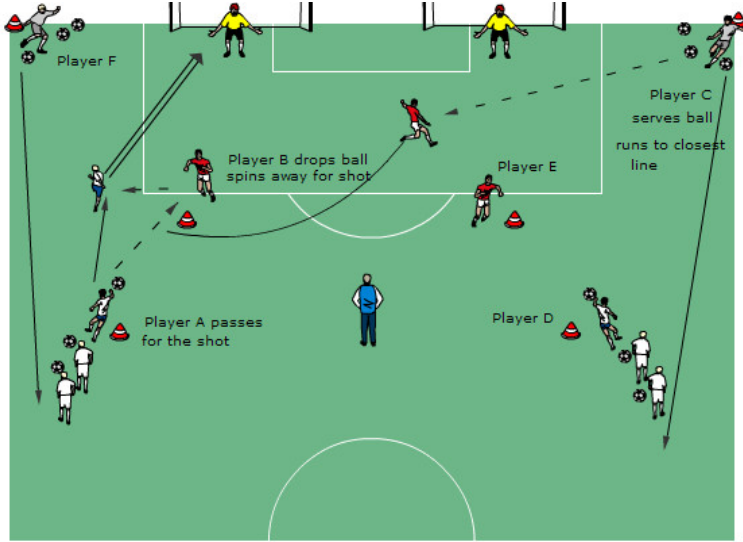


Ajax 2 Goal Shooting Circuit (U14 only)



The Exercise: Full team exercise. Player B should check away and come back for the ball. Player A plays ball into B and moves for support. B drops the ball and spins away and runs to receive a cross from Player C. Player A shoots the ball and takes up player B's position. Player C serves the ball to an incoming player B and runs to the closest line. Player B finishes and continues on to player C's position. Player

E now checks away and begins the movement out the other side.

This is a great exercise for a good team the day prior (or two days) to a game. It involves passing, shooting, movement off the ball.

Variations: You can ask players C and F to serve the ball in the air, on the ground, driven or floated. Player A and D can be one touch or two touch.

Note: There should be a couple of extra players in the same positions as C and E.

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

Striking the Ball in 3's

Italian Warm-up

Progress to:

Chelsea Shooting Circuit

Full Team Overlap Circuit