



### 3-MINUTE SHOOTING DRILL

#### Emphasis:

This game focuses on shooting, goalkeeping, receiving and clearing balls from the back.

#### Game Info:

This is for ages U10-U14. It is best run with at least 8 players but no more than 20 players. The game should be run approximately 20 minutes on a small field.

The coach will also make sure they have the following equipment: cones, goals

#### Setup:

Divide the group into 2 teams with a goalkeeper in the goal. One team spreads out behind the goal while the other team lines up at midfield. Each player at midfield should have a ball.

If the penalty area isn't visible, the coach should set cones on the edge of the penalty area to serve as a shot marker.

#### Instructions:

Each team is given 3 minutes on the attack shooting on the goal, and 3 minutes working on clearing balls first time behind the goal (defense). Each attacker takes a turn and dribbles with speed to the edge of the box and must shoot on goal before getting into the penalty area.

As soon as that player shoots, the next player in line begins his attack. If the ball is shot wide of the goal, the defenders behind the goal must play a ball back and wide to the field of play before it stops dead. If the ball stops dead, 1 point is given to the attacking team. However, the defending team is awarded 1 point if they individually or collectively clear the ball or gets two touches on the ball before it touches the ground. The attacking team scores 1 point for each goal scored. After 3 minutes the teams switch roles.

#### Progression:

- Serve the ball to the attackers at varying heights, angles etc before they start on goal.
- Cones can be placed at varying distances from the goal to create different choices for the goalkeeper or shooter
- Give 1 point for a ball shot on target and 2 points for a goal.
- Introduce a defender

#### Coaching Points:

- Quick attacks and
- Good preparation and strike the ball correctly
- Get the ball on target.
- Defenders working on clearing the ball should focus on making good solid contact on the ball with the attempt to play the ball high and wide.