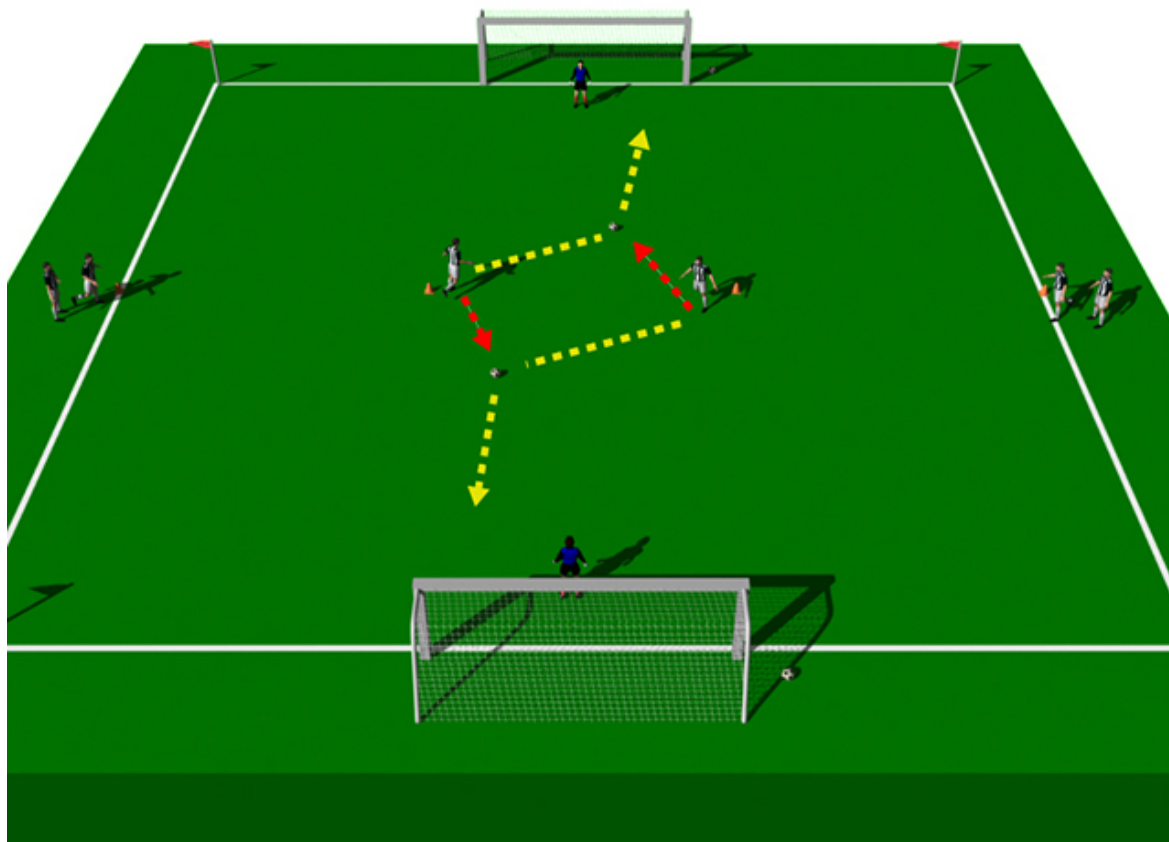


Through Ball Shooting Drill



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. On the coach’s “**whistle**” the players pass their ball into space and then “spin to receive the other players pass to attack the goal and try to score. The first player to score is the winner!

Field Preparation:

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