

Drill Number

51

Min Age Group:

U7

Min # of Players

4

Drill Name

Scrap-N-Shoot

Min Time Required

10

Description

Setup:

Divide players in two groups and station each group where the penalty area lines intersect the goal line. One goalkeeper (or just have coach be keeper also) and the coach with soccer balls just outside of the goal or in the goal.

Description:

On signal from coach the two players first in line sprint around the penalty box toward the penalty arc (D). As the players get close to the arc the coach will throw, roll, or kick (vary how ball is introduced) the ball to the players. The players try to control and dribble for a shot on goal. The coach can give favorable balls to weaker players to even things up a bit and give them a chance with the ball.

Variations:

1. Call names to match up players evenly. 2. Call 2 names from one line and 1 name from the other creating a 2v1 situation.

Coaching Points

Dribbling



Footwork



Shielding



Passing



Receiving



Defending



Tackling



Finishing Tech



Throw-ins



Aggressiveness



Conditioning



Spacing Concepts



Tactics



Goalkeeper



Settling the Ball

