

Coaching the Coach: JSP

Four Goals – Fun Quick Shooting Drill

Introduction

UEFA B coach Richard Seedhouse details another great drill for all coaches of junior football again this week. Richard is not only a coach at Coventry City Ladies Centre of Excellence, but also author of the best selling coaching book, "Coaching The Coach" which is endorsed by the Association of Football Coaches as a "Fantastic Coaching Resource".

Special thanks to www.SoccerTutor.com for the diagrams created using their Tactics Manager Software.



Organisation

A 20 x 20 yard square marked with cones has 4 goals. Each goal is set up midway along each side. In the first diagram the players are split into four teams of three players. The coach stands at the side of the square with plenty of balls nearby. The coach starts the game by rolling a ball into the square. The four teams compete to win the ball and score a goal in any of the goals around the square.

For Younger Players

Split the players into just two teams of six players. Move on to try three teams of four players. Use bigger goals.

Coaching the Coach: JSP



For Older Players

Smaller target goals.

Split the players into four teams of four players, each team having a goalkeeper. The teams can only score in the three opposing teams goals.

For Fun

Any goal scored is a goal to the team and keep the score.

Add competition with the first team to score five goals winning.

Adding an extra ball adds to the chaos, speed and fun of scoring more goals more often. Add a ball at anytime and you can even have more than one server spread around the square. Please remove the Goalkeeper if you add more balls as more than one shot could hit them. Also if you add more balls allow time outs for younger players as the drill will become more frenetic.

JSP Top Tips

Get to the ball as quickly as possible.

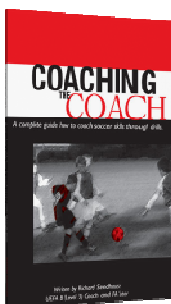
Do not delay; Shoot as soon as the possibility arises.

Use the foot nearest the ball to shoot.

Players should try and get into positions to receive the ball in space and near an opponents goal.

When two or more balls are in play the players should be ever alert, where is the nearest ball and goal?

Coaching the Coach: JSP



Produced by Richard Seedhouse Author: Coaching The Coach

<http://shop.soccertutor.com/Coaching-The-Coach-Football-Book-p/b-ctc1.htm>



Diagrams by www.soccertutor.com Tactics Manager Software

<http://shop.soccertutor.com/Tactics-Manager-Soccer-Designer-Software-p/tm-dl.htm>