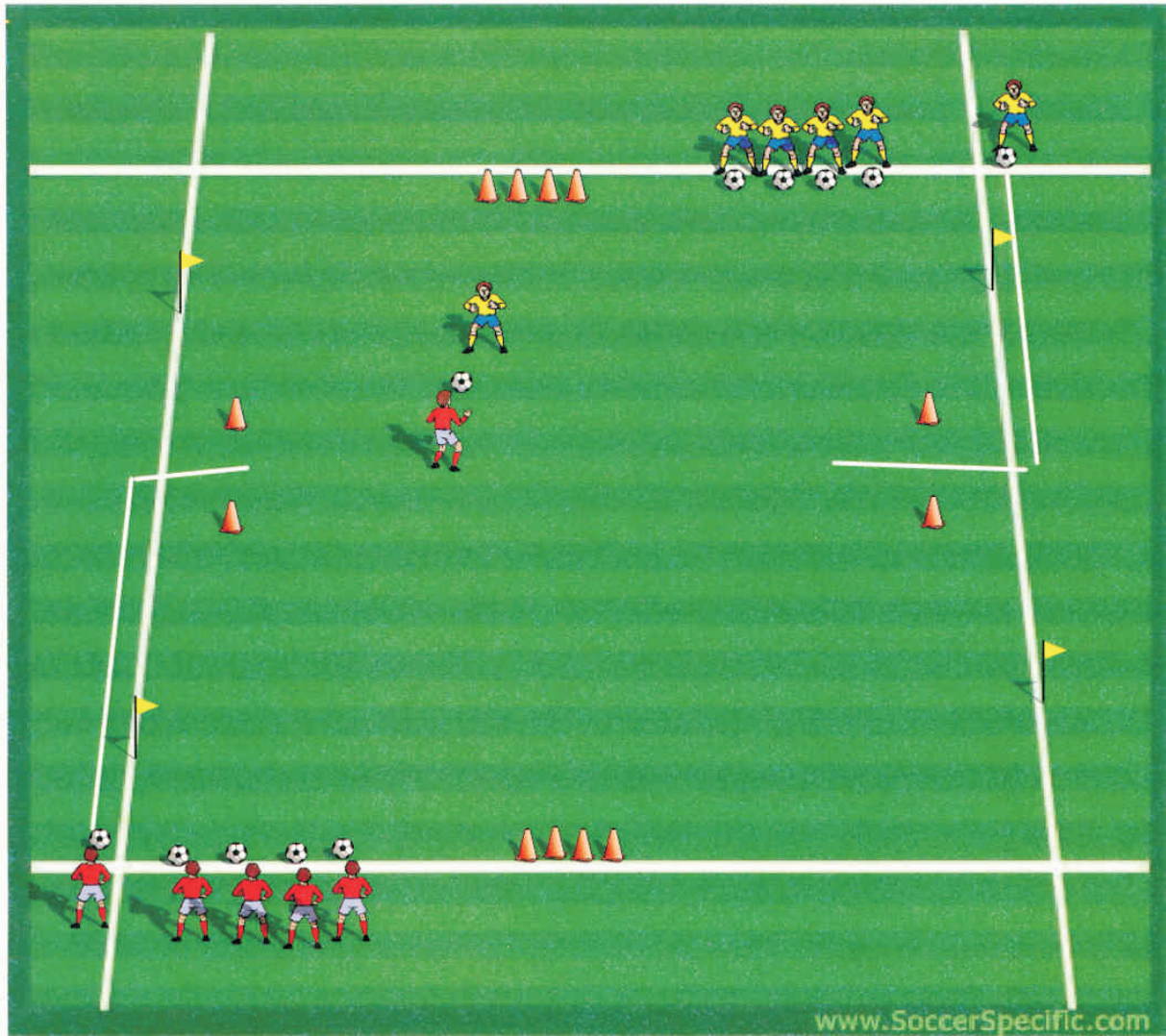


MLS Shoot Out



Purpose: Working on speed and accuracy and moving to the goal

Organization

1. Two teams of six should be set out in opposite corners of the grid and placed in different colors
2. Players should be given a number between 1-5
3. When a coach calls out a number, the numbered player must dribble around the side as shown in the diagram and enter the field of play through the side
4. The first player to enter the field of play will get to use their soccer ball, while the other player discards their ball and becomes the defender
5. The two players then compete to score a goal by knocking down the opponent's discs

Coaching Points

1. Strike the ball with the laces
2. Focus on accuracy rather than power
3. Shoot at the earliest opportunity