



Passing and shooting



Date:	23/Aug/2016	Measurement:	Select Pitch Area
Time:	N/A:N/A	Players:	3
Duration:	N/A	Level:	U8 - 18+

Objective: Quality of the pass into the box. Type and quality of the shooting.

Two teams. How many goals can one team score in 2 minutes. The next team tries to beat that score. Ball must **Description:**

be passed from outside into a 10x10yard box. Once the player inside the box has had a shot he goes to the back

of the line, the passer then sprints into the box & becomes the shooter.

Coaching Points: Work on ensuring the pass into the box is controllable. The first touch of the shooter has to be good in order to set

up the shot. Different types of shooting ensuring the shot is on target.

Progression: 1,Different types of pass into the box- on the floor, in the air, wrong foot.

2.Limit the shooter to 2 or 3 touches in the box. 3. 1 touch shot gets more points.4 Change the angles of where the

pass comes from into the box.5 Have 2 players inside the box to combine.

