



# “Criss-Cross Shoot”

*East Central Soccer District Academy Curriculum*

**Curriculum Topic:** Shooting

**Primary Objective:** To build skill, accuracy and confidence in shooting on goal.

**Duration:** 10 minutes

**The Basics**



**Organization**

20yd x 15yd grid, w/ 1 large or 2 small goals at either endline.

Divide group into 2 teams and line them up to the side of opposite goals. The 1<sup>st</sup> player in each line starts as goalie, as pictured. Remaining players on each team each get a ball.

**Activity**

At the coach’s signal, the 1<sup>st</sup> player in each line simultaneously serves a ball to the 1<sup>st</sup> player on the opponent’s team. Each player checks to the ball, takes a touch or 2 to set up a shot, then takes the shot. Shooter follows shot in case there are rebounds. If none, he returns to his line. If the shooter scores, the goalie stays in goal for the next round. If the ball goes out of bounds or the shot is blocked, the next player in the goalie team’s line becomes the goalie, and the original goalie retrieves the ball and gets back into his team’s shooting line.

Quickly reset with the next shooters and continue.

Keep score, 1<sup>st</sup> team to 10 goals wins.

- Encourage players to try different shot heights, low and high. Control height of shot by having knee and head over/above the ball or back/behind the ball when shooting.
- Some players are in special need of developing their non-dominant foot; encourage or require shooting with non-dominant foot .
- Discourage excessive dribbling; 1-2 touches to set up the shot, then shoot.
- Encourage players to follow their shots to strike a 2<sup>nd</sup> shot in case there’s a rebound.

**Coach Pts**

None

**Mod**

None

**Prog**