



ACTION:

On coach's signal, player plays a 'weighted' pass to himself. He/she then sprints around the cone and tries to shoot at goal before the ball stops rolling. Player collects the ball and rejoins the line.
Next player goes as soon as previous player has had his/her shot at goal.

TIPS:

Players should concentrate on the 'weight' of the pass.
Shoot with the top of the foot for maximum power.

NOTES:



FINISHING

SET UP:

- One gate set to the side of the goal.
- Single cone approx 10yd from gate as shown.
- One group of up to seven players.
- Goalkeeper
- Each player with a ball