



V-O-T-E Shooting Drill

Category: Technical: Goal Scoring
Difficulty: Foundation Phase

Kirstin Gebhart, Brockport, United States of America
Individual-Adult Member

V-O-T-E

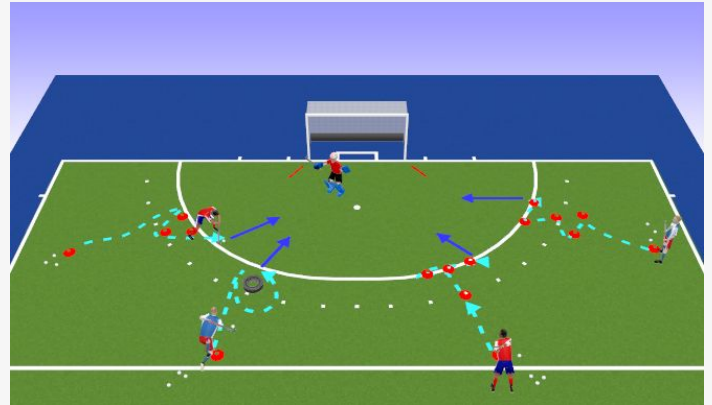
Objective: Integrate technical carrying skills with a shooting drill while adhering to COVID-19 physical-distancing requirements.

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.

The NFHCA Drill of the Week is sponsored by FieldTurf®.

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