

Drill Number

70

Min Age Group:

U9

Min # of Players

7

Drill Name

Penalty Box Shootout

Min Time Required

15

Description

Setup:
Divide the players into two equal teams. Select a goalkeeper. All play takes place inside the penalty box in front of a goal.

Description:
The team in possession attacks, the other team defends. When possession is won, that team immediately tries to score.

Play continues until keeper makes a save and maintains possession or until the ball goes out of bounds. Coach immediately serves a new ball when this happens.

Coaching Points

Teams are encouraged to shoot rather than play "good soccer".

Look for half chances and rebounds.
If play becomes too bunched around goal, prohibit players from entering keeper's box unless in pursuit of a rebound

- Dribbling**
- Footwork**
- Shielding**
- Passing**
- Receiving**
- Defending**
- Tackling**
- Finishing Tech**
- Throw-ins**
- Aggressiveness**
- Conditioning**
- Spacing Concepts**
- Tactics**
- Goalkeeper**
- Settling the Ball**

