



**Set Up:** Two teams of 3-5 players are set up on a small split field, with players lined up at the cones.

**Procedure:** On the Coach's signal, the first player in line sprints to midfield, picks up a ball, and then tries to finish on goal. As soon as he hits the shot, the next player in line can begin his run. After shooting, each player returns his ball to the pile. The first team to score three goals wins.

#### **Teaching Topics:**

- 1 Speed dribbling.
- 2 Ball preparation.
- 3 Finishing.

#### **Progressions:**

- 1 Perform specific dribbling / turning at each cone.

#### **Coaching Points:**

- 1 Dribble with the instep, sprinting in between touches.
- 2 The last dribble touch before shooting should create a better shooting angle.
- 3 As you come in, pick your head up and deal with the goalkeeper.