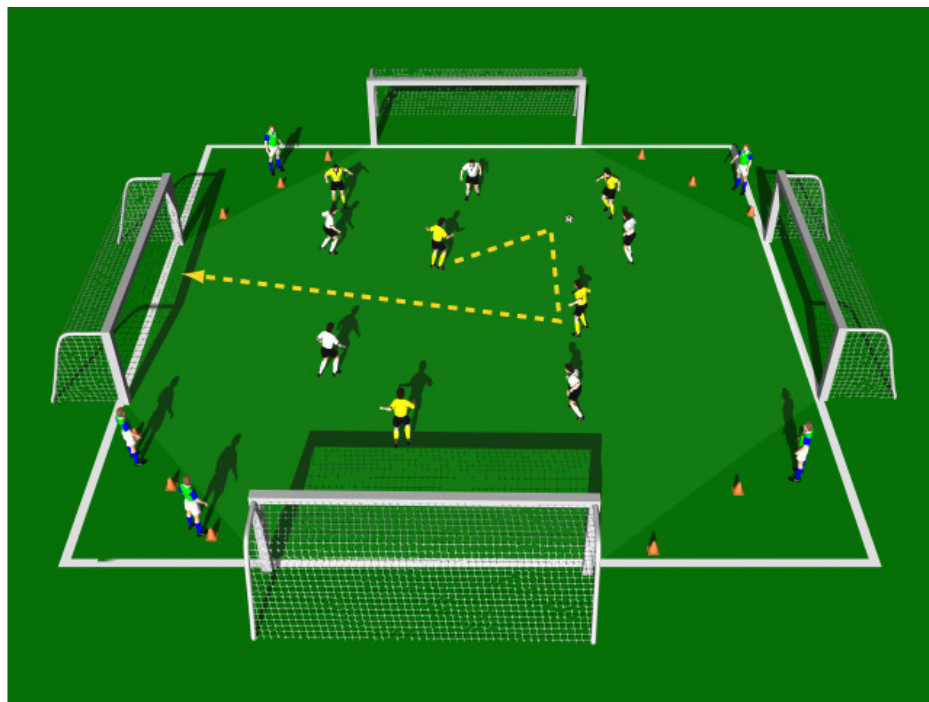


Four Goal Shooting Drill - One Touch Finish



Exercise Objectives:

The Four Goal "One Touch" Shooting drill 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

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

Coaching Pointers:

Divide your players into three even teams of 4, 5 or 6 players. Identify team by using different colored bibs. 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" and must be all net (ball may not cross goal line on the ground). 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

