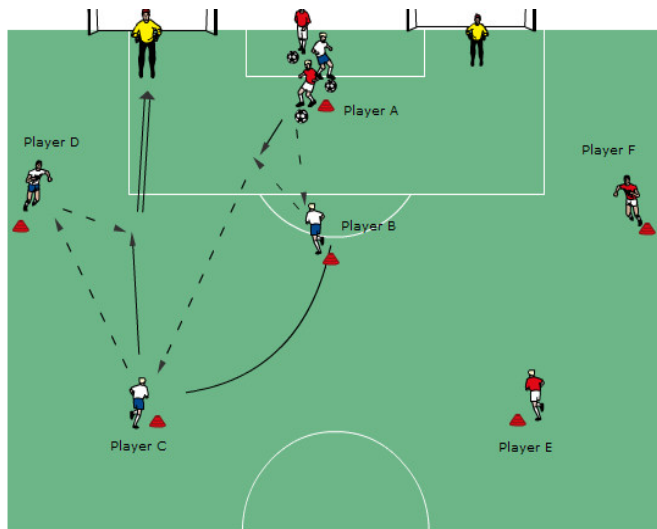


Chelsea Shooting Circuit (U14 only)



Focus: Quick movement off the ball, sharp passing, finishing.

The Exercise/Rotation:

1. Player B checks away and calls for the ball.
2. Player A passes to B and moves to the inside for support.
3. Player B drops the ball and spins away and runs to C's position.
4. Player A plays a long ball to C.
5. C receives the ball quickly and plays a one- two with D.
6. C takes the shot and then takes up D's position.
7. D joins the line in the center.

Note: When A takes up B's position. He begins the activity in the opposite half of the field. All movements are the same.

This is a great exercise for a good team. It provides lots of repetition. You have passing (Short and Long), receiving, and finishing.

Variations:

- Ask for balls to be played through the air from A to C.
- Double Wall Pass (C to B to C to D to C)
- 2 vs 1 option. (After B drops to A, B moves to the middle to challenge C and D in a 2v1) Coach can determine the amount of pressure.
- Overlap- After D drops to C, he overlaps C and receives ball for the shot. etc.

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

SCI Full Team Warm-up
Circle Warm-up

Progress to:

2v1 becomes 2v3 combined
Gerard Houllier Game