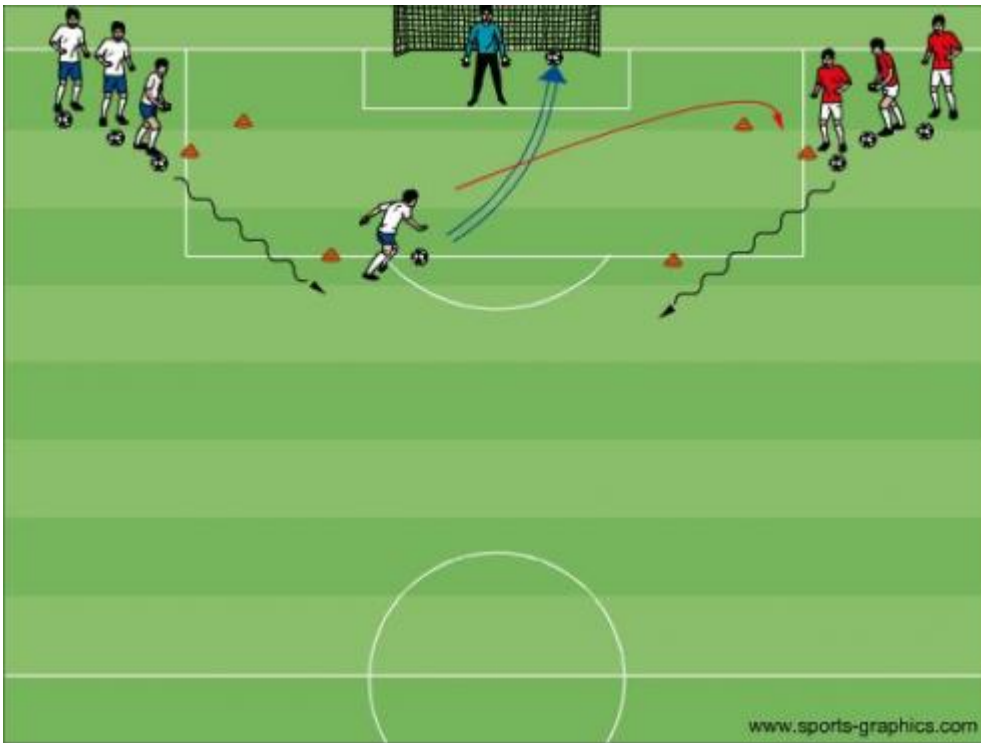


Chase & shoot 1/2 field



Key Points

Continuous shooting drill with only one goal needed.

Description

Divide your team into two teams. The first player in one of the lines dribbles around the top flag or cone and shoots on goal, turns and chases the first player in the next line who started dribbling towards the top cone after the shot was taken. The chaser but must go between the cones near the line and around the top cone or flag.

Shooter should be getting the shots off. The chaser is just to add pressure. If shots are being blocked by the chaser send the shooter earlier so that the chaser cannot catch up to them.

Keep score for each team and the first team to 5 wins. Have the groups change sides and play again.

Notes

- 6 cones
- each player with a ball
- one full sided goal