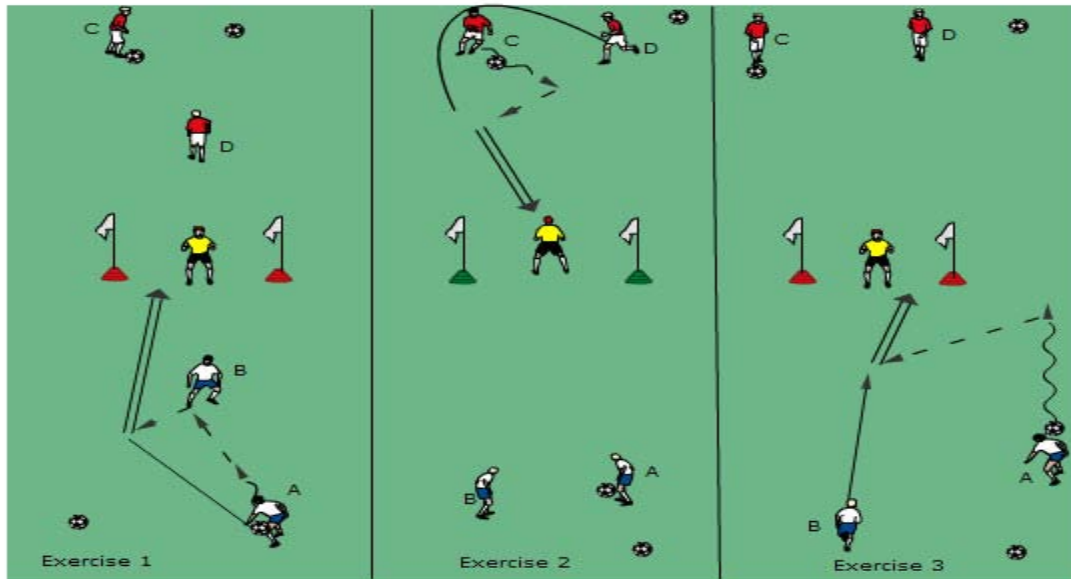


Shooting Rotation



The Set-up: Groups of Five. Create a 40 x 20 yard field with a goal (marked out with discs or flags) in the middle of the area. One player serves as the goalkeeper, 2 players on each side of the goal. 4 balls per group.

Exercise 1: Player A begins by dribbling toward B, A makes a quick pass and moves to support. B drops the ball into the path of the oncoming A. A shoots the ball. Once the shot has been taken the goalie should turn and the same movement will occur from C&D (pictured in Red). Repeat, but now B would assume the role of A.

Focus:

- All movements should be carried out at speed.
- Crisp wall pass
- Keeping shots on target

Exercise 2: Player C dribbles slightly inward, this will open up space for D to attack. D makes a fast “overlapping” run behind C. C now plays the ball into the path of D. D shoots the ball. Once the shot has been taken the goalie should turn and the same movement will occur from A&B (pictured in White). Repeat, but now D would assume the role of C.

Focus:

- All movements should be carried out at speed.
- Proper Over-lapping run
- Keeping shots on target

Exercise 3: Player A dribbles at speed toward the end-line. As A gets close to the line, he/she should drop the ball slightly back at an angle toward the oncoming B. B who had trailed the play should try to “finish” with one touch. Once the shot has been taken the goalie should turn and the same movement will occur from C&D (pictured in Red). Repeat, but now B would assume the role of A.

Focus:

- All movements should be carried out at speed.
- Running with the ball & passing on the move
- Finishing with one touch