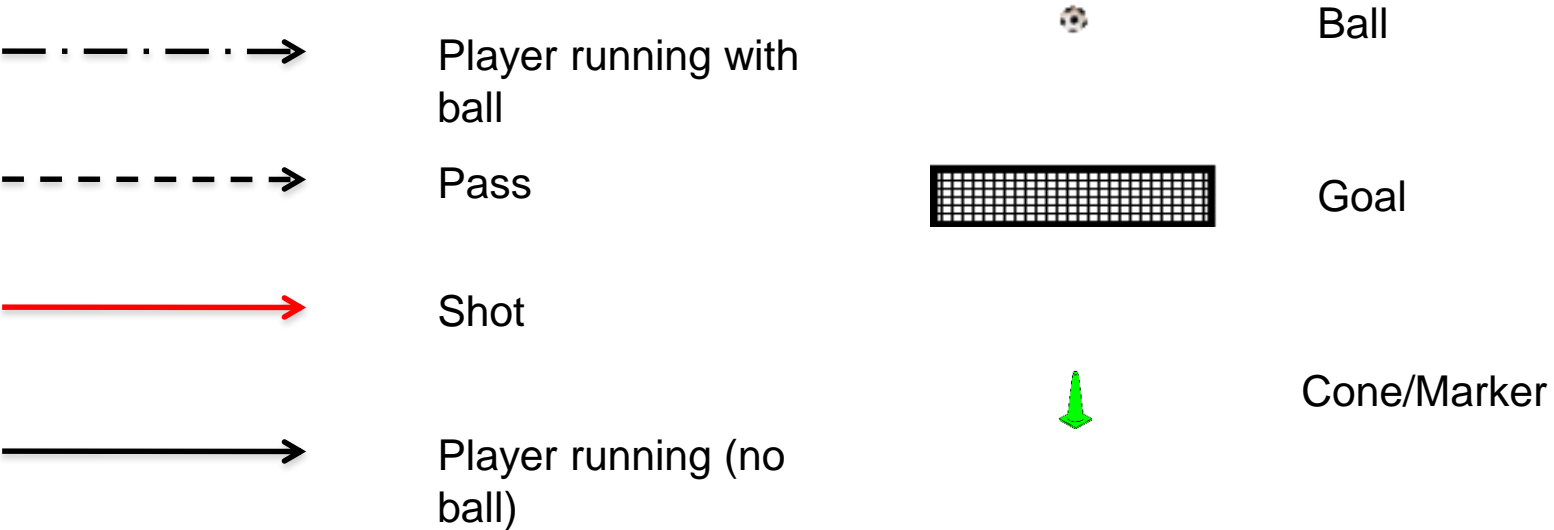




Diagram Key:



## **SLB Turn and Shoot**

**Category:** Dribbling/1v1, Ball Striking/Shooting

### **Practice Segment:**

- Technical Repetition-No Pressure
- **Skills:**
- Dribbling/Footskills
- Shooting/Ball Striking

**Players:** Full Team

**Time:** 15-20 min

### SLB Turn and Shoot:

- 2 goals 40 yds apart
- 3 markers are placed 2-3 yards apart between the 2 goals; center marker is halfway between goals
- Outside markers positioned as in diagram about 10 yds from corresponding cone in center
- Goalkeepers in goal (optional)
- All players have balls and are split between opposite sides of center and opposite corners (1).

- Players from center dribble at center cone and turn to their right for a right footed shot.
- As soon as shot is saved, players from opposite corners dribble at the end cones and turn right for a shot.
- 2<sup>nd</sup> phase: center players turn left; end players go to position 2 and turn left for left-footed shot

### Focal points:

- Moves must be “clean” and quick
- Correct ball striking with both feet.

