

Box Shooting

Organization: Divide the players into two teams with the balls behind the goal. One team elects a Goalkeeper and the rest shag shots behind the goal. The other team lines up behind a box near the penalty mark.

Structure: Coach stands on the right post and serves balls into a 10X10 yard box.

Procedures: The shooters can only take two touches to prepare the ball and shoot on goal from inside the box. It only counts if it goes in the goal from the box with only two touches. One team shoots for three minutes then the two teams switch.



