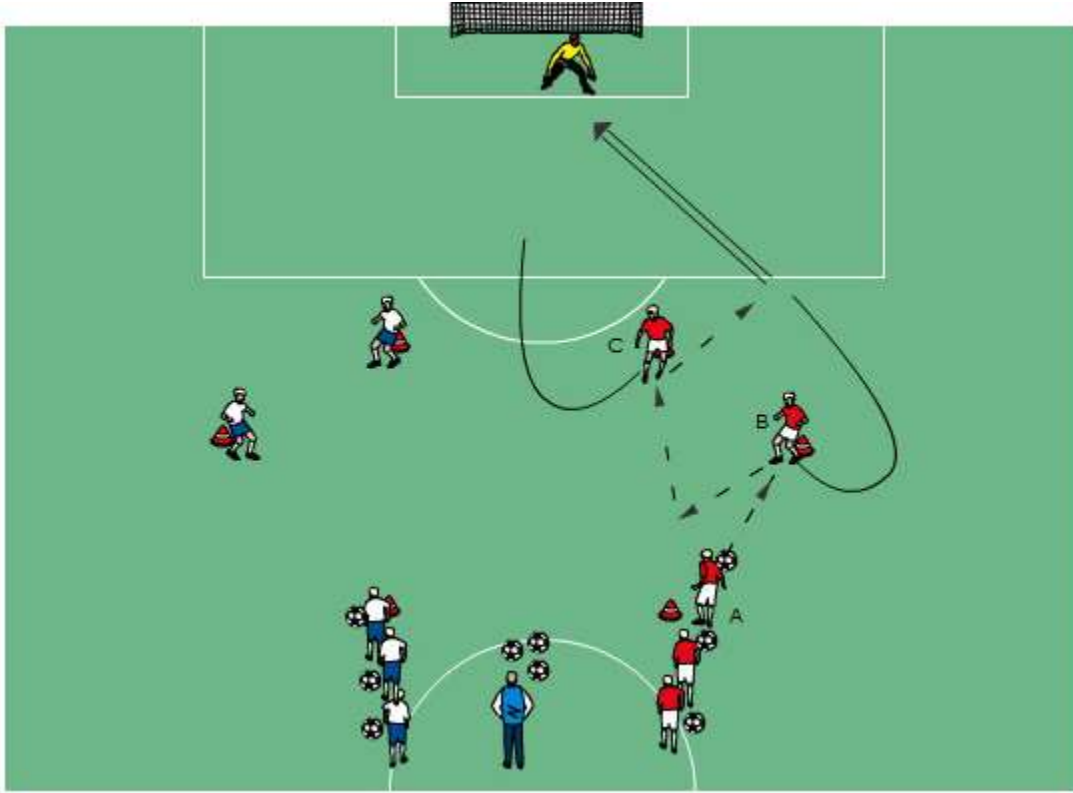


# LA Galaxy Shooting Circuit (U12+)



**The Set-up:** (as pictured) one goal, several balls, and six discs to mark out the players starting positions. The circuit works best if you have 12 to 14 players.

## The Exercise:

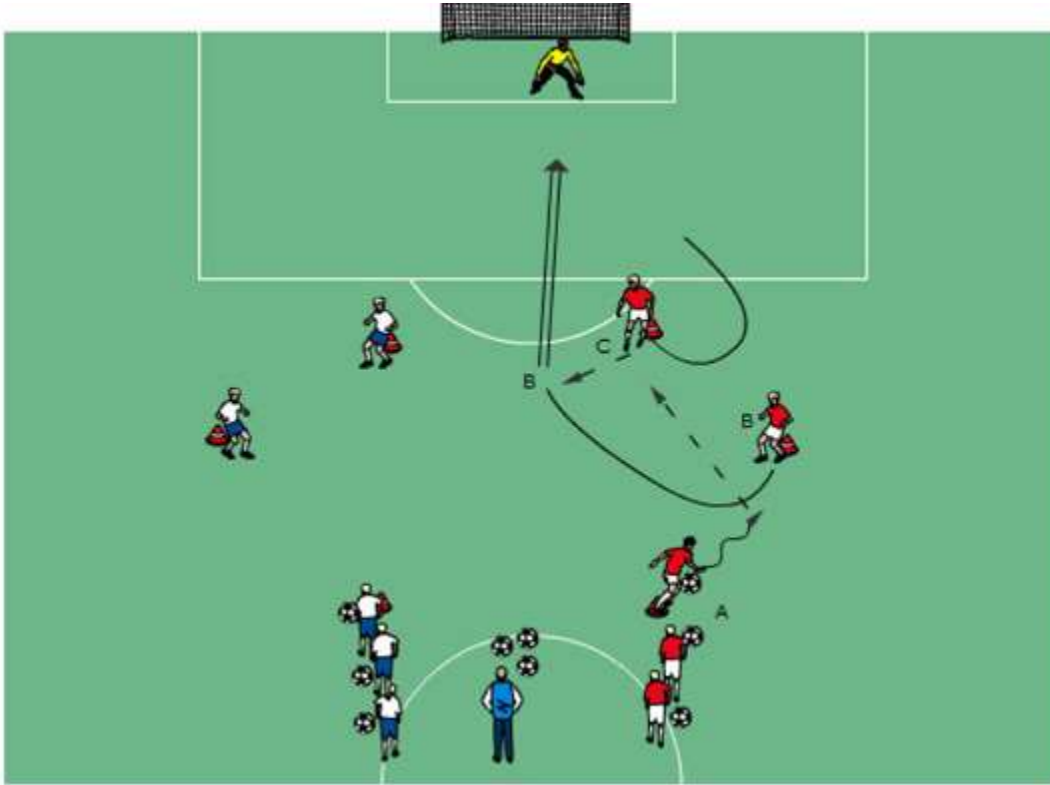
1. Player A passes the ball to Player B and moves forward to support.
2. B drops the ball into the path of oncoming A and spins away.
3. A passes the ball to C.
4. C drops the ball at an angle for the oncoming B.
5. C should now spin away and head to goal.
6. B shoots the ball with C positioned for any rebound.

## Rotation:

1. C collects the ball and runs (around the outside of the circuit) back to the red line.
2. B now takes up the position that was initially occupied C, A takes up B's former position.
3. **The White line should begin the same movement once the red player has shot the ball.**

*Coach can make it competitive by playing for 5 minutes and asking the both teams to count how many goals they've scored. Hand out a fun punishment for the losing team.*

## ***Variation:***



### **The Exercise:**

1. Player A dribbles the ball toward Player B as if they were to perform a “take-over”, but instead passes the ball directly to C.
2. B should immediately move to support C once A plays the ball forward.
3. C drops the ball at an angle (inside) for the oncoming B.
4. C should now spin away and head to goal.
5. B shoots the ball with C positioned for any rebound.

### **Rotation:**

1. C collects the ball and runs (around the outside of the circuit) back to the red line.
2. B now takes up the position that was initially occupied C, A takes up B's former position.
3. **The White line should begin the same movement once the red player has shot the ball.**