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Procedure:

The Feeder begins the drill with a pass out from the end line to Player A. Player A opens up with his first touch and passes square to Player B. Player B passes across to Player C, who sets the ball back for Player A to finish. After the shot, Player A goes to Player B's line and Player C goes to Player D's line. The drill then re-starts from the other side, with the other Feeder passing to Player B.

Coaching Points:

- 1 First Touch – Open your hips up as you receive and direct your first touch at the target.
- 2 Shooting Angle – Curve your run to the ball so that you can approach at a 45-degree angle.
- 3 Speed of Approach – Take small steps to the ball so that you can adjust to the back pass.

Progressions/Regressions:

Progression 1 – Player B follows his pass in, giving Player C two shooters to pass to.