

Pass & Shoot

This drill improves players passing and shooting.

Equipment:

Balls and Goal

Setup:

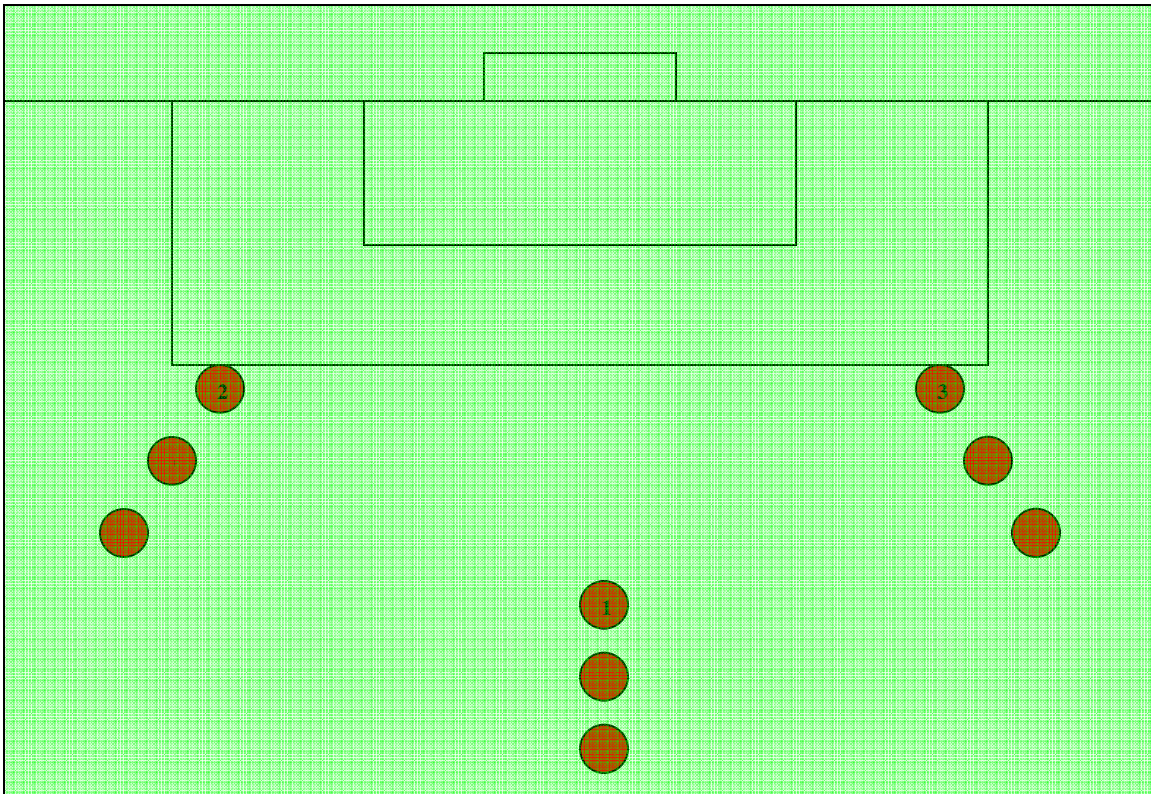
Divide players into three groups. The groups should be set a distance (depending on field size) from the goal. The first group of players is placed to the right of the goal, the second set to the left and the final set in center. The center group starts with the balls.

Executing drill:

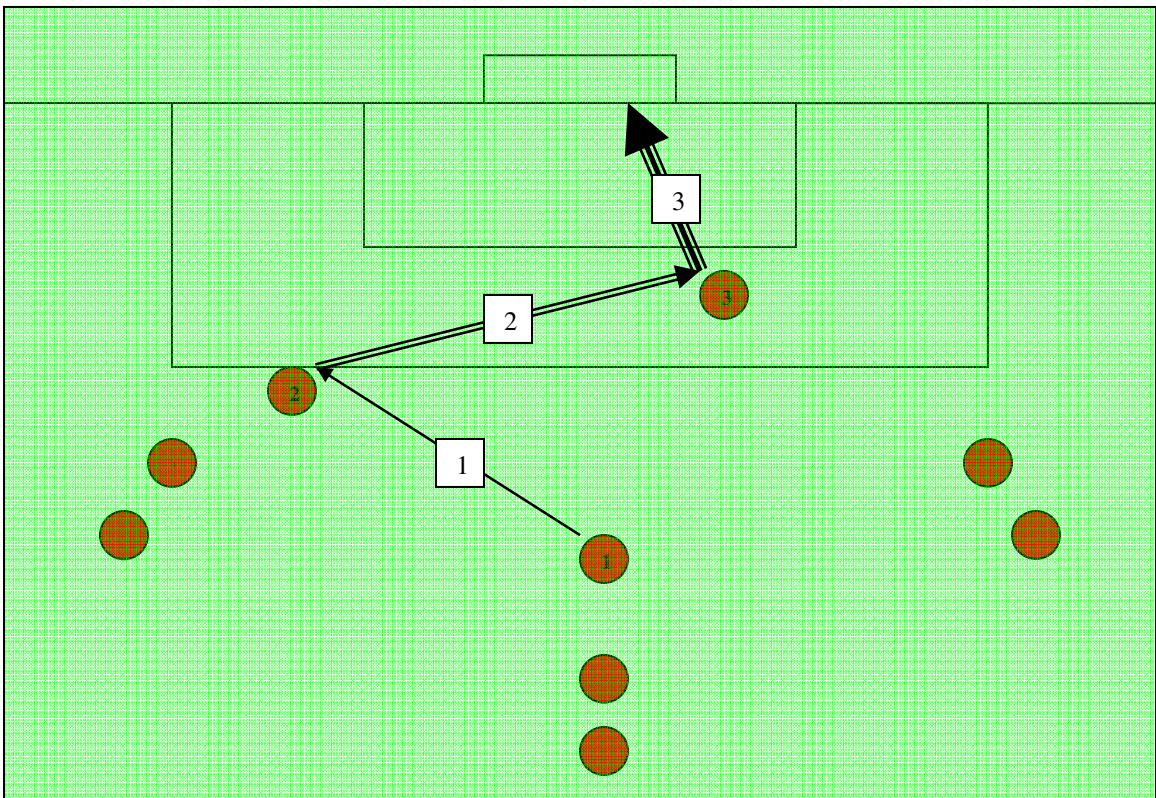
The first player in the center group passes the ball to the first player in the left group who directly passes the ball to the first player in the right group. The player in the right group should shoot at the goal directly by using the instep or the inside of his foot. All the 3 players should rotate clockwise.

