



Soccer Shooting on the Dribble

Objective:

This soccer shooting drill focuses on receiving a flighted ball, quickly dribble on the attack, and finishing with a shot on goal.

Setup

1. Set a full-size portable goal approximately 35-40 yards from the primary goal.
2. Assign a keeper in each of the goals.
3. Create four 8x8 grids in a square pattern as shown in the diagram.
4. Assign two servers on the left side of the goals with a collection of soccer balls.
5. Split the remaining players into two lines that start along the sidelines.
6. See the diagram for field setup and layout.

Instructions

1. The first player of Line 1 sprints into grid 1 and turns and sprints into grid 2.
2. Server 1 plays a flighted ball into this runner as he's about to enter grid 2.
3. As this player receives the flighted ball, they turn dribble towards goal 1 and has a shot on goal.
4. As soon as this player takes his shot, the first player in line 2 begins.
5. The first player at line 2 sprints into grid 3, cuts and sprints towards grid 4.
6. Server 2 plays a ball into this player.
7. This player receives the flighted ball, turns, dribbles towards goal 2, and finishes with a shot on goal.
8. Repeat this same progression.

Coaching Points

- As players enter into the first grid, have players do a head fake and change of speed and pace before entering the 2nd grid.
- Receiving players should have a good close touch, quick turn, and get on the dribble quickly.
- Dribble with speed as heading to the goal.
- Shoot in stride as dribbling to the goal.

Variations

- Switch the side of the goals the servers start.
- Switch servers after 10 or so serves.

Drill Quick Glance

Age: 9+	Field: HALF FIELD
Players: 8+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: FINISHING
Keeper: YES	Type: Team
Author: Chris Johnson	

Equipment

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