

Non-Stop Shooting 1-3



Date: . **Measurement:** 30 x 30 yds.
Time: . **Players:** 10-16
Duration: 15-25 Min. **Level/Age Group:** 6 yrs. - 12+ yrs.

Description: This enjoyable non-stop shooting drill will develop the attitude to shoot on goal.

Objective: To develop a teams attitude to shoot at every opportunity in a small

Coaching Points: 1. Shooting is as much an attitude and instinct as is a technique.

Progression: 1. Introduce 2 attackers in each half for both teams e.g. 4v2 or 5v2 in

Notes:

Non-Stop Shooting 2-3



Date:	.	Measurement:	30 x 30 yds.
Time:	.	Players:	10-16
Duration:	15-25 Min.	Level/Age Group:	6 yrs. - 12+ yrs.

Description: This enjoyable non-stop shooting drill will develop the attitude to shoot on goal.

Objective: To develop a teams attitude to shoot at every opportunity in a small

Coaching Points: 2. As soon as a shooting opportunity arises, it needs to be taken!

Progression: 1. Introduce 2 attackers in each half for both teams e.g. 4v2 or 5v2 in

Notes:

Non-Stop Shooting 3-3



Date:	.	Measurement:	30 x 30 yds.
Time:	.	Players:	10-16
Duration:	15-25 Min.	Level/Age Group:	6 yrs. - 12+ yrs.

Description: This enjoyable non-stop shooting drill will develop the attitude to shoot on goal.

Objective: To develop a teams attitude to shoot at every opportunity in a small

Coaching Points: 3. When in wide positions, aim to shoot to the far post.

Progression: 2. Introduce 2 wide players that play for both teams outside the area.

Notes:

Non-Stop Shooting Progression



Date:	.	Measurement:	30 x 30 yds.
Time:	.	Players:	10-16
Duration:	15-25 Min.	Level/Age Group:	6 yrs. - 12+ yrs.

Description: In this progression, introduce 2 wide players (WP) that play for both teams who have possession outside the area.

Objective: To develop a teams attitude to shoot at every opportunity in a small

Coaching Points: 4. The lone attackers should follow up any rebounds from the

Progression: 2. Introduce 2 wide players that play for both teams outside the area.

Notes: