

Turn And Shoot

Emphasis: Finishing, technical turning, quick release



Set-up:

Place two goals 36 yards apart and put a goalkeeper in each goal. Divide your players in half and put them on the side of the two grids. Place plenty of extra balls at the cones as well.

Objective:

The first player in each line plays the ball into the receiver. The receiver turns quickly with the ball towards the goal and shoots it on target. The first person in line becomes the receiver and receives a pass from the new first player in line. The shooter returns to the end of the line. After a certain amount of repetitions, switch the goals the lines are shooting on.

Progression:

1. The passer plays it in, gets it back, and plays it in again.
2. The first person in line applies pressure to the shooter from behind.

Coaching Points:

- First touch must be out from underneath the body.
- Get the shot off quickly.
- Accuracy, not power.