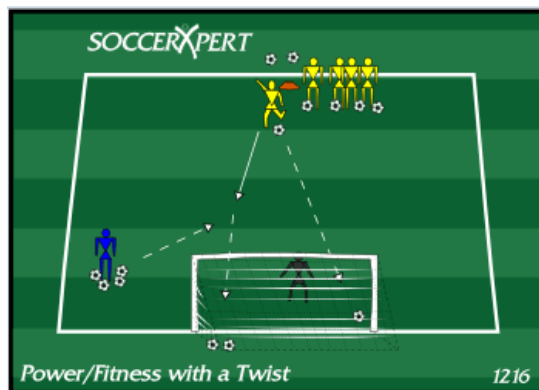




Drill Quick Glance

Age: 9+	Field: 25X25
Players: 6+	Time: 20 mins.
Difficulty: EASY	Focus: FINISHING
Keeper: YES	Type: Team
Author: Chris Johnson	

Equipment

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

Power and Finesse with a Twist

Objective:

The power and finesse shooting and finishing soccer drill focuses on being comfortable while striking long shots as well as close range shots, volleys, and headers.

Setup

1. Set up a cone 25 yards from goal.
2. Players should line up behind the cone.
3. A goalkeeper is in the goal.
4. The coach is positioned near the goal with a large supply of balls.

Instructions

1. The coach plays a ball on the ground to the first player in line, so the shot takes place around the edge of the penalty area.
2. After the shot, the coach follows up by tossing a ball to the same shooter. The shooter must volley or head the ball into the goal.
3. If a player makes both shots, they choose another player to challenge.
4. The challenged player must make both goals; otherwise, they are out.
5. If the challenged player does make both shots, the original shooter is out.

Coaching Points

- Good Striking Body Posture
- Stay under control on flighted balls (composure)
- Have players land on kicking foot when striking the shot

Variations

- Instead of letting the younger players choose, make them challenge the next player in line.