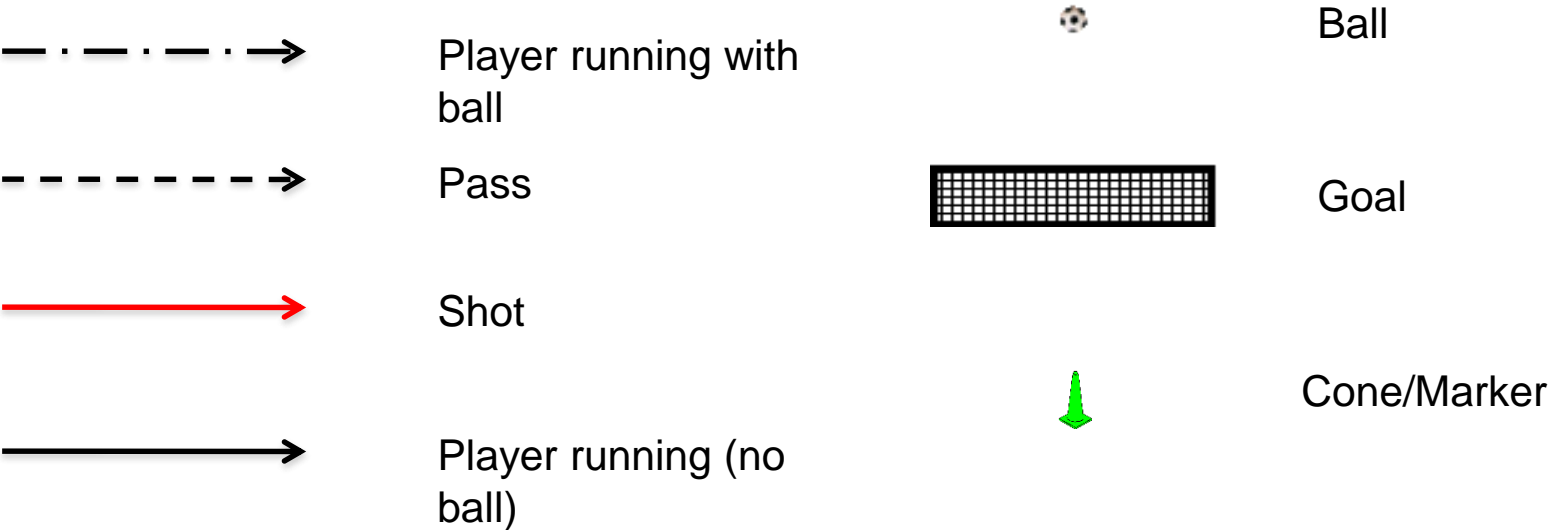




Diagram Key:



Goal Line Ball Circulation for Shot 1

Category: Passing/Ball Circulation, Shooting/Ball Striking

Practice Segment:

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

Players: Full Team

Time: 20 min

Goal Line Ball Circulation to Goal:

- Markers set as shown
 - 1-2 players per marker depending on number available
 - Balls at each start point
-
- Player at “A” moves off of marker to show for ball from start and receives, turning on inside of right foot toward the player at “B”
 - As “A” turns, “B” “twitches” and shows for ball on the half turn, facing “C” and “A.”
 - “A” plays to “B’s” front foot and says “Turn.”
 - As “B” receives, “C” moves toward goal from marker, calling for ball. “B” plays “C’s” front foot.
 - “C” controls ball and shoots at goal.
-
- Sequence is duplicated from opposite side; sides alternate.
 - Players follow ball to rotate; shooter goes to start point on opposite side.
-
- Focal Points:**
- Timing of movements without ball
 - Weight and accuracy of pass
 - Awareness of “cues” and where to play ball based on cues of player receiving.
 - Technical quality of first touch at shooting technique with both feet.

