

Working in Pairs

Emphasis: Combining with a teammate to create a shooting opportunity.



Set-up:

10 x 25 yard grid. Four players per grid with one ball. Flags are used to create a goal at each end of the grid. Players work in pairs and are positioned at opposite ends of the grid as shown. Cones are placed to create a 5x10 yard area on both sides of the grid. Repeat set up to accommodate the entire team.

Objective:

Players (A) and (B) pass the ball around inside the coned area. After completing 3-4 passes one of the players must run to the 5-yard line to receive a pass from his partner. In the above diagram player (B) runs to the line. Player (A) passes the ball to (B). Player (B) must lay the ball off to (A) with one touch for a shot on the opponents' goal. The sequence is repeated by the team (yellow) at the opposite end of the grid. Players may use their hands to save shots. Players must score as many goals as possible in a designated period of time.

Progression:

1. All passing must be one touch.
2. All shots on goal must be one touch – no preparation touch.

Coaching Points:

- Strike the ball with the laces.
- Strike through the ball – land on the kicking foot.
- Passing must be sharp and accurate.
- The lay off must be at a slight angle.
- Accuracy before power on all shots.