



Procedure:

Player A begins the drill by making a supporting run towards Player B or Player C. In the diagram, Player A chooses Player B to combine with for a finish on goal. At the same time, Player C finishes on the other side of the field, and then moves into the center to begin the next attack. After making their plays on the first goal, Players A and B run towards the far goal to finish passes from any one of the three Feeders.

Coaching Points:

- 1 Make a curved run to the ball in order to create a better shooting angle.
- 2 When finishing a set back pass, slow down your approach so that you can adjust to the pass.
- 3 Use the dribble to get the goalkeeper moving, and then shoot before he can set his feet.

Progressions/Regressions:

Progression 1 – Add a defender on the far end and play 1 v 1 to goal.