

## THE SHOOTING COMPETITION DRILL



Players:  
+8



Time:  
25 min



Focus:  
Shooting



Age:  
U12+



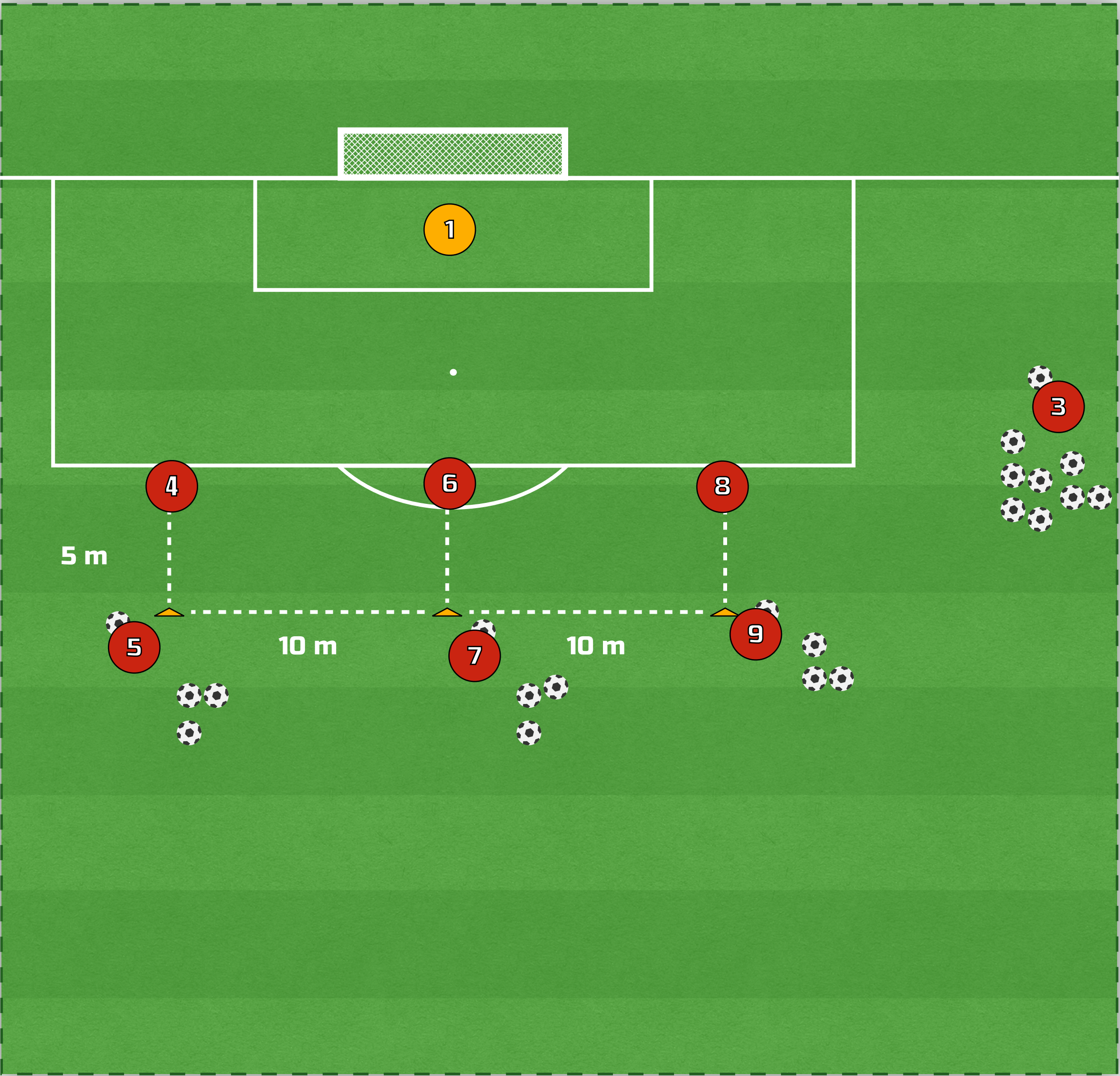
Intensity:  
6/10

### SETUP

- Place three cones roughly 5 meters outside the box with a 10-meter gap between each cone.
- Position at least two players at each cone, plus a goalkeeper and a wide crossing player with a supply of balls.
- Adjust the distances between cones based on the players' age and skill level.

### KEY POINTS

Three players compete to score the most goals in a fast, competitive shooting exercise. Each player plays a one-two with their teammate at the cone and strikes at goal from outside the box, scoring 1 point per goal. Once all three have shot, they attack the box for a cross from the wide player, with a goal from the delivery worth 1 or 2 extra points. Players then swap with their teammates and rotate through every cone. Play to 10-20 points and cross from both sides. The drill develops shooting from distance, combination play, and the timing of runs into the box.



# SHOOTING DRILL

