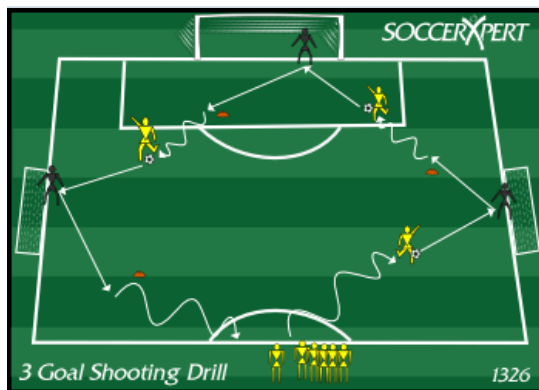




Drill Quick Glance

Age: 9+	Field: HALF FIELD
Players: 6+	Time: 15 mins.
Difficulty: MEDIUM	Focus: SHOOTING
Keeper: YES	Type: Team
Author: Chris Johnson	

Equipment

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

Three Goal Shooting Drill

Objective:

This soccer shooting fitness exercise is a great finishing drill for getting rapid shots on multiple goals and is also great for fitness.

Setup

1. You will need half of a field with a full-size goal.
2. Set two portable goals on each sideline about 15 yards from midfield.
3. You will be using all three goals for this drill.
4. Put a goalkeeper in each of the three goals.
5. The rest of the team starts at midfield, each player with a ball.
6. Place the remaining balls at each of the three goals.

Instructions

1. The first player in line dribbles toward the right sideline goal and takes a shot on goal.
2. The keeper then distributes the ball to the outside of the cone towards the primary goal.
3. The shooter receives the ball from the keeper and shoots on the primary goal.
4. The next keeper then distributes the ball to the outside of the cone towards the left goal.
5. The shooter receives the ball from the keeper and shoots on the left goal.
6. The keeper then distributes the ball around the cone towards midfield.
7. The shooter receives the ball and dribbles to midfield to the back of the line.
8. The next player in line starts once the goalkeeper on the right side distributes the ball to the shooter.

Coaching Points

- Speed of play
- Good shot on goal
- Shooting form

Variations

- Change directions.
- Make players use opposite foot.