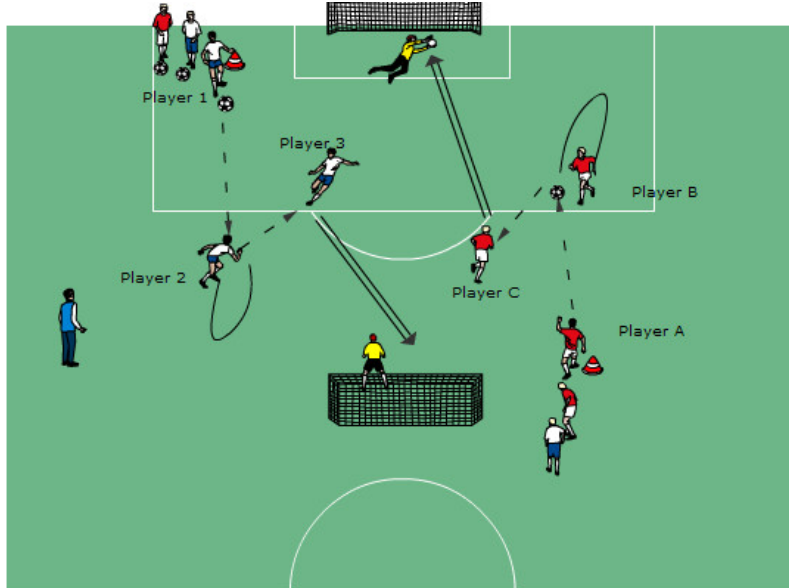


## Bobby Clark Shooting Circuit



**Set-up:** (as pictured)  
Double penalty box.

**The Exercise:**  
Players 2 “checks away” and comes back for the ball.  
Player 1 passes the ball into the “checking” player (2).  
Player 2 drops the ball at an angle “not square” to player 3.  
Player 3 takes a touch out of his feet and shoots the ball.

*All players now move up one spot, 1 becomes the checking player, 2 the shooter, 3 moves to the end of the opposite line.*

**Note:** The same action is taking place in the opposite direction with A, B, C.

**Focus:** Coach should make sure all movements are done properly.

- Good “Check Away”
- Crisp passes
- Good 1<sup>st</sup> touch to prepare the shot
- Shoot toward the far post
- Keep shots on the net

After 10 minutes, move the lines to the opposite side of the goal. This will force players to train with both feet.

**If you enjoy this exercise Coach Donahue recommends:**

**Possible Previous Activity:**

Shot from distance followed by 1v1  
2 Shots followed by 1v1

**Progress to:**

4v4 Double Penalty Box  
4v4 plus 4 in the Penalty Box