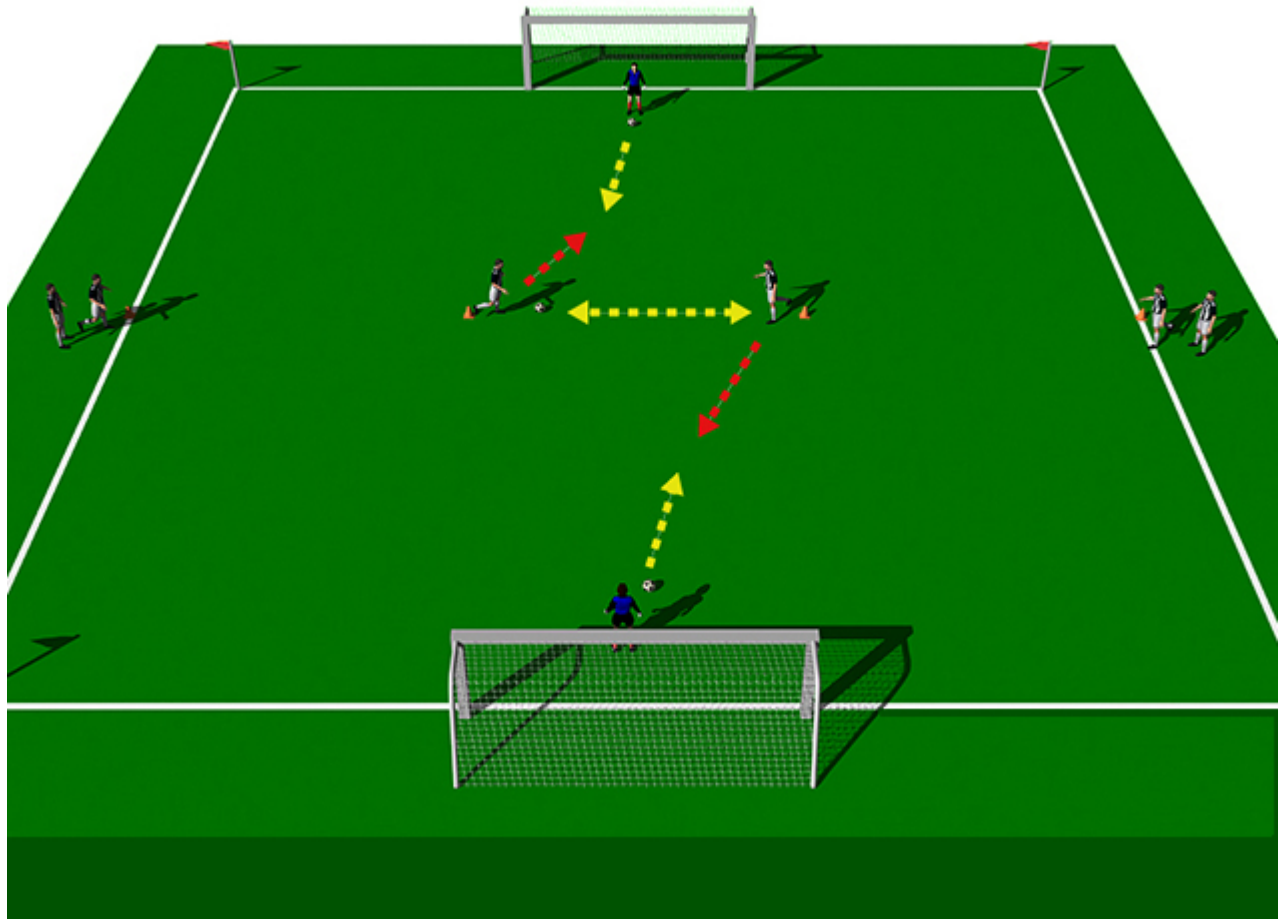


## Exchange Ball and Shoot Drill



### Exercise Objectives:

This is a fun shooting exercise designed to develop “quick reactions” when going to goal. Players love this drill.

### Coaching Pointers:

Divide your players into two groups and position as in the diagram above. Two players from opposite sides play “one touch” passes to each other between the 2 middle cones. When the coach shouts “**Left**” or “**Right**” the players leave the ball and quickly react to receive a pass from the goalkeeper to finish “first time” on goal. The first player to score is the winner!

### Field Preparation:

- Playing area approximately 20 yards by 30 yards.
- Balls, cones, bibs, full size goals.