



Drill Quick Glance

Age: 8+	Field: 20X40
Players: 3+	Time: 15 mins.
Difficulty: MEDIUM	Focus: SHOOTING
Keeper: NO	Type: INDIVIDUAL
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Equipment

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

Shooting Warmup

Objective:

This shooting warm-up drill will focus on long-range passing, accuracy, and finishing. It can also be used as a fitness exercise by manipulating the numbers.

Setup

1. Divide the team up into 3 equal teams.
2. Place cones at the top of the 18 and in each corner of the 18.
3. Each player begins with a ball, and they are responsible for that ball.
4. Each group numbers themselves off from 1 to x players and must shoot in that order.

Instructions

Exercise #1: Shoot the ball into the goal, and the ball must hit the back of the net in the air. It cannot bounce before it goes in the goal.

Exercise #2: Hit the crossbar

1. Each exercise lasts for 4 minutes or the first to complete the activity 10 times.
2. The players are responsible for keeping the same ball throughout this exercise and must shoot and retrieve their own ball.
3. Players must shoot in the correct order as assigned. So, for example, if #1 shoots over the goal they must retrieve the ball and get back to the line as soon as possible because if 2 through 6 have already gone the group must wait until #1 gets back and go in order.
4. The teams can shoot as fast as they want just as long as they are using their assigned ball in the correct order. After a shot, that player must quickly get their ball and get back to be ready for their next opportunity.
5. After 4 minutes the team with the most executed exercises or 10 perfectly executed skills is awarded a win and teams rotate to a different cone/angle.
6. The team with the most wins does not have to pay the penalty (push-ups, sit-ups, sprints, etc.).

Exercise #1: Shoot the ball into the goal, and the ball must hit the back of the net in the air. It cannot bounce before it goes in the goal.

Exercise #2: Hit the crossbar

Coaching Points

- Proper shooting technique
- Focus on aiming for a particular area of the goal
- This is great to focus on leg strength for younger players.

Variations

You can do this same exercise a number of different ways:

- Volley out of hands
- Half-volley out of hands
- Juggle 2 times and volley
- Get creative and have fun
- Can be done with all ages
- There is a good warm-up for the older age groups that have no problem hitting an 18-yard ball.
- For younger players, you may want them to take a touch or move the cones closer.
- You may have to warm-up the younger age groups first because it takes little more for them to get the ball off the ground