

Procedure:

Player A begins the drill with a pass up to F1. F1 can shoot on either goal (he chooses Player B in the diagram), and Player A runs the agility course towards Player B's goal. Player B makes the first save and distributes the ball out to F2. F2 then shoots on the other goal and Player C. The goalkeepers then rotate, with Player C running the agility course back to the start, Player B moving over to the other goal, and Player A taking his place in the open goal. Player D then begins the next sequence.

Coaching Points:

- 1 First Touch Open up as you receive, create the best angle and distance for striking the ball.
- 2 Ball Striking Hit a driven ball with backspin so that the receiver can make a good first touch.
- 3 Vision Look up and spot the target before you drive the ball. Narrow your focus.

Progressions/Regressions:

Progression 1 – F1 and F2 play in combination before shooting on goal.