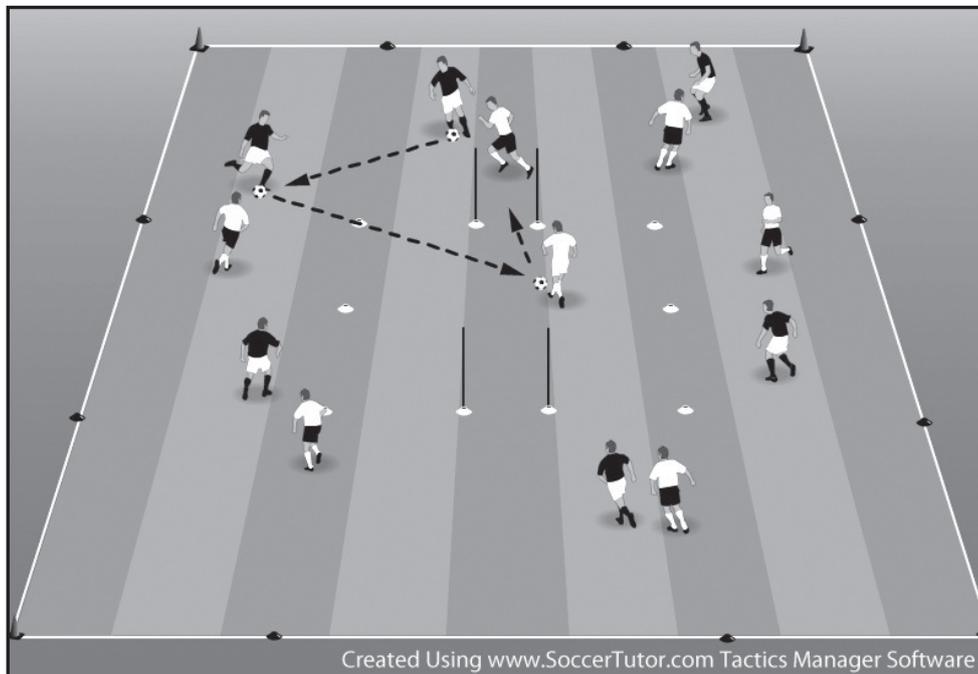


Extra Drill - Quick Shooting Drill In the Box

Drill - Suitable for Ages 8-10



Organization

A 30x30 yard square is set out using marker cones, a smaller 10x10 yard square is marked within it. Two goals are marked or target goals placed at either end of the smaller square. The players are split into two teams and they play in the larger square only. A neutral striker is placed in the central square where they stay waiting for the ball to be played into them.

Description

The drill begins with the coach introducing a ball to the players in the outside square. The two teams play against each other trying to pass the ball into the central striker who finishes the move with a shot. By using poles or traffic cones to mark the goals, when a shot is taken the game can continue as the ball is now back in the larger square and back in play with the two teams.

Coaching Points to Improve Shooting in this drill.

Coaching Mini-Soccer

1. Approach – Sprint to the ball directly to get there as quickly as possible. Shoot whenever and as soon as the possibility arises.
2. Body Shape - The standing foot should be planted next to the ball with the toes pointing towards the goal whilst allowing space for the kicking foot to swing through. The head should be steady, knee over the ball and arms out for balance.
3. Contact – The shot should be taken with the foot nearest to the ball so there is no delay. The laces of the boot should contact through the centre of the ball.
4. Follow through - A short but sharp and strong follow through to keep the ball down and accurate.

