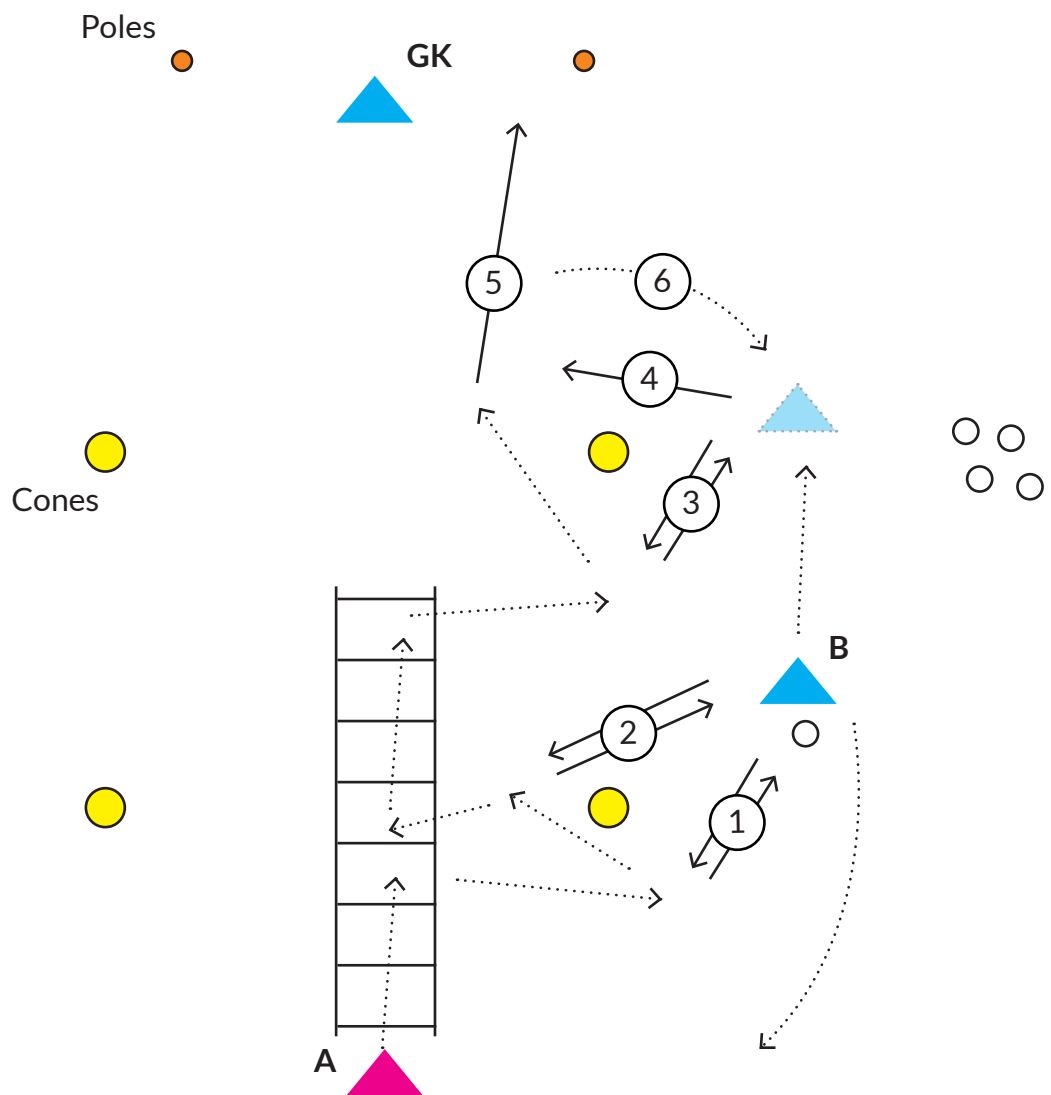


Ladder finishing



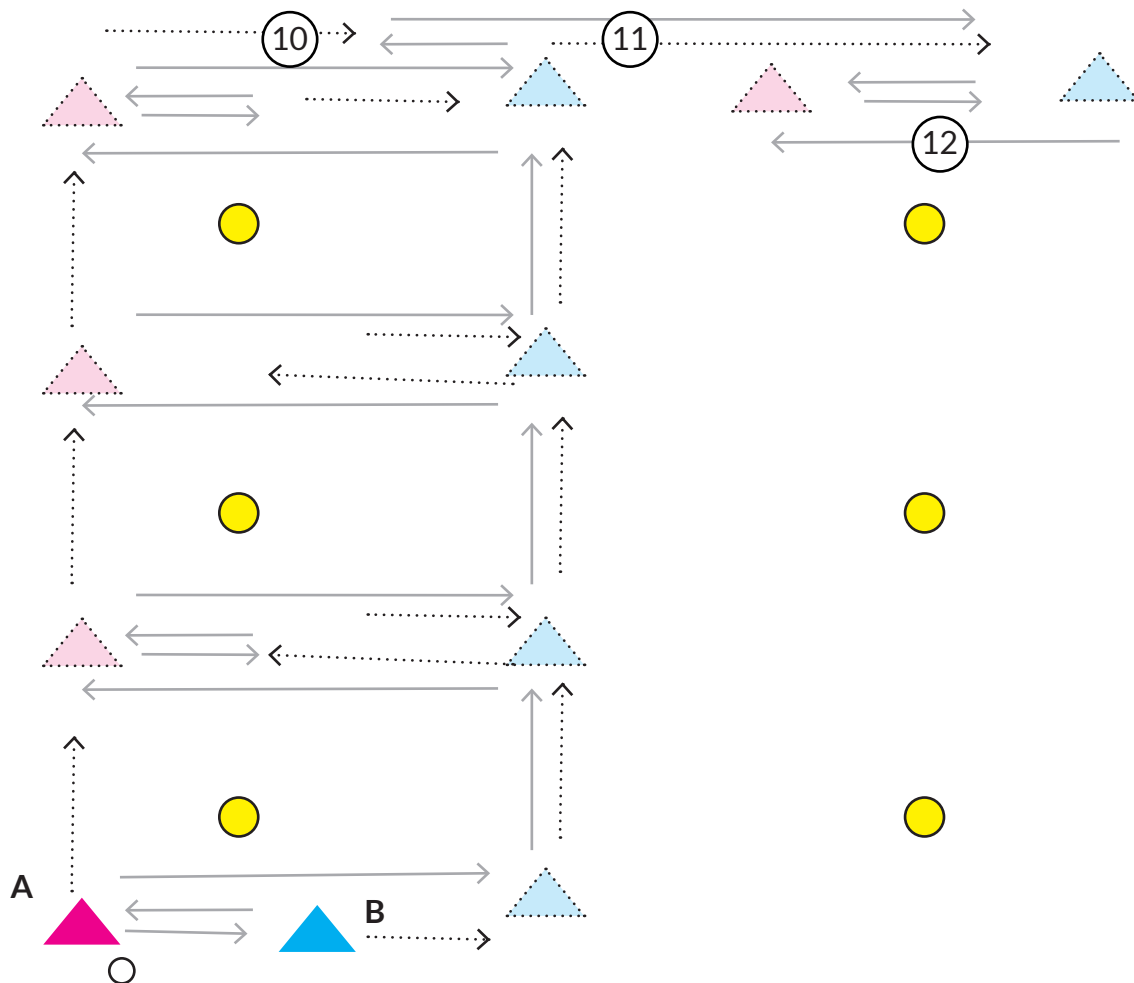
Drill

- + ① A leaves ladder to play bounce pass
- + ② Plays bounce on other side of cone
- + ③ A leaves ladder to play bounce pass
- + (P₁) Work on the left hand side
- + ④ B sets for A
- + ⑤ A shoots first touch
- + ⑥ A rotates to feed role B to queue
- (P₂) Try to take the ball round the keeper

Coaching Points

- + Both feet to hit inside and outside ladder
- + How fast can you move your feet?
- + Maintain form when making bounce
- + Crisp, accurate passing

Bounce through gates - Progression



Drill

- + ⑩ Instead of continuing back along the same row, A sprints forward
- + ⑪ B backs off and the players exchange bounce passes until they are level with the other set of cones
- + ⑫ The players then continue down the new row but with A doing the work
- + At the end of that row, they change rows
- + Repeat twice, if the group has 5 players

Coaching Points

- + Be aware of the other pair
- + Constantly scan shoulders
- + Coach to hold a cone up in the middle