



Diagram Key:



Player running with ball



Pass



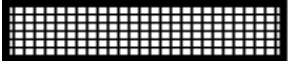
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

## **Passing Sequence to Shot (9-8-2-7)**

**Category:** Passing/Ball Circulation, Shooting/Ball Striking

### **Practice Segment:**

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

**Players:** Full Team

**Time:** 20 min

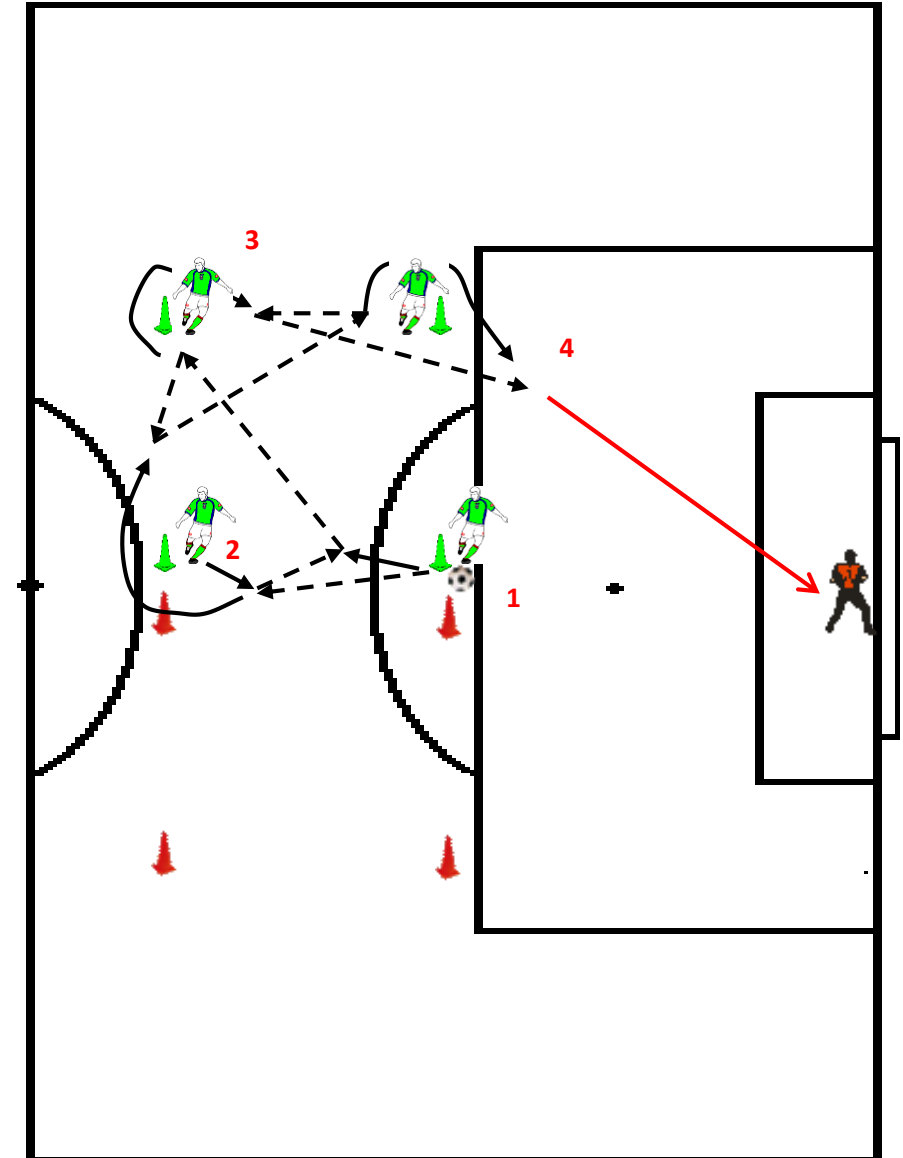
### ***Passing Sequence to Goal:***

#### **Set Up:**

- 2 boxes approximately 20x20 yds as pictured
- Balls are at the cone closest to center and the goal
- 2-3 players at each cone
- If there are enough players for 2 at each corner of each box, boxes alternate turns

#### **Action:**

- Player 2 moves away from the cone and receives a pass from player 1. After controlling, player 2 passes back to player 1 and makes a bent run around the outside of the cone at the corner of the box.
- Player 1 receives from player 2 and plays to player 3 at the next corner.
- Player 3 controls and sets the ball back for player 2.
- Player 3 makes a bent run around the outside of the corner of the box.
- Player 2 receives from player 3 and plays in to player 4.
- Player 4 knocks the ball down for player 3 and makes a bent run around the outside of the cone marking the starting point.
- Player 3 plays a penetrating pass to player 4 (pass is to the inside of the cone) while player 4 tries to meet the pass without going offside (cones closest to goal are the offside line).
- Player 4 finishes.
- Rotation follows the passing sequence.



## ***Passing Sequence to Goal (cont):***

### **Points of Emphasis:**

#### *Passing:*

- Technical quality and pace of passes
- Quality of first touch
- Hip angle when receiving and passing
- Precision and pace of passes to set up next pass
- Quality of the last pass: Last pass must be weighted to get past the defenders and reach the space in front of the runner without slowing the runner down or traveling past the runner to the keeper or out of bounds

#### *Movement:*

- Move before you receive
- After “knocking down” ball to player you’ve received from, move quickly in a bent shape around the outside and time arrival for next knock down
- Shooter must face the box when shaping run and must “leave late” and move explosively to cross the offside line just as the ball is played in

#### *Finishing:*

- Do not slow down while receiving
- Measure first touch to ensure the shot is taken quickly
- Concentrate on technique and hit the target
- Drive ball to near post with laces; bend it to far post