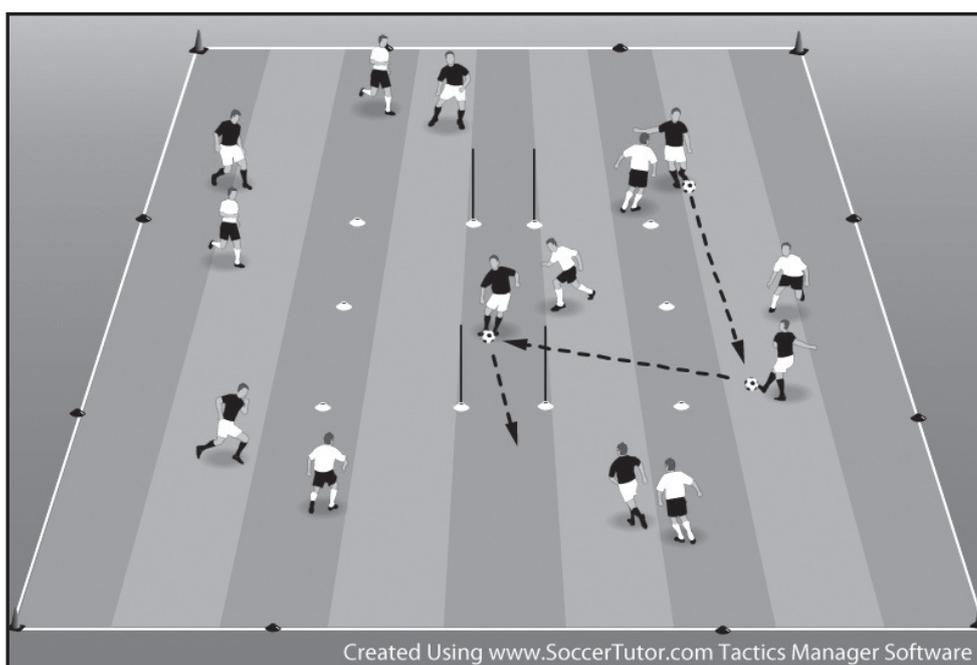
Progressions and Drill Variations

For Younger Players.

1. Less players, make the game a 4v4 in the outside area.
2. Bigger goals to promote success and make scoring easier.

For Older or Better Players.

1. Smaller target goals.
2. Add goalkeepers.
3. Play a 1v1 in the centre square with two teams.

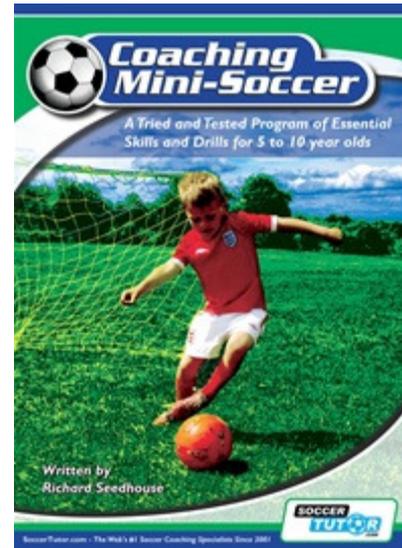


This Practice was taken from the Book -

“Coaching Mini Soccer - A Tried and Tested Program of Essential Skills and Drills for 5 to 10 year olds”

Coaching Mini Soccer (5 - 10 years) book contains a **complete and proven full season training program** comprising 12 main sessions and **over 70 interchangeable drills** to coach the skills required to produce academy standard players and teams.

FACT - eight players in the last three years **have been signed by professional clubs** through participation in this program. In its basic form the program can be used by grassroots youth clubs for coaching skills in their soccer academies, community soccer programs, after school, or by primary school teachers as a term based program.



As the players develop through the program and form Mini-Soccer teams the coach can draw on the programs tactical games to aid formations and small sided games to improve creativity, game awareness and problem solving.

Coaching Mini-Soccer is specifically written to be the only book any coach of players between 5 and 10 will ever need to provide proven training sessions every single week.

Buy your copy of the book

Rest of the World Shop:

<http://shop.soccertutor.com/Coaching-Mini-Soccer-Skills-Drills-for-5-10-year-p/st-b001.htm>

US and Canadian Shop:

<http://shopusa.soccertutor.com/Coaching-Mini-Soccer-Skills-Drills-for-5-10-year-p/st-b001.htm>

Diagrams were created using [www.Soccertutor.com](http://www.soccertutor.com) Tactics Manager Software <http://www.soccertutor.com/tacticsmanager>