

Quick Touch and Strike 2

Contributed by Administrator
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This is a simple finishing drill which works on receiving passes on the run, taking a touch, then shooting.

Click image to view all steps.

{gallery}1009{/gallery}Steps:

- Two groups of players split into passing and shooting lines as shown in the diagram above.
- The drill starts with the first player from each shooting line making a checking run towards the cones and receiving a pass from the first player in the passing line.
- The shooter then takes a touch towards the middle of the field and has a shot on goal. The passer follows the pass and join the shooting line while the shooter collects the ball and joins the passing line. The next pass can be made when the shot has been taken.
- This diagram shows left footed shots. Be sure to switch the cones to practice right footed shots as well.
- To add difficulty, passes can be made in the air.
- Setup:
 - 3 or more players per side (1 passer, 1 shooter, 1 goalie)
 - Set of balls, 2-4 cones.
- Variations:
 - To add difficulty, passes can be made in the air.
 - Split groups into teams and setup a finishing competition. Most goals wins.
- Tips:
 - Review the basic passing, trapping, and shooting techniques in our drills archive. This drill works on the fundamentals and coaches should reinforce good passing, trapping, and shooting habits.