



Drill Name: Lay-off and shoot

Set up :

Two Goals, a line next to each goal.

Instructions:

One player checks to the center cone. Pass comes out to the checking player, who lays the ball off. Two touches... one set up, then shoot. Progress to one touch

Coaching Points:

Use your laces, lock your ankle.

Plant foot next to the ball, whatever direction your plant foot points is the direction the ball is going to go.