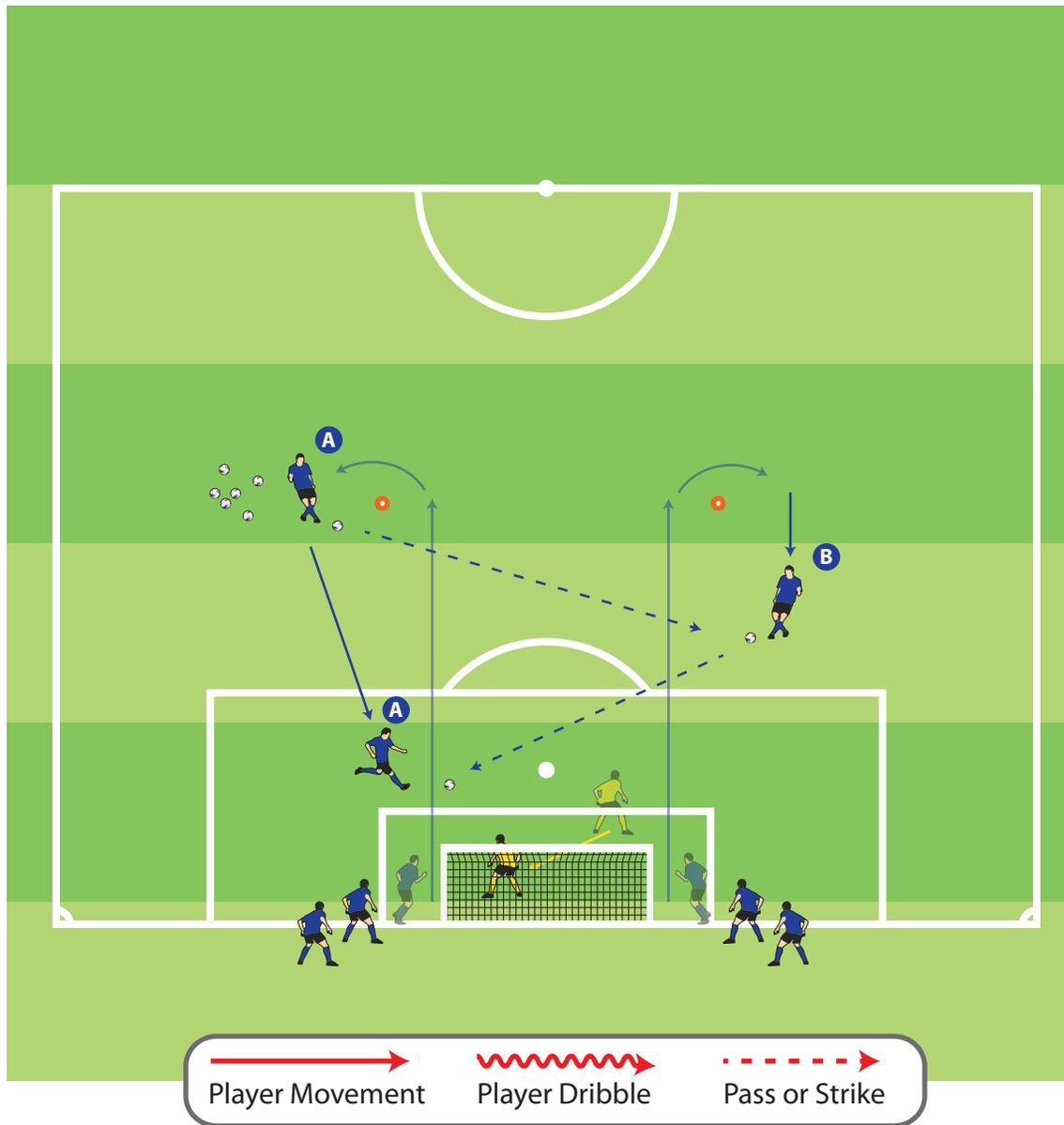


# Unopposed Speed, Passing & Shooting : Exercise 1



## Setup

1 Goal and goal keeper. Players lineup beside each goal post on both ends of the playing area. Several balls should be placed in a pile outside of the left or right top cone. Two players start the sequence by sprinting from the goal line up and around the two cones placed above the penalty area.

## Sequence

- 2 players sprint from the goal line and around the cones at full speed.
- Player A takes a ball (from the pile) and passes to player B.
- Player B receives the ball and then passes back to player A.
- Player A takes a shot and both players hunt for the rebound.

## Variations

- Players take turns switching sides, move the ball pile to the other side
- Use a small goal without a goal keeper, add a defender
- Have a coach play goalie and deflect the ball for a rebound

## Make it a Game

- Establish teams of 2, first team to score 3 goals wins
- Use a stopwatch, who can score in the least amount of time.

## Coaching Points

- Players should be running at full game speed.
- Whenever possible (controllable) use 1 touch passing and shooting.
- Should you shoot near or far post, on the ground or up high