



Dimensions: 30 x 30, two goals at opposite ends. Place a cone a few feet from the right goal post at either side; this will be a start line. Split the players into even lines by either start line. The circuit will run anti clockwise. Approximately half way between each start line and the goal place a line of cones.

How to: One player from each line must dribble a ball towards the cones in the middle before moving quickly around them and taking a shot on goal. The players then collect their ball and move to the back of the other line, the next players in line start again.

NOTE: Two things are being tested. The line of cones represents a defenders range of motion. Players should aim to approach the cones head on before creating the space around the cones quickly and taking the shot on goal. The two cones on the other side make a 2 yard gate running laterally. Players should approach the cones before cutting in/out through the cones and taking the shot on goal.

Coaching Points: Encourage creativity  
 Strikers/Forwards don't have to be the fastest players on the field, just able to create the space for an opportunity and take the chances when they are available. Follow in on your shot/stay alert for rebounds.

Notes:

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