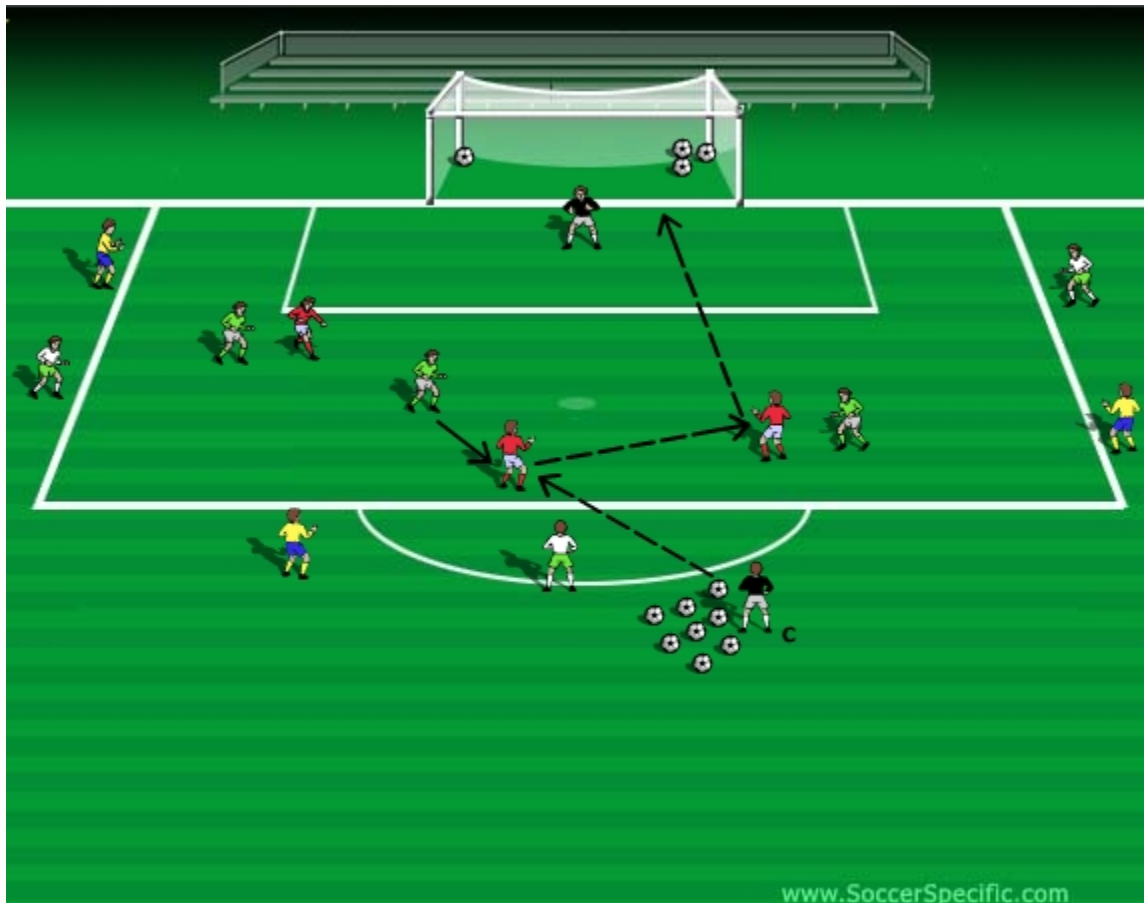


3v3 Shooting in the Box



Objective:

The coach starts the practice by serving the ball into the penalty area. Players play 3V3. First team to score stays on. Losers leave the grid and position themselves on the outside of the grid. New team comes into the box. Teams stay on as long as they keep winning. The team in possession can use the outside players as well. Players on the outside are limited to “one touch”. Keep track of the goals scored and make a competition amongst the players. First team to four consecutive wins is the champions.

Progression:

1. It must be a “one time” finish.
2. Outside players can score as well
3. A finish using the head is worth two.

Coaching Points:

- You must feel where the defender is applying pressure.
- Check at angles to receive the ball to allow a better shooting angle.
- Prep touch must take you towards the goal.
- Play the way you face if the defender is on you.
- Concentrate on transition from offense to defense and vice versa.