

## Exchange Turn And Shoot

**Emphasis:** Shot stopping



**Set-up:**  
Place two goals 36 yards apart. Put a goalkeeper in each goal. Divide your players in half and put them on the side of the two goals. Place plenty of extra balls next to the goals.

### **Objective:**

The first player in each line dribbles towards the goal. Just before the attackers reach the midway point, they lay the ball off for the other player. The attacker must then perform a shot fake, turn, and shoot on the goal they came from. After the shot has been taken, the players go to the back of the goal they just shot on. On the coach's shout, the next two players repeat the same sequence.

### **Progression:**

1. Switch the sides of the dribblers.
2. Must shoot with the weaker foot.

### **Coaching Points:**

- Stay with the angle, if the ball travels to a wider angle make sure the goalkeeper keeps moving laterally to close down the angle.
- Get set for the shot.
- No rebounds!