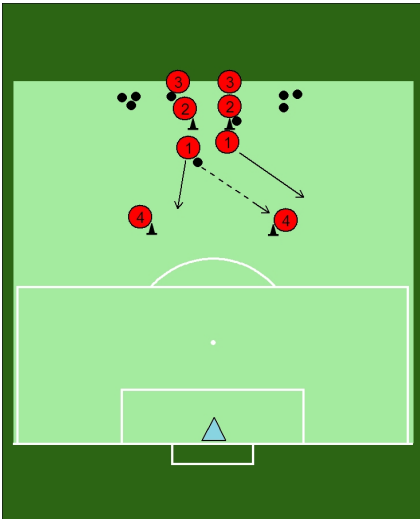




### Pairs pass and shoot

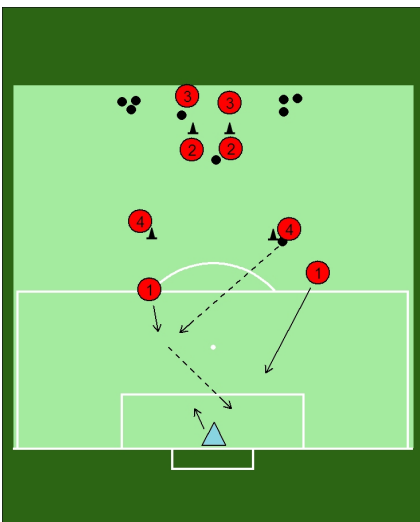


#### How it works

Pairs of players, one of them with a ball, stand in front of two cones set approximately 10/15 metres from the edge of the penalty area.

Another pair stand facing them at two wider cones just a few metres outside the penalty area as shown in the diagram.

Player 1 with the ball starts by passing to the player diagonally in front of them and then makes a move towards the penalty area. At the same time the partner makes a run around that player and towards the penalty area.



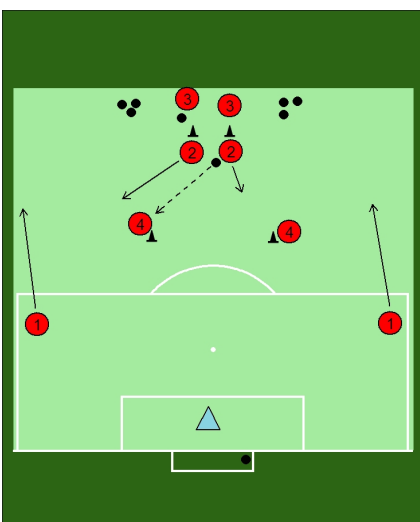
Player 4 then passes the ball into the penalty area for Player 1 to run towards whilst their partner continues their run into the penalty area.

Player 1 is encouraged to shoot across the goalkeeper towards the far post where their partner will follow up for any rebounds from the goalkeeper making a save.

However, depending on the position and control of the Player 1 on the ball they could also shoot to beat the goalkeeper on the near post or pass across the goal for their partner to score.

The partner must be careful not to get in advance of the ball otherwise they would be in an off-side position if it was to come to them to finish.

Pair 2 also get themselves in position ready to start when the other players have moved out of the way.



Player 1s return to the start around the edge of the penalty area so they don't get in the way of the next pair.

Player 2 with the ball then passes to the player diagonally in front of them and then makes a move towards the penalty area. At the same time their partner makes a run around that player and towards the penalty area.

Keep changing Player 4s with different pairs after a few rounds so that all pairs play in that position.

#### Possible changes

Player 4 who does not pass the ball forward could turn and act as a defender to add extra pressure to the attacking pair.