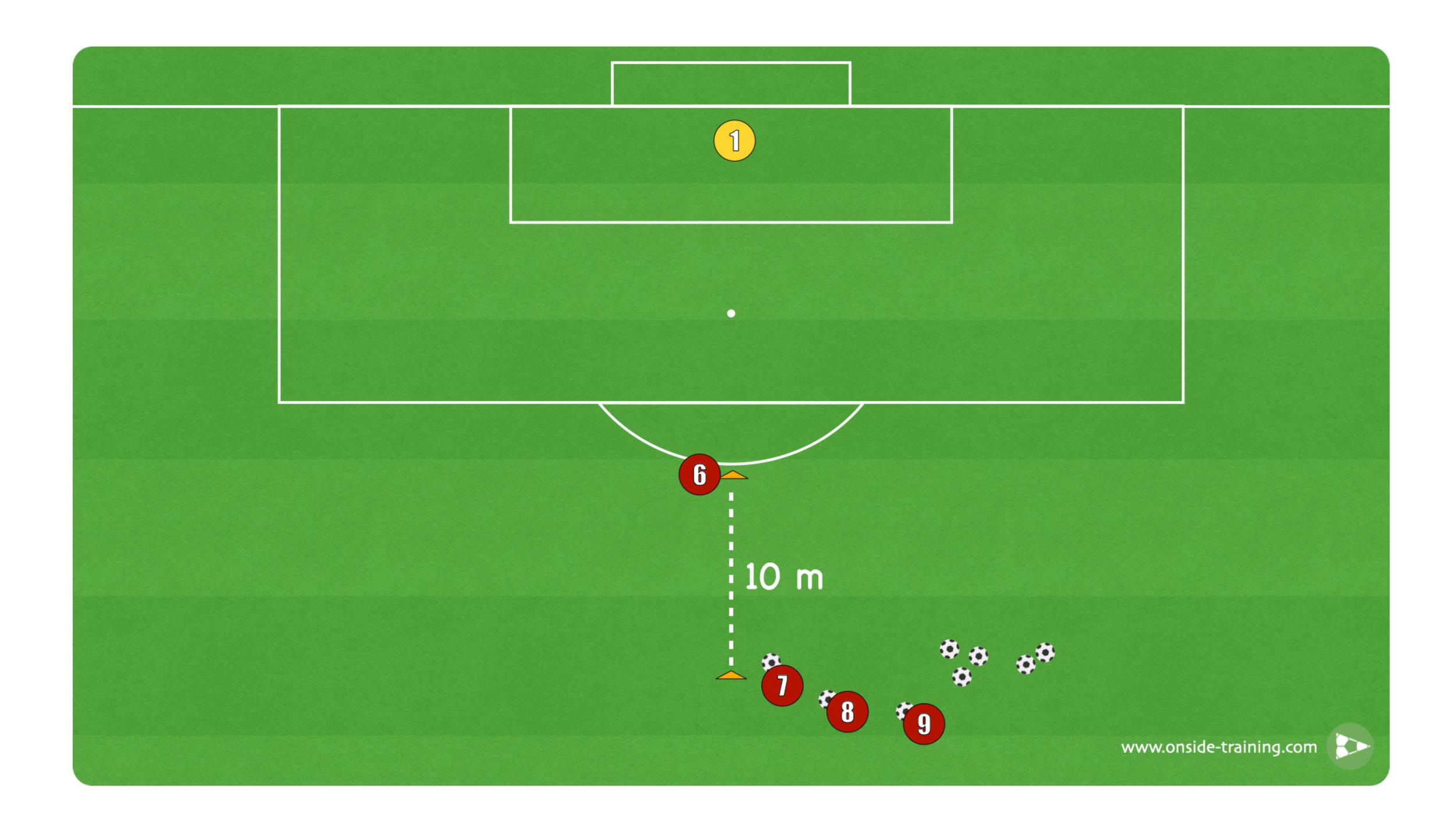
WARM-UP SHOOTING DRILL

Setup:

