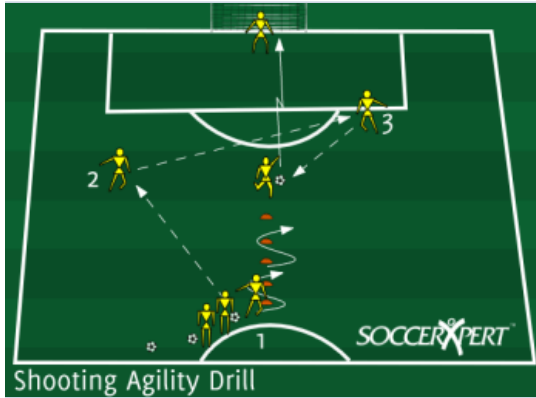




### Drill Quick Glance

|                              |                          |
|------------------------------|--------------------------|
| <b>Age:</b> 9+               | <b>Field:</b> HALF FIELD |
| <b>Players:</b> 6+           | <b>Time:</b> 20 MINS.    |
| <b>Difficulty:</b> EASY      | <b>Focus:</b> SHOOTING   |
| <b>Keeper:</b> YES           | <b>Type:</b> Team        |
| <b>Author:</b> Chris Johnson |                          |

### Equipment

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

## Shooting Agility Drill

### Objective:

This soccer shooting drill will focus on passing combination along with agility. This drill is an excellent pre-game warmup for passing and shooting.

### Setup

1. Place a goalkeeper in the goal.
2. Set a winger player on either side of the field.
3. Place a target player near the top of the penalty area.
4. About 35 yards out, line-up 5-6 cones about 1 yard apart.
5. The remaining players should form a line (with soccer balls) behind the line of cones.

### Instructions

1. The first player in the line passes a ball outside to the winger player and quickly weaves in and out of the cones or training sticks.
2. At the same time, the winger player plays a ball to the target player who lays the ball off to the first player as they come out of the cones.
3. The first player should attempt a first-time shot on goal, if possible.
4. As the shooter finishes their shot, they move to the right or left winger position to receive a pass from the next player in line.
5. The former winger player becomes the target and the previous target player shags the ball from the last shooter and gets in line.

### Coaching Points

- The timing of the passes along with speed through the cones is of most importance.
- Passes must be precise with proper weight and timing.
- The ball must be properly laid off for a first time shot.
- Shooter strikes the ball accurately on a one-touch shot.

### Variations

- Modify the agility performed by the first player: ex. Backward slalom, sideways slalom.
- Have winger and target players make check runs before receiving the pass.