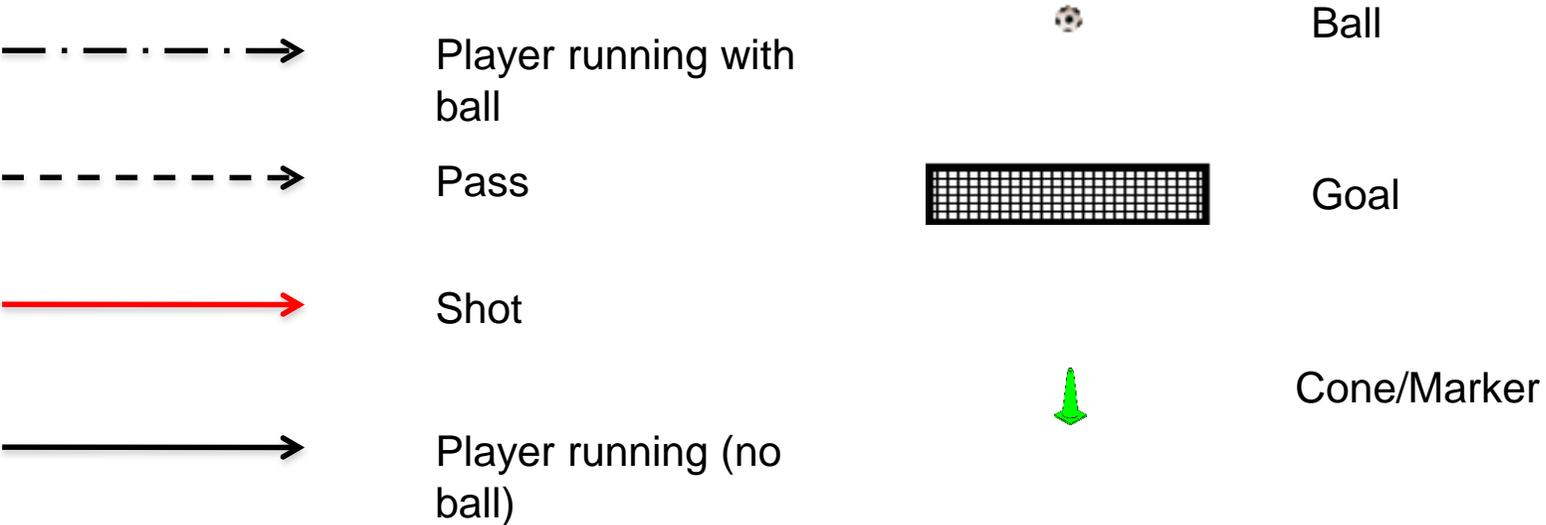




Diagram Key:



Ajax Basic Shooting 1

Category: Passing/Ball Circulation, Ball Striking/Shooting

Practice Segment:

- Technical
- **Skills:**
- Passing and Receiving
- Ball Striking/Shooting

Players: Full Team

Time: 20 min

Ajax Shooting 1:

- 2x2-3 sets of cones spaced from just inside midfield to top of penalty area (12-15 yards between cones)
- 1-2 players at each marker, extra players and balls at starting point (closest cone to midfield)

Sequence:

1. Player at “A” will check for ball to one side or the other and will seek to receive ball on the “half-turn”
2. Player at “B” will play a ball to “A’s” goal-side (front) foot and will move into the space on the opposite side of the marker to receive the ball back from “A”
3. As “B” receives the return pass, the target player at “C” must time his movement into the space in front of “B’s” hips and opposite the side to which “A” has moved. “C” must organize his body to face the space that is available for “A” to move into.
4. “B” plays to “C’s” front foot while “A” sprints into the space “C” is facing.
5. “C” knocks the ball down or “sets” it like in volleyball for “A” to run on and shoot.

Rotation:

“B” goes to “C.” “C” goes to “A.” “A” goes to the start point on the other side. Sides alternate.

Foci:

The players will not be used to making their own decisions and will need to be helped through the process. It is important that they are moving and facing the right direction when receiving and that the players reading their movement go into space that the player on the ball’s hips are facing. ***This activity is all about looking at a teammate’s movement and understanding where to move based on what you see. The players will almost definitely struggle with this at first.***