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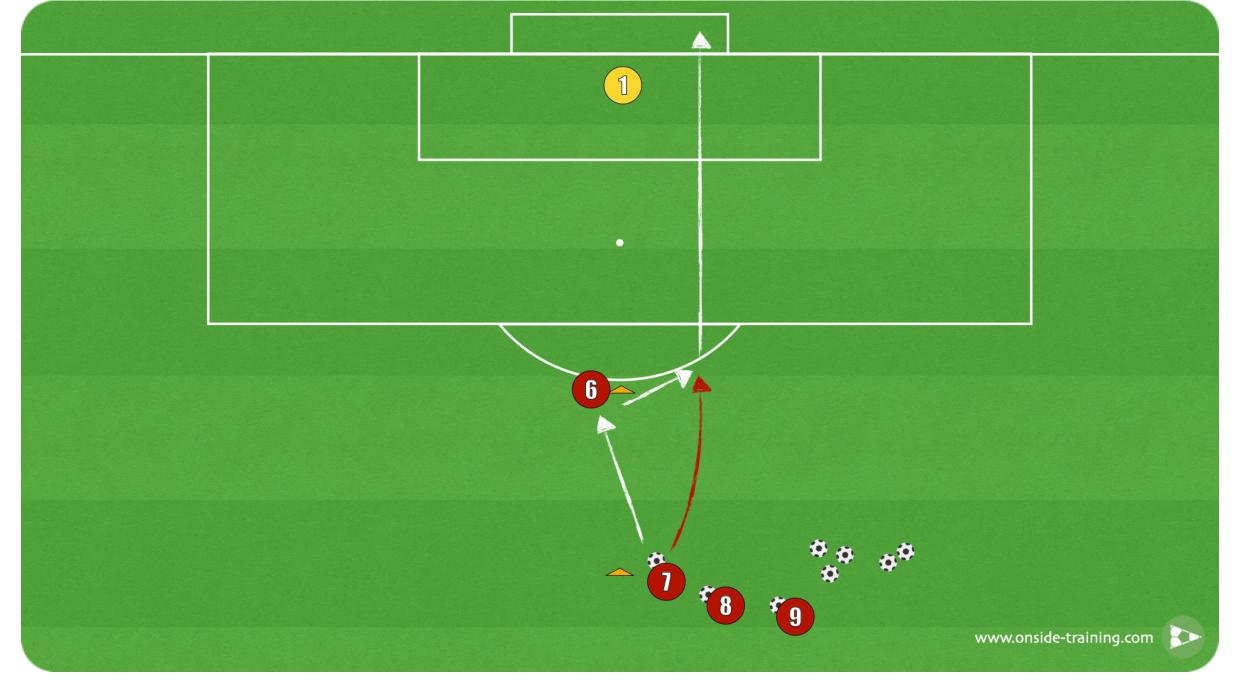
- Place two cones on the field, with the first cone a few meters outside the box and the second cone about 10 meters from the first one.
- Assign one player to the first cone, and have the remaining players form a line behind the second cone.
- Adjust the distance between cones based on players age and skill level.



Why Use This Drill?

This Warm-Up Shooting Drill provides a simple and effective way for players to familiarize themselves with shooting techniques. It's an excellent method to prepare your players for a match or more advanced shooting exercises. Many teams incorporate this drill just before a kick-off, especially for their strikers, ensuring they are well-prepared for the upcoming match.

