



## QUICK SHOOTING

Play with <sup>two</sup>~~three~~ teams of equal numbers. Try to keep at or below 6 vs 6. This will allow for frequent reps for all players. Third team is off the field fetching soccer balls, so game is continuous. Grid size should be small enough so players can shoot anywhere on the field. Play game of 2-3 minutes. Allow winning team to make the decision to stay and play or rest and fetch. Keep score: One point for each game your team wins.

## COACHING POINTS:

1. The third team is important because active players should never chase their own ball. Their strikes at goal will be made to score, instead of shooting not to miss.
2. Encourage shooting from anywhere. In this game you are coaching the attitude to shoot. Players should not over pass or dribble.
3. Encourage players to take half chances. The perfect scoring opportunity rarely occurs in games.
4. Encourage players to hit the ball hard, and keep a steady head. Remember eyes should be on the ball when shooting.