



Drill Name: World Cup

Set up :

Use the penalty area and a regulation sized goal. The goalkeeper is in goal and all remaining players are inside the penalty area. The coach has a group of balls and stands on the side of the penalty box.

Instructions:

The coach serves balls into the box, sometimes more than 1 at a time and the players try to score. The last person to touch the ball before it goes in the net is credited for the goal. The first player to score three times is declared the winner. Start a new game and play again.

Progression:

1. First time finishes from the coach counts as 2 points.
2. Must score side netting.
3. Add another 18x44 yard grid with a regulation goal.

Coaching Points:

- Attack the ball.
- Get the shot off as quickly as possible.