

- After shot, player retrieves ball, goes to line B, to repeat. Change sides to later to work other foot.
- Players are always moving. Once the first guy starts, the next is fairly close behind.
- Leave enough space for keeper to get set.

Progression

- Add a defender, who plays passively at first
- Allow the defender to harass the attacker with taps but not steal the ball
- Change the line start to the center line edges (Point 2) and do the same to work a shot where one must come back at a 90 degree angle to direction of primary movement. Great for left foot coordination.

Coaching Points:

1. **Shot on goal against keeper**, not empty space, teaches shot with a placement intended.
2. **Set up(s) of shot-** teaches them to be sure to have close control of ball, and to push ball to space after their foot move
3. **Follow** thru with kick (usually instep power)
4. Later in season, emphasize outside of foot as a means for swerves, or "guided" style pushed/kicked type shots where one uses the foot as a paddle, and also the benefit of a surprise to keeper (direction not evident until ball moves).
5. Foot move then kick requirement is a simple "live" explanation that one will have to do something "creative" to enable the shot.