

## Shooting Race

**Emphasis:** Finishing, technical turning, dribbling at speed



**Set-up:**

Place two goals 36 yards apart and place a goalkeeper in each goal. Divide your players in half and put them on the side of the two goals. Place one cone in the middle of the two penalty areas. Place plenty of extra balls next to the goals as well.

**Objective:**

The first player in each line dribbles at speed to the right of the cone. After rounding the cone, the shooters have 1 or 2 touches to shoot on goal. On the coach's command, the next two players from each line repeat the same sequence. The first player to score wins a point for their team. Players return to the back of their original group.

**Progression:**

1. The attackers lay the ball off to the other player and then they dribble around the cone.
2. The attackers must flick the ball up to themselves for a volley.

**Coaching Points:**

- Must dribble at game speed.
- Perform a quick and tight turn around the cone.
- Accuracy, not power.