

LA Galaxy Shooting Circuit:



The Set-up: (as pictured) one goal, several balls, and six discs to mark out the players starting positions. The circuit works best if you have 12 to 14 players.

The Exercise: Player A passes the ball to Player B and moves forward to support. B drops the ball into the path of oncoming A and spins away. A passes the ball to C. C drops the ball at an angle for the oncoming B. C should now spin away and head to goal. B shoots the ball with C positioned for any rebound.

Rotation: C collects the ball and runs (around the outside of the circuit) back to the red line. B now takes up the position that was initially occupied C, A takes up B's former position. **The White line should begin the same movement once the red player has shot the ball.**

Coach can make it competitive by playing for 5 minutes and asking the both teams to count how many goals they've scored. Hand out a fun punishment for the losing team.

Variation:

The Exercise: Player A dribbles the ball toward Player B as if they were to perform a "take-over", but instead passes the ball directly to C. B should immediately move to support C once A plays the ball forward. C drops the ball at an angle (inside) for the oncoming B. C should now spin away and head to goal. B shoots the ball with C positioned for any rebound.

Rotation: C collects the ball and runs (around the outside of the circuit) back to the red line. B now takes up the position that was initially occupied C, A takes up B's former position. **The White line should begin the same movement once the red player has shot the ball.**