

Exchange, Turn, And Shoot

Emphasis: Technical finishing, turning, dribbling at speed



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 as well.

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 person. 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:

- Use the inside of the foot and the outside of the foot turns.
- Shooters must have a quick release.
- Accuracy, not power!