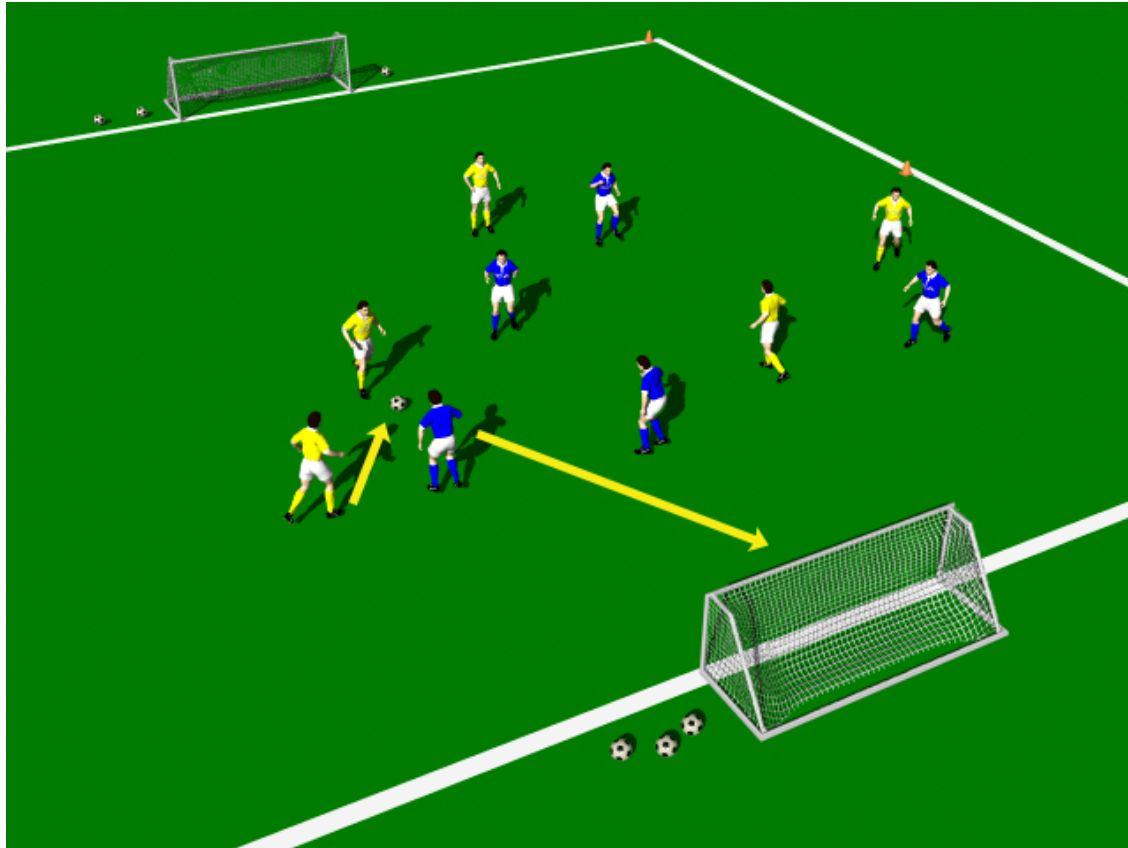


## Arsenal “One Touch” Shooting Game



### **Objectives:**

This is a great shooting game to improve quick shooting mentality.

### **Coaching Points:**

Divide your players into two teams. Play on an area approximately 20 yards by 30 yards. Use 2 goals.

The practice starts with the coach serving the ball onto the field. The team in possession must try to score a goal using a “one touch” shot. First team to score three goals win.

Challenge players to press the ball when defending to make it challenging for the attacking player to shoot using one touch.

### **Field Preparation**

- ☆ Entire team.
- ☆ Area 10 by 10 yards
- ☆ Supply of Balls and Cones