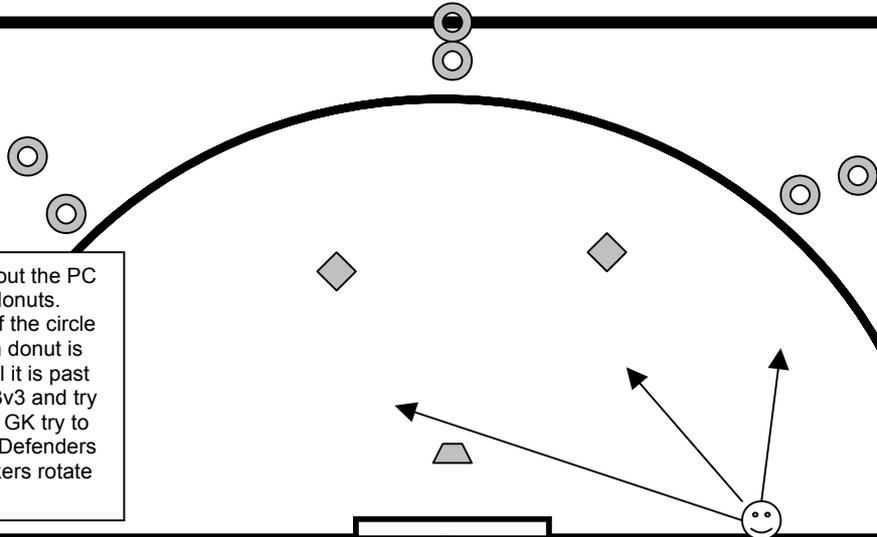


Drill 15

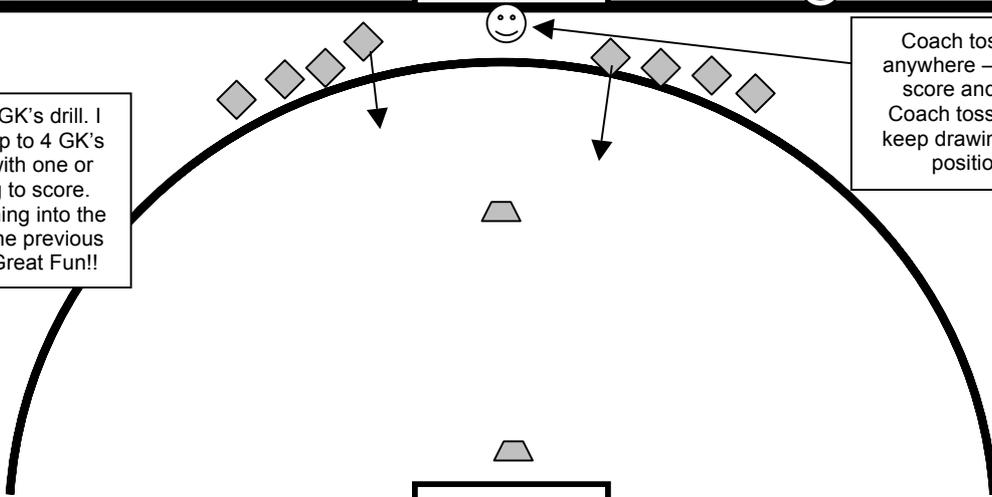
Coach hits balls from about the PC spot to either of the donuts. Diamonds face the top of the circle so they don't see which donut is going to get the ball until it is past them. Donuts then play 3v3 and try to score, defenders and GK try to get ball out of the circle. Defenders stay for 4-5 turns. Attackers rotate positions.



