

Drill Number

18

Min Age Group:

U8

Min # of Players

6

Drill Name

Run & Gun

Min Time Required

10

Description

Setup:

Create 2 small, coned goals and 1 cone 10-12 yards away from the goal.

Line up teams next to a goal, each player with a ball. Split players into 2 even teams.

Description:

When the coach blows the whistle, the first player from each line dribbles to and around the cone and then dribbles back toward his/her goal and shoots the ball into the goal.

The first player to shoot the ball into the net gets a point for his/her team.

Play until one of the players scores a goal so if both players miss they chase down their ball and try to kick the ball into their goal first. (Players should not give up until a goal is scored.)

Coaching Points

Players should dribble at speed ... keeping close control of the ball.

Players should take long shots to kick the ball into their net first.

Coaches must keep the lines moving so after a player has scored, blow the whistle to start the next 2 players.

If there are a lot of players, split them into 3 groups.

Encourage cheering for teammates.

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

