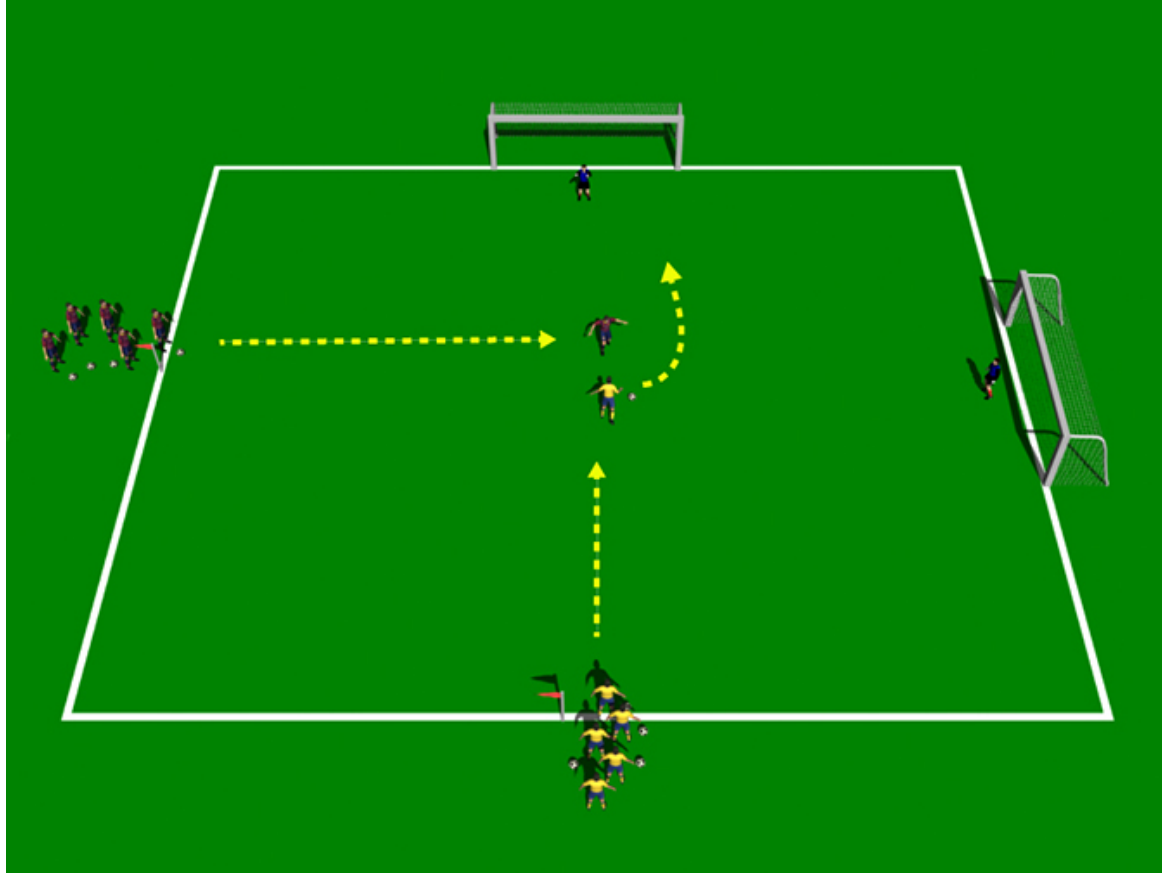


Barcelona Shooting Drill



Exercise Objectives:

This is a great shooting exercise designed to develop improve each players attacking ability. It is also a great work out for the defenders and goalkeepers.

Coaching Pointers:

Divide your team into two groups as in the diagram above. The practice begins with one player attacking the opposite goal. A defender from the opposite group defends against the attacker. Once the attacker scores, or the defender wins the ball, the attacker now must quickly transition and defend against the attacker from the opposite group. This sequence continues throughout the drill. Make a game out of the drill. First team to score 10 goals wins etc.

Progression:

- Progress this drill to playing 2v1, 2v2, 3v2, 3v3.
- Field Preparation:
- Playing area approximately 20 yards by 30 yards,
- Balls, cones, bibs, full size goals.