



## V-O-T-E Shooting Drill

**Category:** Technical: Goal Scoring  
**Difficulty:** Foundation Phase

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Individual-Adult Member

### V-O-T-E

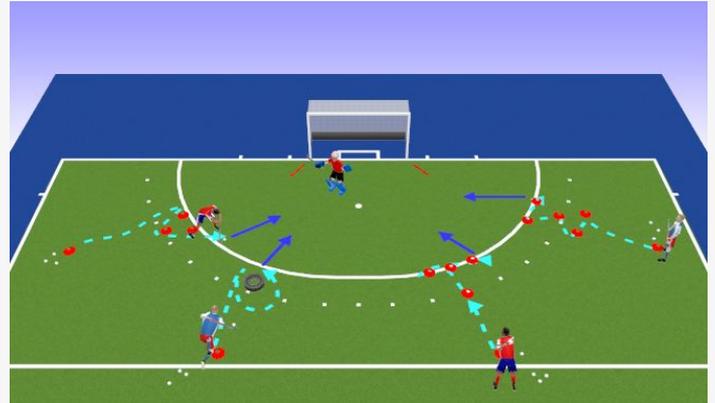
**Objective:** Integrate technical carrying skills with a shooting drill while adhering to COVID-19 physical-distancing requirements.

**Drill:**

1. The first field player carries the ball to an obstacle, executes a v-pull and shoots, aiming for the far post where a rebound board is positioned to mimic a deflector.
2. The second field player carries the ball to a tire obstacle, executes a spin and shoots at the top of the circle.
3. The third field player dribbles to the obstacle and executes an inside-outside pull, then shoots at the top of the circle.
4. The fourth field player dribbles to the obstacle, pulling left-right, left-right, then shoots, aiming for the far post where a rebound board is positioned.

After shooting, players rotate to the next station.

Goalkeepers stay in for a full round before rotating out.



**Skill Emphasis:**

- Shooting
- Dribbling skills — v-pulls, spins, inside-outside pulls
- Long-range saves
- Spatial awareness — goalkeepers must be aware of how the rebound boards extend the cage

**Recommended:**

Encourage your players to challenge themselves in the obstacles, going with speed, having vision, or adding a lift.

Discuss the importance of having field players touch the ball toward their target before shooting for optimal power and accuracy.

Have a line of one or two field players behind each cone, and — if possible — a second goalkeeper for rotations.

Modify the drill by adding an actual deflector on the far post, adding a second ball, or allowing players to play out rebounds.

**Have a plan to vote, talk to your players about the importance of voting, and celebrate your players who exercised their right to vote.**

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*Election Day in the United States is November 3, 2020!*