



## MEN'S SHOOT AWAY DRILL

### DRILL SPECS:

**Drill Theme:** Shooting  
**Field Location:** Attack Zone  
**Time Needed:** 10 Min

**Drill Style:** Game  
**Field Position:** Offense, Defense, Midfield  
**Skill Level:** Intermediate

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### OBJECTIVE:

To work on shooting skills.

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### DRILL DESCRIPTION:

Play 3v2 with a goalie in cage. The offense works the ball around to create a clear shooting opportunity. Award two points for every goal scored using a bounce shot and one point for every goal scored with a different shot. Award the defense two points for gaining possession.

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### SKILLS PRACTICED:

- Shooting
  - Getting free to take the Shot
  - Clearing space offensively
  - Ball Movement
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### VARIATIONS:

You can play 3v1. Or have players shoot with their weak hand. Also you could subtract points from offense if they miss a goal.

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**DRILL DIAGRAM:**

