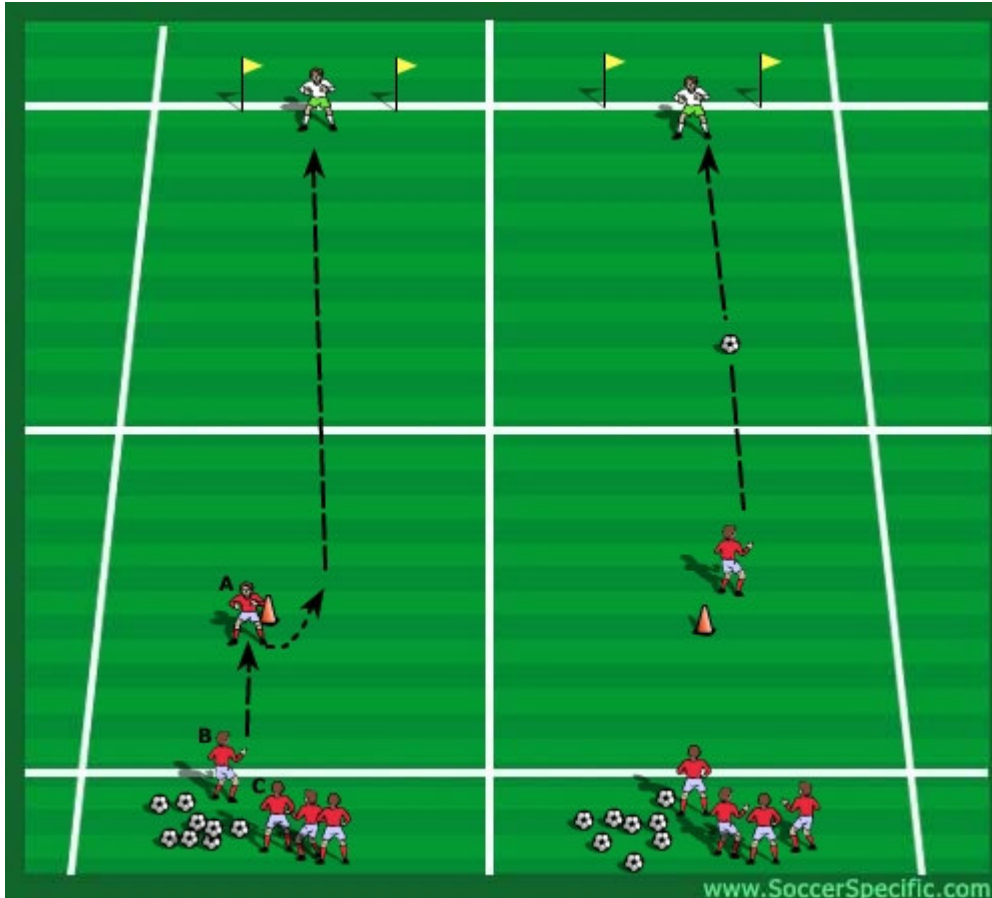


## Spin and Shoot

**Emphasis:** Turning quickly to shoot on goal.



**Set-up:**

10 x 20 yard grid. Five players plus a goalkeeper per grid. Flags are used to create a goal at one end of the grid. Players are positioned at the opposite end of the grid as shown. A cone is placed 4 yards from the group of players. A supply of balls is placed next to the players.

**Objective:**

Player (A) begins at the cone as shown. The cone acts as a stationary defender. Player (A) receives a pass from (B). Player (A) must spin around the cone with one touch and shoot on the next touch. Player (B) jogs to the cone to receive a pass from (C) to repeat the sequence. Player (A) joins the back of the line. Play is continuous for a designated period of time. Rotate the goalkeeper often to avoid fatigue.

**Progression:**

1. Players must use a different surface of the foot to turn each time – inside, outside etc.

**Coaching Points:**

- Strike the ball with the laces.
- Strike through the ball – land on the kicking foot.
- Spin around the cone quickly.
- Accuracy before power.
- Non-kicking foot must be in line with the target.