opposite corners with a ball each.
8. See diagram for field layout.

Instructions

1. Player 1 plays a ball into player 2.
2. Player 2 checks to the ball and plays it back to player 1.
3. Player 1 plays the ball into player 3.
4. Player 3 lays off a ball to player 2.
5. Player 2 has a timed run around the flag and shoots 1st time on goal.
6. All players rotate forward one position (Player 1 becomes Player 2, Player 2 Becomes Player 3, Player 3 shags the ball).

Coaching Points

- Good solid passes, play in 1 touch if possible.
- Players must time their movement and runs, don't get there too early or too late.
- Players prepping the touch for the shooter should simply lay the ball off for a good one-touch shot.
Good shooting body form, leaning forward through the ball and landing on the kicking foot.

Variations

- Limit all passes and touches to ONE-TOUCH.