

PASS/SHOOTING TO CONE

Materials: Tall Cones and Spot Cones

Game Length: 10-15 minutes

Soccer Skill: Shooting Technique

This drill focuses on the form and technique of shooting. You position two kids to stand approx. 5-6 yards across from each other. They will have one ball between them. About 3 yards between each child you place 1 tall cone or 1 spot cone. Repeat this set up with the remaining players on the team as seen below. At your signal have them strike the ball towards the cone to try and knock the tall cone down or hit the spot cone. Focus on technique: toe down, ankle locked, using laces to strike the ball and coming from a slight angle rather than directly behind the ball. You may have to work with each child individually on form and technique. To challenge them more you can back the kids up or give them a point for every time they knock over a cone or hit the spot cone.

