

Grade 4 to 8 Shooting Drills

Week 2:

<http://www.youtube.com/watch?v=GbVzMfIOy94>

Please practice this drill from both sides, meaning that the players use both their right and left foot.

<http://www.youtube.com/watch?v=NrST2ILM8Z0>

Please practice the first part of this drill during the first week and again make sure to do it from both sides.

Week 3:

Please repeat the Week 1 exercises and add the second part of the following drill:

<http://www.youtube.com/watch?v=NrST2ILM8Z0>

Week 4:

<http://www.youtube.com/watch?v=RRv7yp1LU9E>

You only need to use one goal for this drill, but again, make sure to have players use both left and right.

Week 5:

<http://www.youtube.com/watch?v=NrST2ILM8Z0>

By week 4, you should be able to do all 3 parts of this drill

Week 6-8:

<http://www.youtube.com/watch?v=RRv7yp1LU9E>

When you think the players are ready, feel free to add 1 defender to this drill. You can have 2 to 3 defenders fill in after every attack.

<http://www.youtube.com/watch?v=NrST2ILM8Z0>

Please view the videos closely to get the setup correct. Will be reviewed on coach training night.