



Tactics Manager

Continuous Shooting



Date: 8/Mar/2016

Measurement: 20 x 20 Yards

Time: N/A:N/A

Players: 8

Duration: N/A

Level: U5 - U10

Objective: FUN! Score as many goals as possible!

Description: Pair each child up, then give each pair a number & split them into opposing teams. Once coach calls a number out, the player from one team runs around a cone & goes in goal. The other player runs around a cone & receives a pass from coach then shoots. After a certain amount of goes change the shooting team over with the team that goes in goal. Younger ones can do this without goalkeepers, holding parents hands till they understand the game.

Coaching Points: Technique of shooting.
Set a time limit on the time it takes to shoot to ensure kids don't have to wait too long between goes.
For bigger groups, Use 2 sets of goals to ensure lots & lots of shots!

Progression: As kids get older & skill levels improve, introduce, volleys, half volleys, 1 touch shots, shots with weaker foot etc.