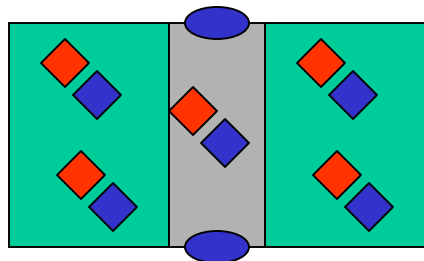


Practice – Passing to the side / finishing

Warm ups - Long kicks

Normal footwork

15 minutes



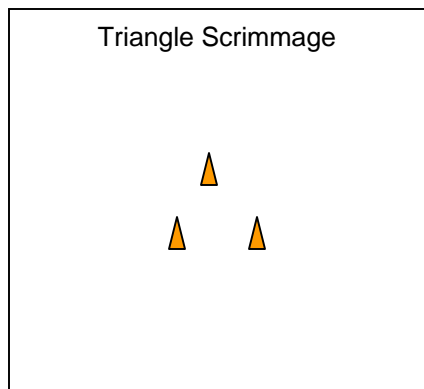
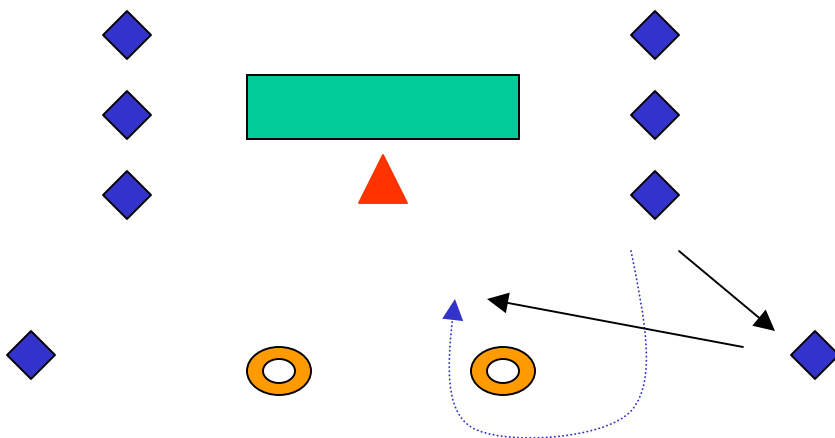
On the side

20 minutes

Only score from the side -  
one pass to the middle prior to shooting

Shooting - 20 minutes

2 lines - dribble - rapid fire - with goalies



Use 2 fields if necessary - as above

Position walk through

Wide scrimmage or regular scrimmage maybe start with only shooting from the side then move to regular
Make sure to reward passes to the side and crosses