

**Procedure:**

Player A begins the drill with a run from the goal post into the center, turning right at the mannequins. The Feeder sets the ball back from the end line for Player A to finish. After shooting, Player A replaces the player who fed him the pass, and the Feeder moves over to the shooting line (D). The drill continues in a counter-clockwise direction, with players starting the next run as soon as the shot is taken (or earlier, at the coach's discretion). After 5-10 minutes, the drill changes direction.

Coaching Points:

- 1 Once you are past the mannequins, slow down your run in order to adjust to the pass.
- 2 Just make solid contact as opposed to overpowering the ball.
- 3 Approach the ball from a forty-five degree angle rather than coming straight on.

Progressions/Regressions:

Progression 1 – Work on breakaway finishing and go 1 v 1 with the goalkeeper.