Drill 16

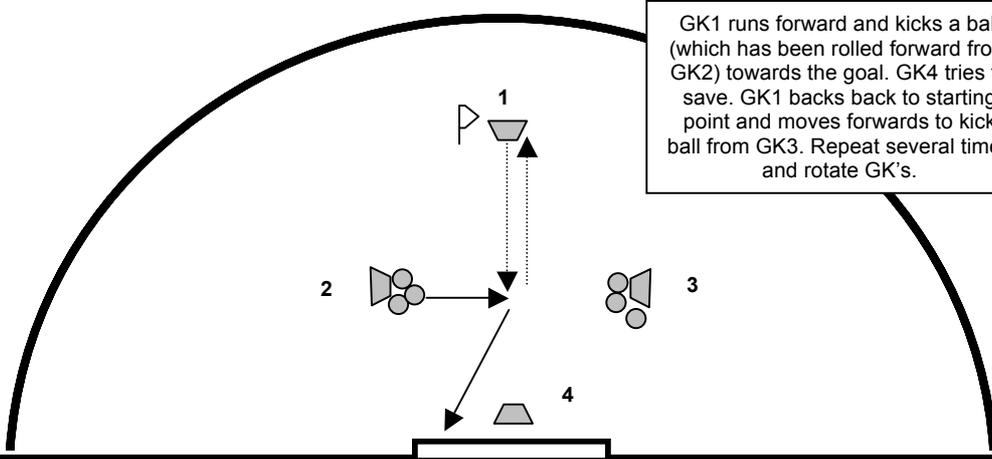
I call this the Mad GK's drill. I have used it with up to 4 GK's in the circle and with one or two players trying to score. Keep the balls coming into the circle as soon as the previous one is complete! Great Fun!!

Coach tosses ball into circle anywhere – players scramble to score and GK's keep it out!! Coach tosses next ball early to keep drawing GK's into different positions in the circle.



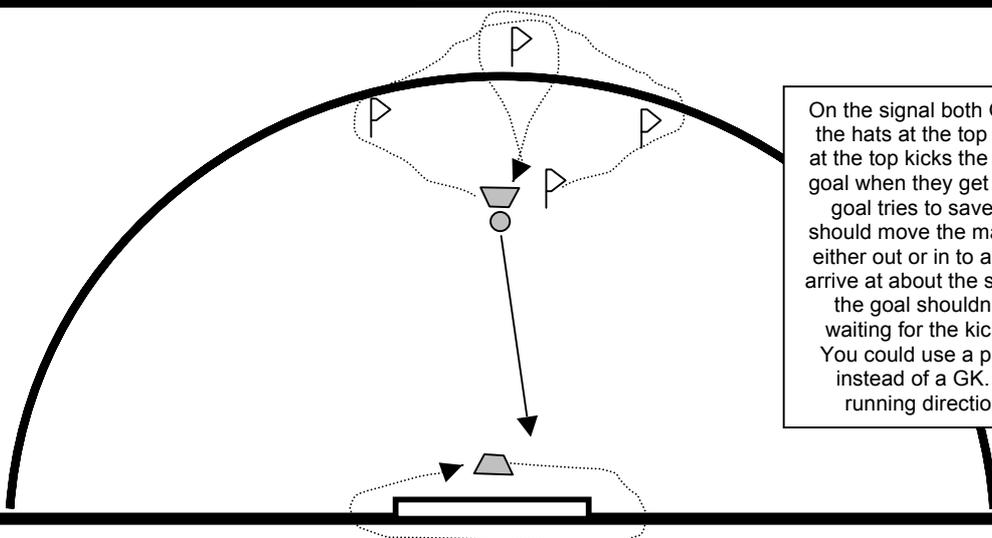
Drill 17

GK1 runs forward and kicks a ball (which has been rolled forward from GK2) towards the goal. GK4 tries to save. GK1 backs back to starting point and moves forwards to kick ball from GK3. Repeat several times and rotate GK's.



