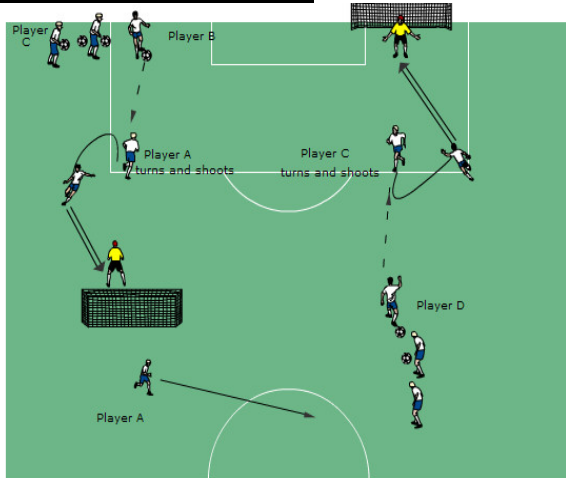


2 Goal Shooting Circuit

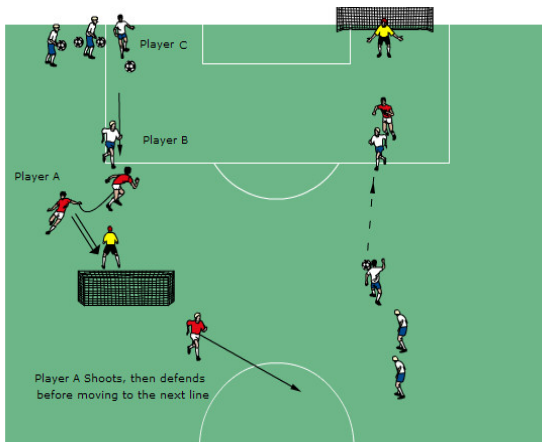
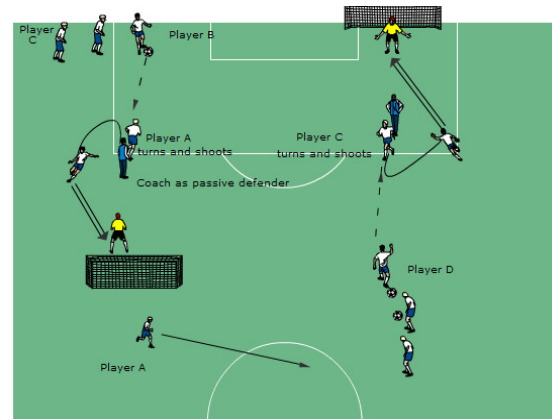


Set-up: (as pictured). Place goals on a diagonal. One goal should be on the end-line facing the field, the other about 36 yards from the end-line facing the end-line.

The Exercise: Players A and C stand about 18 yards from their respective lines. Players B and D pass the ball into A and C, A and C turn quickly and shoot. Player's A and C should collect their ball and join the opposite line. Once B and D pass the ball they should run into the middle to take the original place of A and C. B and D should call for the ball from the next players in line; receive it, turn quickly and shoot.

Progress to

The Exercise: Same as the original exercise, but now the coach serves as a passive defender. Encourage the shooter to "Check away" and make contact with the coach prior to calling for the ball, moving to meet the pass, turning and shooting.



Final Progression (pictured left)

The Exercise: The exact same rotation as the original exercise, but now after Player A shoots the ball; he defends Player B as he comes to the middle before moving to the opposite line. The coach has options, he can ask the defender to be passive, pressure 75%, or apply full pressure.

This is a great exercise in that it offers repetition in several areas

- Entry passes into the striker
- Checking away

- Turning with the ball
- Finishing!

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

Striking the Ball in 3's

Ray Reid Shooting Rotation

Progress to:

Bobby Clark Shooting Circuit

US National Team Finishing Game