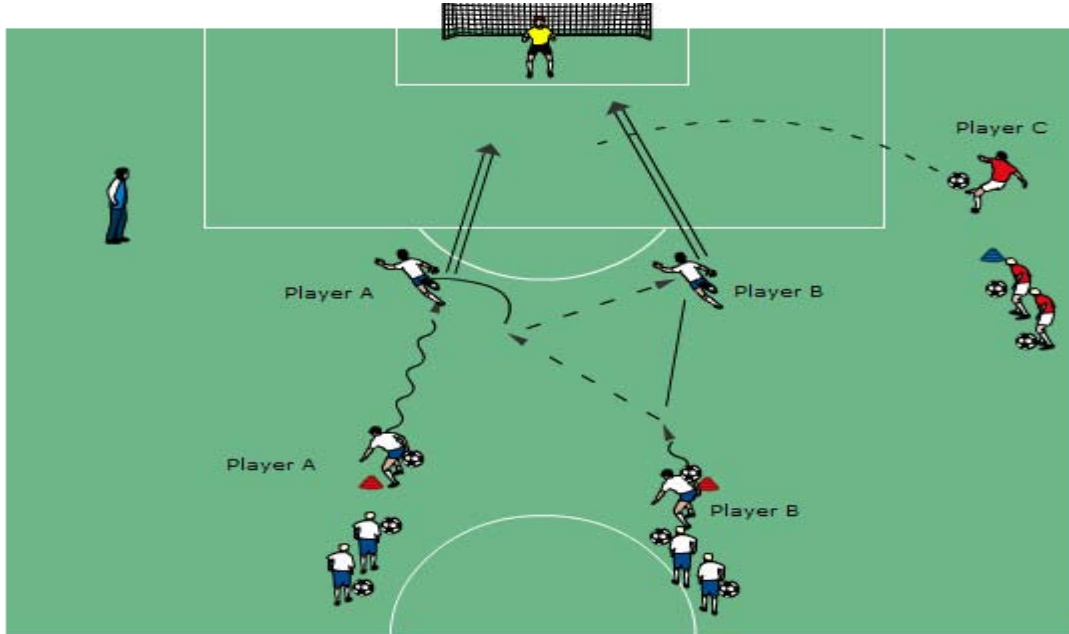


## Shooting-Service Circuit



**Set-up:** half-field, goal, several balls, a few discs.

### **The Exercise:**

- Player A “runs with the ball” (dribbling at speed), Player A shoots the ball as he approaches the penalty box. Once Player A shoots the ball, he moves back toward player B.
- Player B now dribbles and passes the ball to Player A.
- Player A passes the ball (one-two) into the path of player B.
- Player B shoots the ball.
- Player A and Player B now crisscross positions (not pictured) to receive a cross from Player C. Player C should allow for A and B to change positions before delivering the cross.

### **Focus:**

- Dribbling at speed
- Shooting
- Precise Passing
- Quality Crossing

### **Variation:**

1. Add a defender in the penalty area to apply various levels of pressure.
2. Change the location of the crossing line to the left side.

**Rotation:** *Coach should rotate the lines every 3 or 4 minutes.*