



FOCUS ON SHOOTING

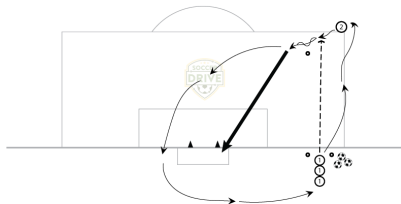
AGE LEVEL: U12 TIME: 90 MINUTES

SHOOTING FOR ACCURACY

TIME 15 minutes

SETUP

This is a fairly simple shooting drill that allows coaches to work on shooting fundamentals. There are a couple of progressions that can be incorporated as well including adding a defender and adding an extra touch. The drill starts with the player along the goal line passing the ball into space so the player outside the box can run into the pass. The player that receives the pass will make a good first touch around the cone and then shoot for a side of the net. You can place cones, flags, or discs to mark the areas of the net you want players to shoot at. As players get better you can start to shrink the targets and encourage more accurate shooting.

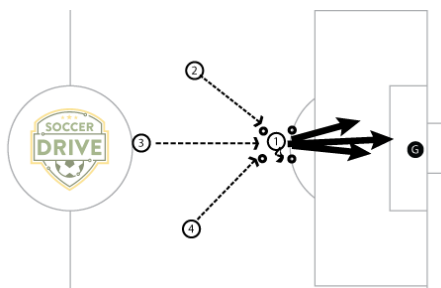


SHOOTING BOX

TIME 15 minutes

SETUP

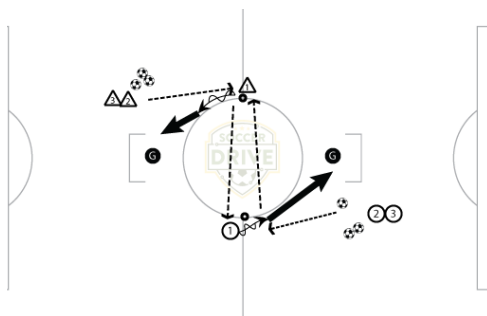
This soccer drill focuses on passing and clearing space. Setup a square with 2-3 players at each corner. After each pass sprint to the next line and prepare for a quick pass. Run the drill for 3-5 minutes. Try reversing the direction after each break. For advanced teams you can have the players reverse direction on every whistle.



RAPID FIRE RECEIVE

TIME 15 minutes

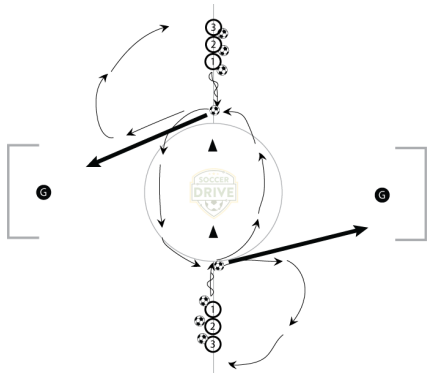
Get ready for lots of shooting! In this shooting drill, P2 starts with the ball and passes to P1. P1 quickly receives the pass and shoots. The goalie then passes back to P1 with the same ball (or a new ball from in the net if P1 scores). P1 receives the pass and makes a quick pass to P2. P2 then quickly shoots on the other net. The goalie then makes a pass back to P2 and the process repeats until the whistle blows.



LEAVE A SHOT

TIME 15 minutes

There will be 9 players in between the cones like the set up in the animation for this soccer drill. Two lines of players will have a soccer ball. The players in the middle will pass their soccer ball to the players without a ball. Then the players who started with soccer balls will pass to the middle players. They will pass the ball back. The players will continue to repeat these passing motions and make sure they are making fast, accurate passes.





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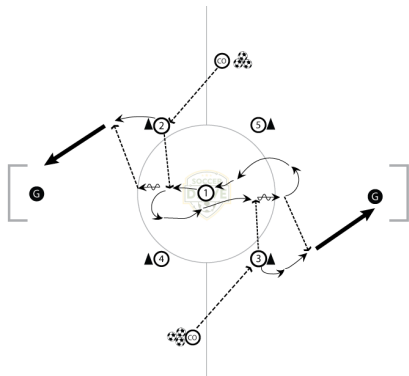
PRACTICE PLAN

FEEDER IN THE MIDDLE

TIME 15 minutes

SETUP

To set up this soccer drill place four cones or discs in a 15 yard square in between two nets that are about 45 yards apart (they should be closer for younger players). Two coaches should be at the center line about 10 yards outside the box with a bunch of balls. P1 starts in the middle of the box without a ball. P2, P3, P4, and P5 are each at a corner of the square with a ball. To start, P1 runs to one side and yells out a name. The player's name that is called passes the ball to the middle and then receives it right back from P1 for a quick shot on net. P1 then turns and runs to the other side and calls out another name. That player then passes the ball to P1 and receives it back for a quick shot. P1 repeats this process 4 times before switching out with one of the other players. After players take a shot they will receive a pass from the coach on their side of the field so they are ready to make a pass to the middle player if their name is called.



ONE PASS SHOOTOUT

TIME 15 minutes

SETUP

Here is a soccer drill that is competitive, fun, and a great workout for goalies. Divide players up into 2 teams and move the nets to where they are about 40 yards apart. Each team forms a line on one side of the net, make sure each line has plenty of soccer balls. The first player for each team starts at the mid-field near the cones or discs and receives a pass from the next player on their team. In as few touches as possible the player turns and shoots. After the shot they sprint back to the end of the line. The next player cannot go until the shooter has crossed the goal line. The next player then runs to the mid-field line and checks back towards their teammates to receive a pass. It is fun to set up a given amount of time to see which team can score the most goals.

