**Striking Drill**

A

 B

 C **45m**

* 3/4 players at A, B and C working in one side of the pitch.
* 2 balls on the go
* A is hitting high ball to B
* B is firing in a chest high ball to C
* C is hitting high ball to A

**Things to note and make players aware of:**

* Players need to line up at the first cone and move to the green to receive ball on run
* Players delivering balls need to strike on the run and aim for the green cone in front
* Works on accuracy of pass, strike on run, collecting ball on the run
* Having 4 at each cone means they are getting good enough break to really attack the ball at pace

**Progressions:**

* Change direction
* Change distances to 65m out
* Set up another group in the opposite side of the pitch