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AYSO Schoolyard 5U - Shoot

Written by American Youth Soccer Organization

Set Up



10 mins



5 players



7 balls



3 bibs



10 cones



30x30 area

Set Up

Create a 30 x 30 yard square and smaller inner 15 x 15 yard square. Four small goals central on each touchline of the outer square.

How the game is played

Two teams, each player with a number dribbling inside the inner square. When Coach calls a number, the player from each team dribbles out the inner square and shoots on any goal. Only the first player to score gets a point for their team.

Make it more challenging:

1. Limit players to only use l foot, R foot, outside of R or L, or use inside of both feet.
2. Call multiple numbers.
3. Mark line a few yards from goals so players must kick before that line.

