



SKILL

Shooting Drill.

SET UP

Divide team in two groups. All of the balls with the coach in the center.

HOW TO

Coach yells “go” and passes a ball towards the goal. A player from red and black must sprint from the outside cone to the inside cone and then go straight towards the ball shooting it first time. Players then go back to designated team and the next ball is played out from the coach.

ALTERATIONS

For younger kids make the distance they run shorter and allow more touches.