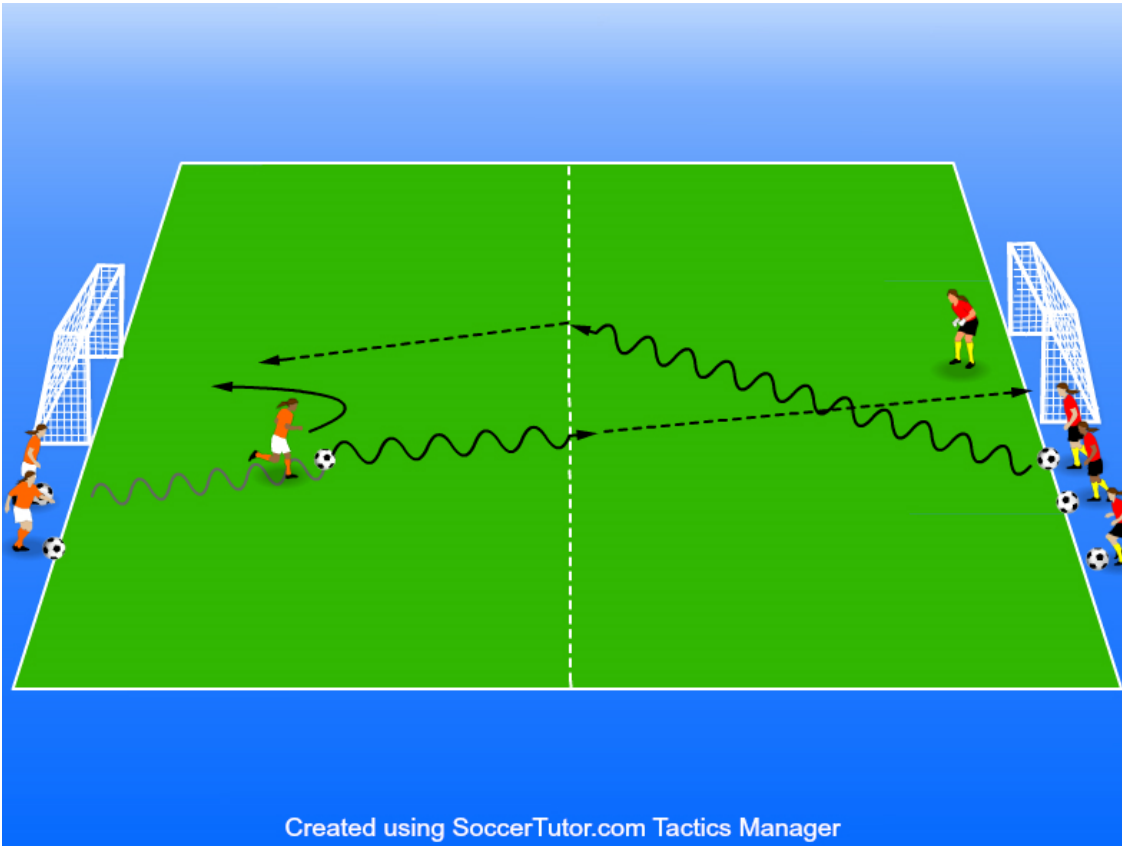




Shoot, Keep, Retrieve



Date:	24/May/2020	Measurement:	20 x 20
Time:	N/A:N/A	Players:	7
Duration:	N/A	Level:	U8 - 18+

Objective: Shooting. Quick shooting. Get players used to defensive transition.

Description: 6+ players. Every player plays three parts. 1.) Dribble out to shoot. 2.) As soon as the shot is taken, transition to defend/play goalkeeper. 3.) Get the ball that was shot during your turn at goalkeeper and get into the shooting line. Pick a number of goals to win by. (First team to 10) The dribbler first in line will shoot the ball, then transition to keeper right away. "As soon as" the shooter shoots, the opponent may go. Players may go as close to the opponents goal as they wish, but this leaves a much easier opportunity for the opponent to score.

Coaching Points: - Dribble space - Prep touch - Shooting technique

Progression: Choose the side of the goal to play from. Add dribbling touch limits. Have distance of shot requirements or points for over the line vs points for before the line. Players toss the ball onto the field & deal with the bounce (to dribble first or volley) Add a pass to shoot off of.