



Drill Name: 4 Goal Pass & Shoot

Set up :

4 Goal Pass, Control, & Shoot 1

Instructions:

Player 1 in each group passes to Player 2. Player 2 controls the ball with a touch across the face of the cone & runs around the other side of the cone to shoot at goal. Passer become the shooter. Repeats as soon as Player 1 gets the shot off. Progress & work the left side.

Coaching Points:

Pace/Weight/Accuracy of pass, 1st touch control, Eye on ball/Head down, Part of foot & ball, Follow through