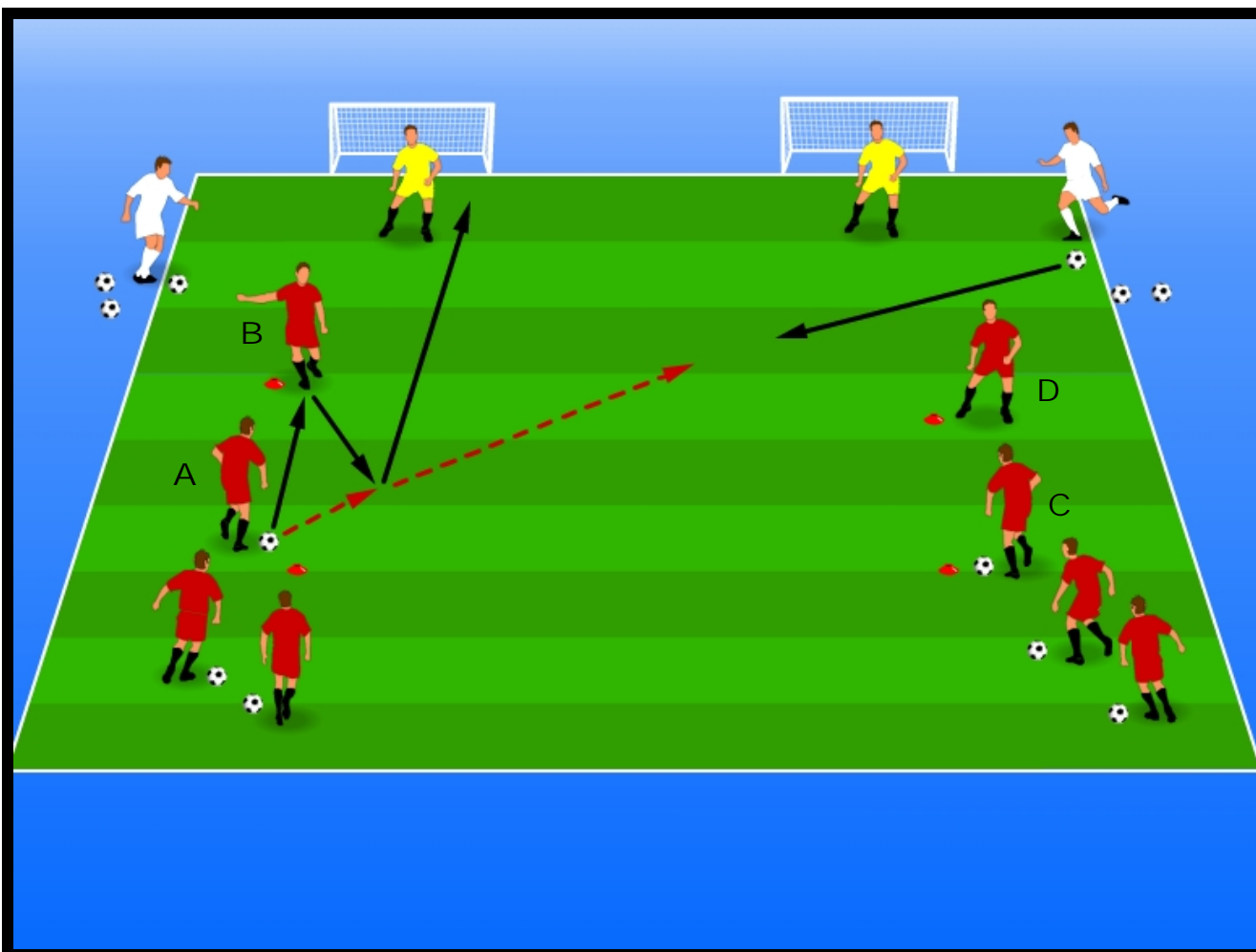


Two Shots, Two Goals

Fundamental

Finishing



Set Up: There are 8-10 players set up on the small field, with players starting at the cones.

Procedure: The drill begins with a wall pass from Player A to Player B, followed by a finish on goal. After shooting, Player A runs to the goal on the other side of the field to finish a cross from the Feeder. After Player A hits his second shot, Player C starts the same sequence on the other side, combining with Player D on the wall pass. The players stay on the other side of the field after their second shot, and the passers (Players B and D) rotate out after five minutes.

Teaching Topics:

- 1 First time shooting.
- 2 Finishing runs.
- 3 Angle of approach.

Progressions:

- 1 The second shot must be a volley.

Coaching Points:

- 1 Delay the finishing run in order to finish the cross at sprint speed.
- 2 Slow down the approach so that you can adjust to a back pass.
- 3 Make a curved run to the ball in order to create a better shooting angle.