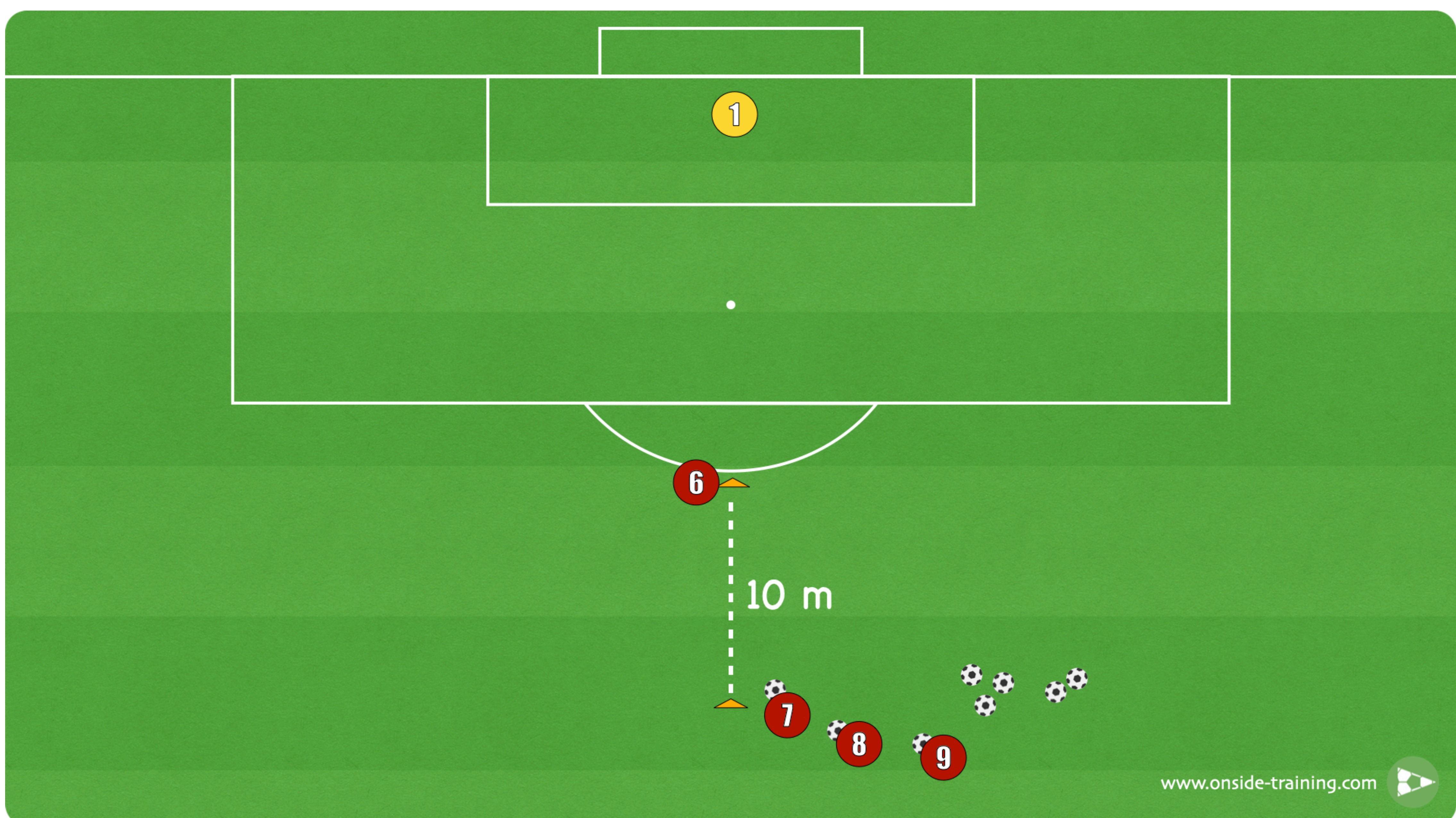


WARM-UP SHOOTING DRILL

www.onside-training.com

Setup:

- 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.