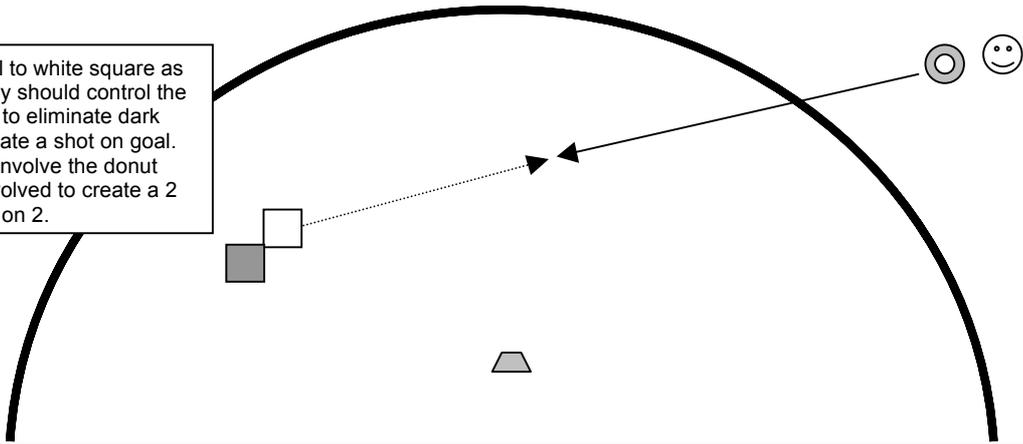
Drill 18

On the signal both GK's run around the hats at the top or the goal. GK at the top kicks the ball towards the goal when they get there and GK in goal tries to save it. The coach should move the markers at the top either out or in to allow the GK's to arrive at about the same time. GK in the goal shouldn't be standing waiting for the kick from the top. You could use a player at the top instead of a GK. Alternate the running direction each time.



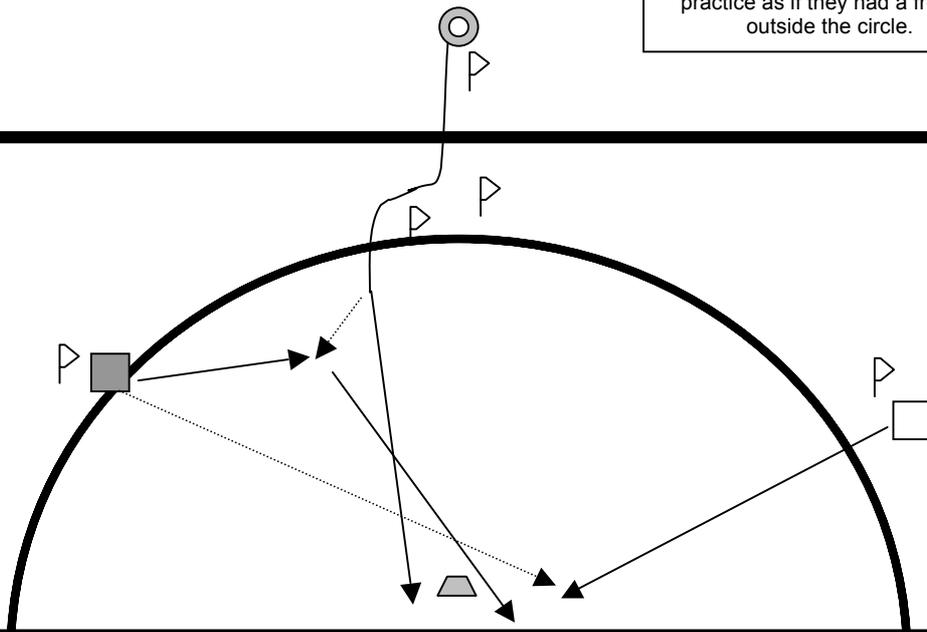
Drill 19

Donut hits ball to white square as they lead. They should control the ball and try to eliminate dark square to create a shot on goal. Variations involve the donut becoming involved to create a 2 on 2.



Drill 20

Donut dribbles and drags at the top of the circle and has an initial shot. They then move to receive a pass from dark square and have a second shot at goal. As soon as dark square passes they should start to move and then lead strongly to deflect a pass from white square at the goal. Donuts and dark squares should rotate, the white square should stay and practice as if they had a free hit outside the circle.



Drill 21

Half way line

We used this as a warm up drill to help break up the 'top of the circle' stuff. The drill does finish with a shot but that is not shown here. Players start by hitting the ball back towards the half way to 3 players who take it in turns to move forward to the ball, control and pass to the player out wide. This player controls the ball and passes back into the player who started the drill and who leads to pick up, take the ball into the circle and has a shot. The drill alternates sides, although that is not shown here.

25 metre line

