

20 seconds possession to score

Start with a shooting warm up and move into the game following that.

Play this simple warm up

Players should run with the ball then play a simple pass to you or an assistant who returns the ball for the player to hit a first-time shot at the goal. This is simple build up play with passing and receiving skills ending in a shot at goal.

Then turn it into a game

Now you can progress your session with a 3v3 small-sided game in an area 40 yards by 30 yards. Each team has to make three passes before they shoot at goal but they only have 20 seconds to do so.

If the opposition team wins the ball then its 20 seconds start straight away and they have to make at least three passes before they can take a shot.

The time you give your players will vary depending on age and ability. An U16s team for example should be given a 10-second or less time limit and U14s a 15-second time limit.

The idea is to encourage movement, passing and shooting.

Pass, control, shoot

①



Players must show accurate passing, good control of the return ball and a first time shot at the goal.

②



Play a game of 3v3 where players use the skills they have worked on.

③



When the ball is won the team has 20 seconds to score.

direction of run  pass  shot 