

PASS & SHOOT

This drill will combine dribbling, passing and shooting as well as testing your reactions. You will need to set up a series of cones at one end and a goal at the other. Find two others to be the goalkeeper and the passer and rotate positions as you play.



1

You start by dribbling the ball around the cones and then pass to the 'passer'.

2

The 'passer' then will play a first time pass to their right or left.

3

You then have two touches to control the ball and shoot, and then repeat!

4

You can add new rules around time limit, touches allowed and more!



You're a
Pro!

Stick your badge here when you have mastered the game!