Variants:

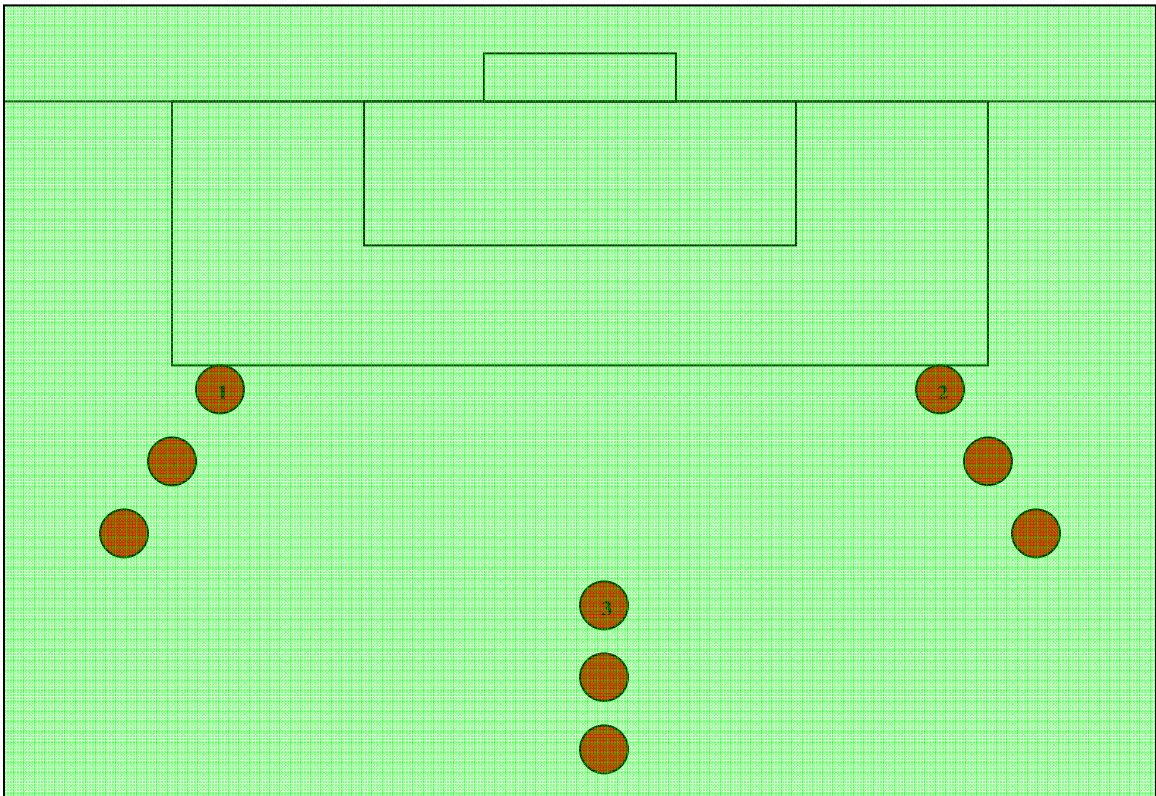
A variant is to let the player in the middle act as defender after he plays the ball to the left file. You may also restrict your players to pass and shoot with the weaker foot.



Drill Setup



The first player passed the ball to player two who directly passes it to player three. Player three need to shoot immediately by using the instep or inside of his foot.



The three players rotate clockwise and three new players' starts over with the drill.

Summary

In order to benefit maximum from this drill your players will need to have a solid tempo on the ball. You may restrict the players to use one touch on the ball but if they fail to do so, you should increase the amount of touches to two or three. Make also sure that players understand the drill properly before you launch it.