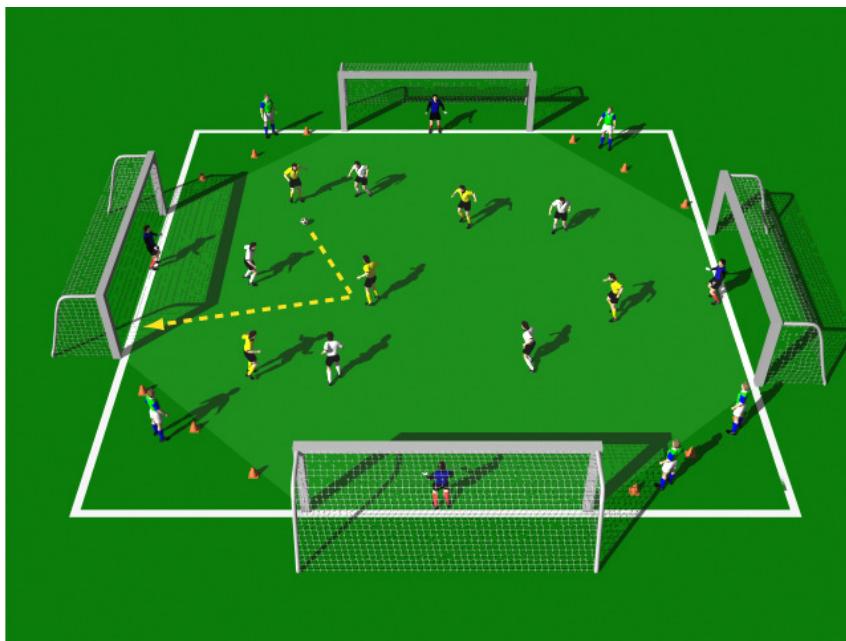


Four Goal Shooting Drill - With Goalkeepers



Exercise Objectives:

This is a progression from the "One Touch Shooting Drill". It is a great finishing exercise which players thoroughly enjoy. Besides from quick finishing, there are many components you can emphasize during this practice such as; high pressure defending, man for man marking, quality passing techniques, small group possession and much more.

Field Preparation

- 4 Goalkeepers
- 2 Even groups of 4, 5 or 6 players.
- Area 30 yards x 30 yards
- Cones
- Supply of balls

Coaching Pointers:

This is a progression from the "One Touch Shooting Drill". Divide your players into three even teams of 4, 5 or 6 players. Identify team by using different colored bibs. Position a goalkeeper in each goal. Organize your playing area as shown in the diagram above. Two teams play while one team rests. The object of the game is to score a goal using "one touch". The play is free play but a goal must be struck "first time". If the goalkeeper makes a save they must throw the ball out to the opposite team. When a goal is scored, the winner stays on and the losing team swaps with the resting team. First team to get three straight victories wins!

Variations

- Two Touch Play
- Use Two Balls

Team One	Team Two	Team Three

