

Pass and Shoot Progression

- 1 SETUP**
- Set up two goals with goalkeepers 30 yards apart.
 - Mark another small goal (ten yards wide) in front of each of these goals.
 - A row of cones divides the space between the two small goals.
 - Divide players evenly into two groups; each group stands at the right of one of the small goals.



- TIMING PASSES AND SHOTS 1**
- The first player in each group dribbles at high speed toward the small goal opposite, then shoots at the goal with goalkeeper when they reach the small goal line.
 - After shooting, players join the other group.
 - Which player can score the most goals?

- CORRECTIONS**
- Players should always try to aim at a corner of the goal.
 - Before shooting, look up from the ball one last time.

- 2 SETUP**
- Setup is the same as Exercise 1.



- TIMING PASSES AND SHOTS 2**
- The first player in each group kicks a medium-hard pass toward the small goal opposite, then moves immediately to receive the other player's ball.
 - Then both dribble toward the other goal line and shoot from there at the goal with goalkeeper as in Exercise 1.

- TRAINING TIPS**
- Passes should always be straight. Diagonal passes through the line of cones are not allowed.
 - This exercise teaches proper pass timing as well as passing into a teammate's moving path.

- 3 SETUP**
- Setup is the same as Exercise 1.



- TIMING PASSES AND SHOTS 3**
- The first player in each group kicks a medium-hard pass toward the small goal opposite, then starts after the ball at top speed.
 - Players have to shoot on the second touch, before reaching the goal line.

- TRAINING TIPS**
- Another variation: The first players kick simultaneous square passes, run immediately to each other's balls and shoot off one touch.
 - Focus on good shooting technique.