



COACHES EDUCATION PROGRAM DRILLS AND GAMES SUPPLEMENT

Drill Name: Shooting, Shooting, Shooting

Skills Practiced and introduction:

- Shooting
- Shooting can be an underrated skill. Many times coaches incorporate shooting into other drills, but don't practice shooting like they would practice catching and throwing. When it comes down to it if a team cannot put the ball in the goal they will have trouble winning games. Shooting is also one of the skills all young players want to practice the most. So indulge them and get creative with this drill.

Suggested Equipment: goal and balls for every player

Space needed: Space around the goal.

Players needed: unlimited

Set – up and execution:

- Start players in two lines up top in front of the goal or in two lines behind the goal.
- Coaches can set up as dummy defenders who the players have to cut around or dodge around.
- Encourage players to dodge, come from behind the goal and roll, do anything they want, but they must "simply crank the rock."

Coaching tips:

- This is meant to be a fun drill implemented after the basics of shooting have been taught.
- Keep it light and fun and use yourself and other coaches as dummy defenders.

Variations/Progression:

As you players improve their skills incorporate the following:

- Set up cones, a shooting net, or any other type of target to make the drill a bit more challenging. You can set up shooting stations around the field where players have to use a different type of shot at each station and/or there's a different type of target.

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