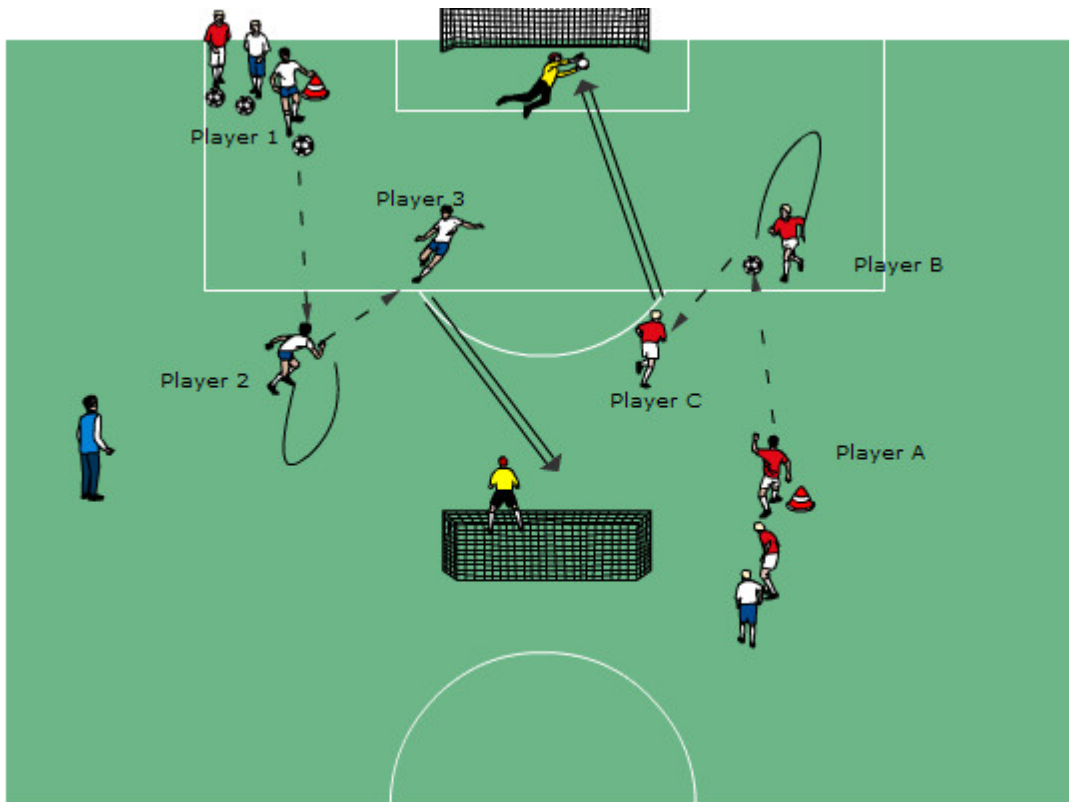


Bobby Clark Shooting Circuit



Set-up: (as pictured) Double penalty box.

The Exercise:

Player 2 “checks away” and comes back for the ball.

Player 1 passes the ball into the “checking” player (2).

Player 2 drops the ball at an angle “not square” to player 3.

Player 3 takes a touch out of his feet and shoots the ball.

All players now move up one spot, 1 becomes the checking player, 2 the shooter, 3 moves to the end of the opposite line.

Note: The same action is taking place in the opposite direction with A, B, C.

Focus: Coach should make sure all movements are done properly.

- Good “Check Away”
- Crisp passes
- Good 1st touch to prepare the shot
- Shoot toward the far post
- Keep shots on the net

After 10 minutes, move the lines to the opposite side of the goal. This will force players to train with both feet.