

Football

Fastest Shot In The West

Setup: Size of area and number of players can vary, 2 teams with a ball per player. The example shown consists of 10 players with a ball each in an area of 20 x 30 yards.

Aims and Objectives: To develop running with the ball, control and shooting. 2 teams stand behind starting cones, the first two players run with the ball criss crossing through cones to the other end of the area. Once the player has dribbled through the last set of cones they are able to shoot at goal, 1st player to score wins. Repeat until all players have run the course.

Variation: Put a keeper in goal.

Key Points: 1. Running with ball under control. 2. Head up close control. 3. When getting to cone accelerate out and on to the next.

