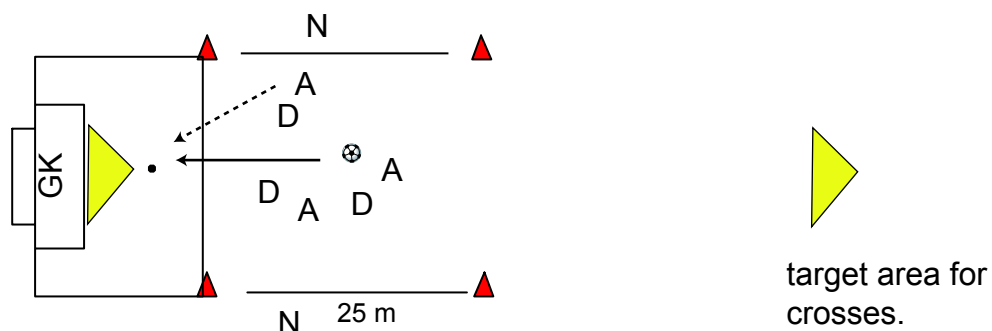




Technical Skill # 6: Pass and Shoot



1. Play 3v3 in grid using Neutral players (N) as support player.
 2. A must play ball into area with a pass to a team-mate running into area.
 3. Once in area, A must shoot on 1st or 2nd touch.
 4. Defenders cannot follow into area.
 5. After goal or change of possession in grid, defenders try to score.
- Depending on number of players, set up two fields, or rotate players in groups of 3. Rotate neutral players as well.

Coaching Points/Progression

1. Players, and especially younger or less experienced teams, will try to play through the middle to set up a quick shot on goal. They will tend to forget the neutral players.
2. Ask them to use the neutral players and show them how that "stretches" the defense.
3. Neutral players can cross the ball into box for a "free" header or shot. Therefore, when a neutral player has the ball at least one attacker must anticipate the cross and make a run to the "danger" areas (triangle from top of 6 yd box goal post high to penalty spot)
4. Neutral players can also play ball back into field of play outside penalty box and player receiving can play through middle or pass it along to opposite neutral player.
5. Neutral players must play it back to the team that passed them the ball.
6. If there are lots of changes of possession then likely passes are inaccurate, runs are poorly timed, or too many 1v1 dribbles. Stop the drill and correct these.
7. Stress lots of communication.

Coach's Notes