WARM-UP SHOOTING DRILL

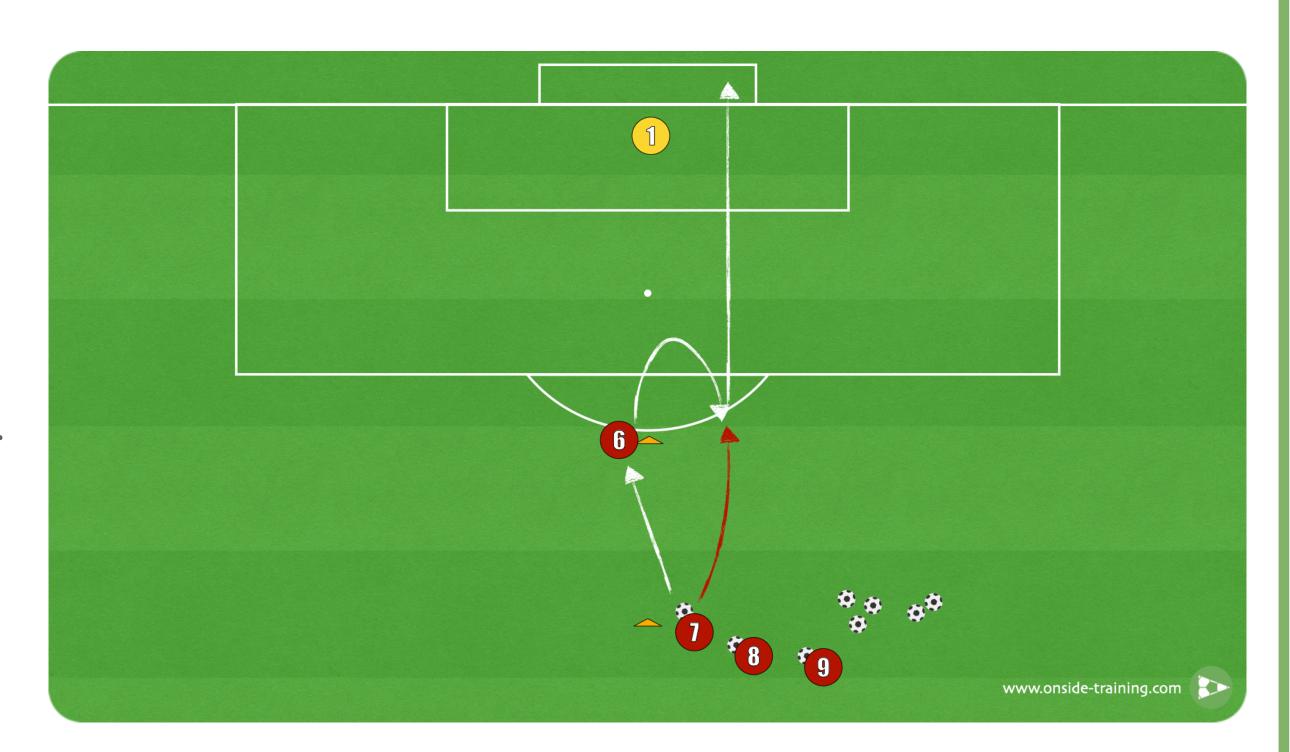


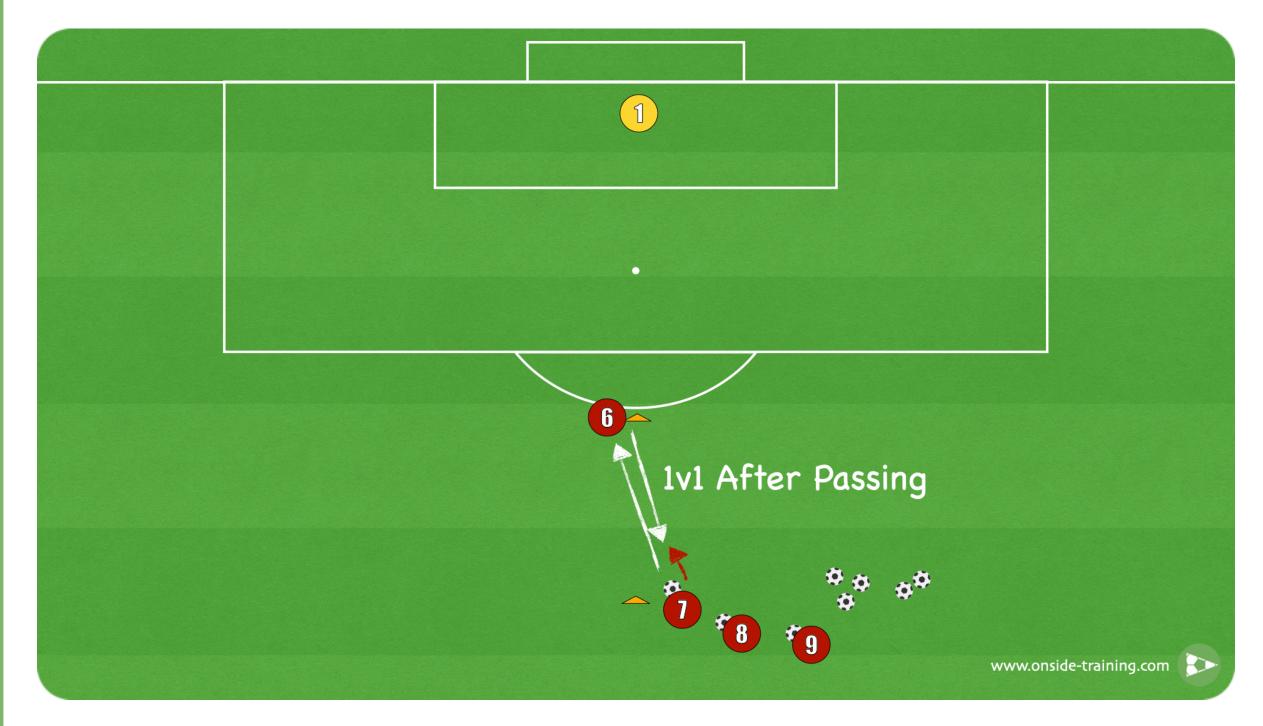
1. Variation:

In this version, the starting player passes the ball and executes a one-two pass with their teammate. Afterward, they go for the goal, taking a first-time shot or opting for a single touch before finishing.

2. Variation:

In this variation, the starting player delivers a pass to the other player. This time, the receiving player sends a chip pass return to the shooter. The challenge now is to nail a skillful volley shot. (If performing the chip pass seems challenging, the player can opt to hold the ball in their hands and execute a chip throw instead.)





3. Variation:

Here, the initiating player engages in a one-two pass with their partner. Subsequently, a 1v1 situation kicks off, with the starting player becoming the attacker and the teammate turning into a defender.

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