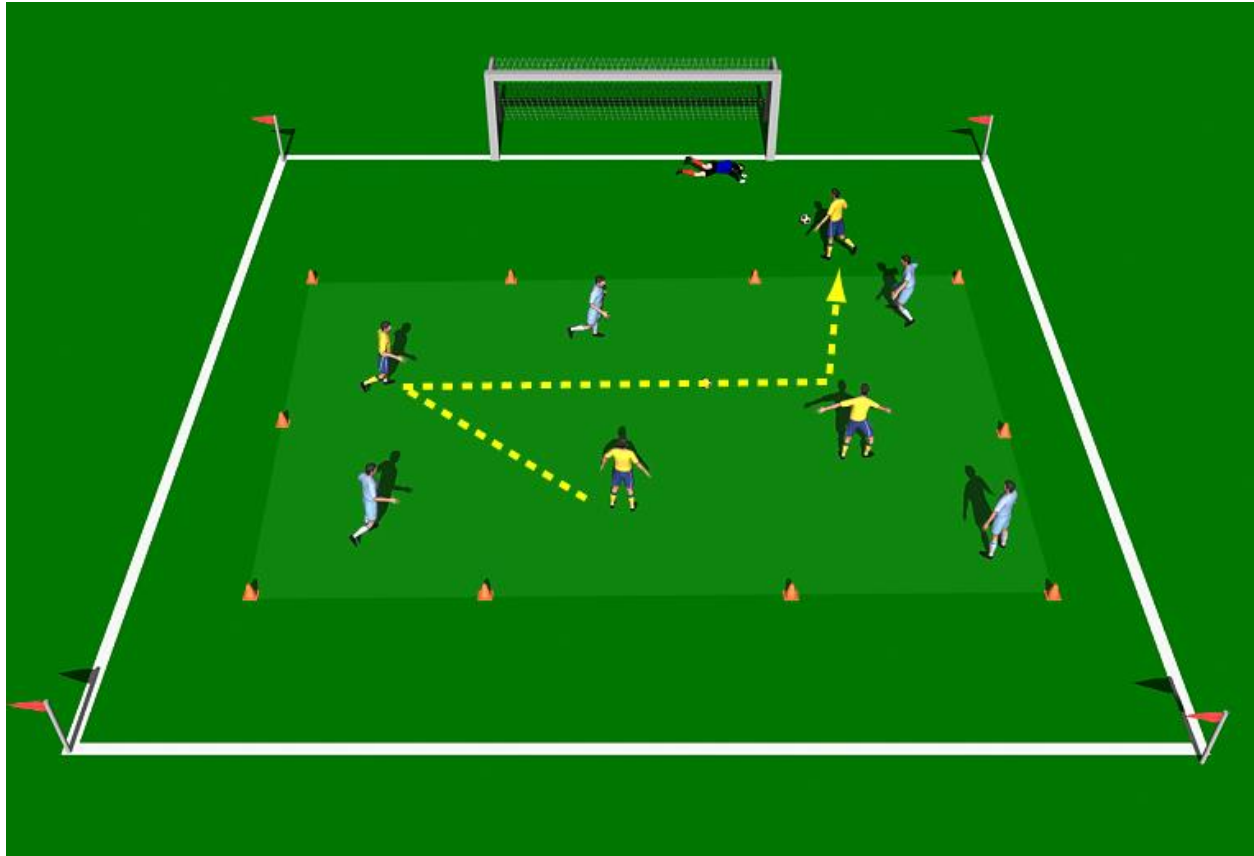


The Shooting Box



Exercise Objectives:

This is a fun game designed to help players develop combination passing and quick shooting at goal.

Coaching Pointers:

Divide your players into three teams and position two teams in the shooting box, as in the diagram above. The third team is resting on the sideline. The game starts with the coach serving a ball into the box. The team in possession must get four passes, then, the player with the ball attacks the goal and tries to score. Defending team cannot follow the player outside the box. If a team scores, the losing team is replaced by the resting team on the side lines. Keep score, first team to win 3 consecutive games is the champion.

Field Preparation:

- Entire group
- Penalty area
- Cones or Flag poles
- Large goal with goalkeeper.

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