

SHOOTING DRILLS

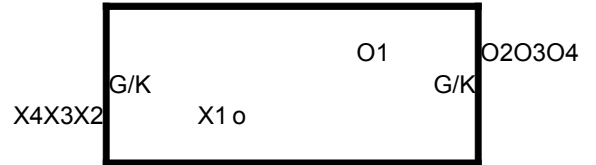
1 U9 TO U19 BOX IS 30 X 20

XI ATTACKS TO TRY AND SCORE AND O1 HAS TO STOP HIM

AS SOON AS X1 SHOOTS THEN O2 GOES TO TRY AND SCORE AND XI HAS TO TRY AND STOP HIM

AS SOON AS SOMEONE HAS SHOT THE NEXT PLAYER FROM THE OTHER TEAM GOES TO TRY AND SCORE

THIS CAN ALSO BE DONE WITH 2 V 2

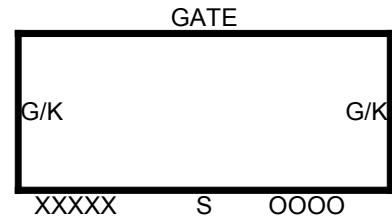


2 U9 TO U19 BOX IS 30 X 20

S SERVES THE BALL IN AND CALLS A NUMBER

THAT NUMBER OF X AND O PLAYERS GO ONTO THE GRID AND TRY TO SCORE.

WHEN S SHOUTS CHANGE THE PLAYERS GO OUT OF THE GATE AND SPRINT BEHIND THEIR GOAL BACK TO THE START.



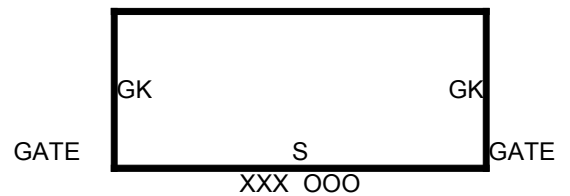
3 U9 TO U19 BOX IS 30 X 20

S SHOUTS OUT A NUMBER.

THAT NUMBER OF PLAYERS SPRINT TO THE GATES AT EACH END AND ONTO THE FIELD.

THOSE PLAYERS HAVE TO TRY AND SCORE

THE COACH KEEPS CHANGING THE PLAYERS



4 U11 TO U19

BOX IS 30 X 20

2V2 WINNER STAYS ON

IF YOU MISS THE TARGET YOU ARE OFF.
WINNER STAYS ON



5 U9 TO U19

BOX IS 20YDS FROM GOAL

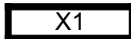
X2 PASSES TO XI IN A SQUARE.

X1 MUST CONTROL THE BALL IN THE SQUARE
THEN TRY TO SCORE.

AS XI TRIES TO SCORE X2 SPRINTS TO THE BOX
READY TO RECEIVE A PASS FROM X3

WHEN X1 GETS HIS FIRST TOUCH THEN O1
CHASES X1 AND TRIES TO STEAL THE BALL.

O4O3O2O1



G/K

X2X3X4

6 U13 TO U19

BOX IS 40 X 20

6 V 2 IN EACH HALF

PLAYERS ARE TO BE ENCOURAGED TO
SHOOT WHEN THEY HAVE THE CHANCE

THE TWO PLAYERS ARE TO LOOK FOR
REBOUNDS AND DEFLECTIONS

