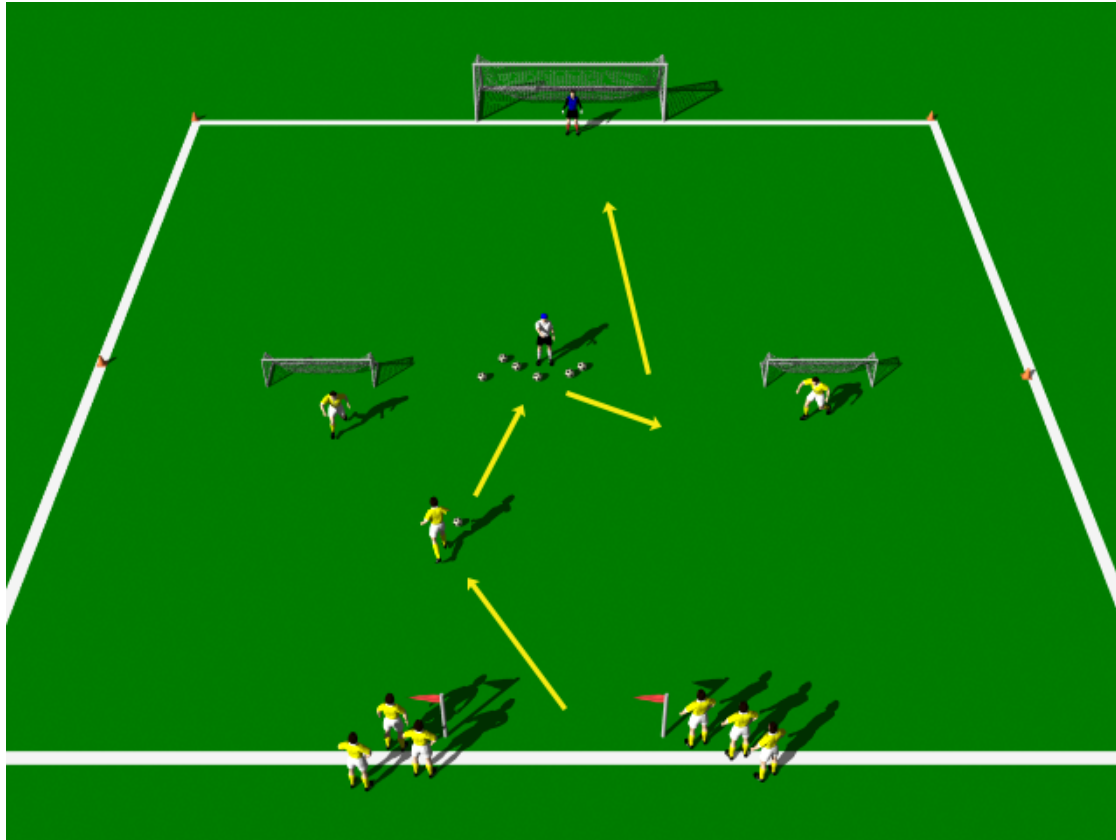


Chelsea Shooting Game



Objectives:

This is a fun shooting game to improve a player's goal scoring ability.

Coaching Points:

Divide your players into two groups. Play on an area approximately 20 yards by 30 yards. Use 1 full size goal and two small sided goals. Position your players as in the diagram above.

The first player in line runs with the ball towards either of the two small goals and tries to score. After they shoot the ball, they receive a pass from the coach then try to score in the full-size goal. After shooting they then become a defender in one of the small goals. If a player scores two consecutive goals, they get an extra turn shoot and don't have to defend the small goal.

Emphasize the following:

- Attack with game speed mentality, "**need for speed**".
- Use a variety of dribbling moves, change of speed and direction.