

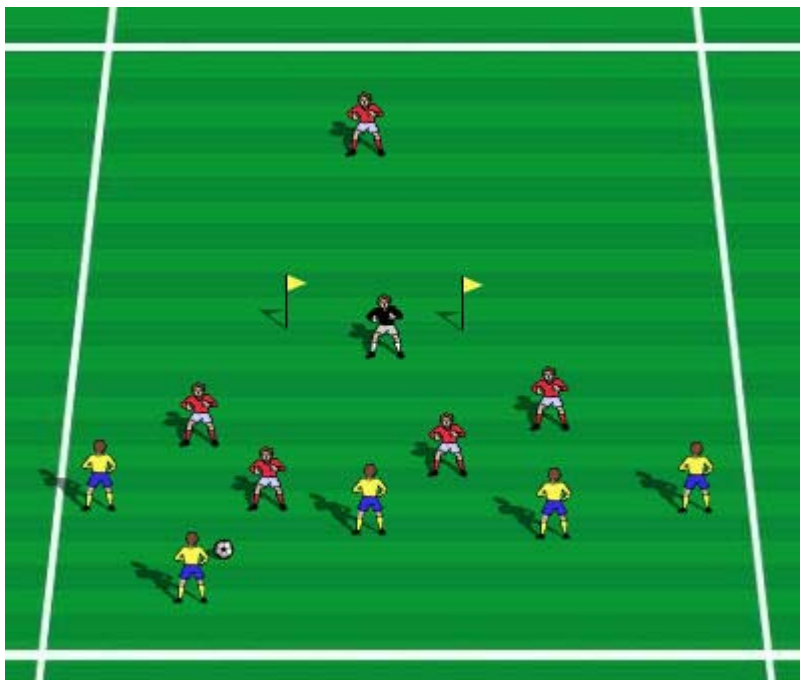
Quick Shooting Game

Here is an activity that works on quick transition and trying to get early shots

Divide the team into groups of 5. In a 60x30 yard playing grid, place 2 posts 8 yards apart midway. Have one goalkeeper take post in this goal.

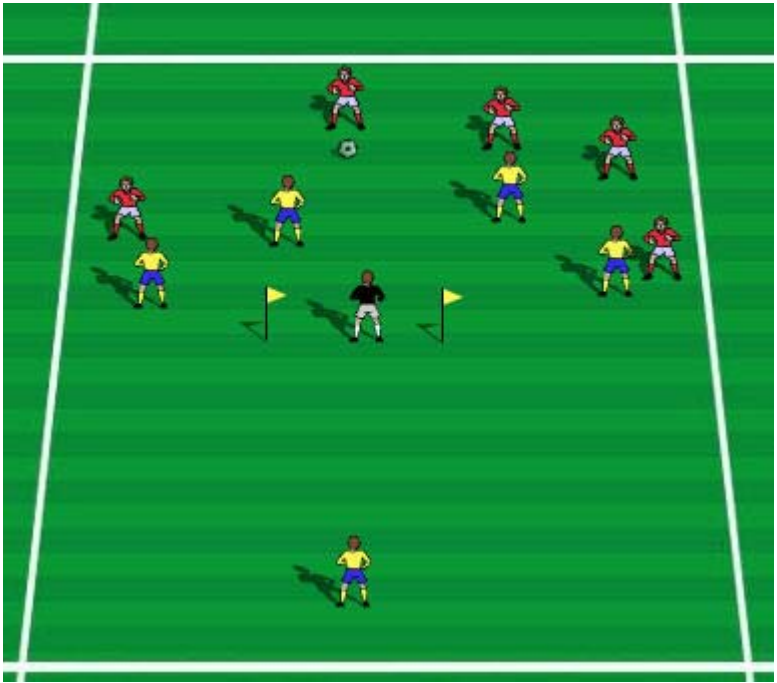
The first group of 5 positions themselves in one half of the field. Four members of the 2nd group stands with them, while the remaining one stands at the other half of the playing area.

See diagram below for basic set up



The players play a 5v4 game. The team with 5 players are the attackers and tries to score a goal, and the other 4 defends. When the ball enters the other half of the field, the players moves over to the other side, leaving one player from the team with 5 players behind. As soon as the ball enters the other half, the nearest defender must come out quickly to block the shot.

See diagram below to see how the players switch when the ball goes to the other side



The objective of this game is practice the team's abilities in creating and taking shooting opportunities. While there might be some build up and passing, the idea is to try to capitalize on early opportunities before the opposing team can set up to defend.