

1v1 Drill



ATTACK AND SCORE

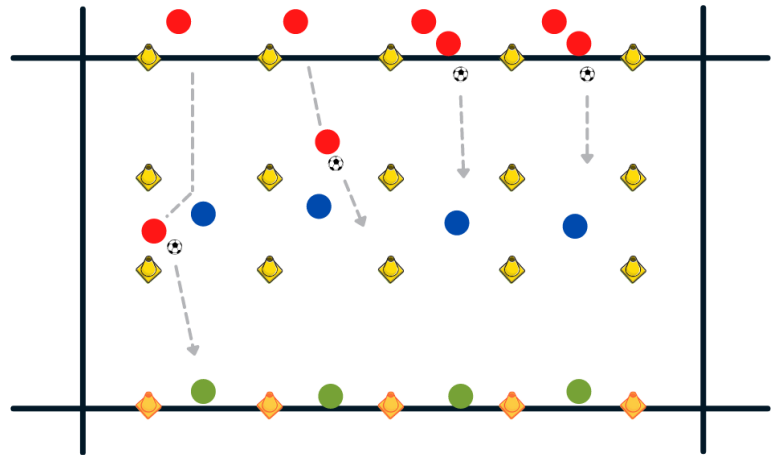


Age: 9-11

Players: 8-12

Topic: Shooting

Duration: 15 Mins



Set Up The Drill:

Set up a 10×24 yard lane divided up into three 10×8 yard grids as shown in the diagram. Next, create a goal at the end of the lane using tall cones or poles. Repeat the setup so you have enough lanes for the whole group with each lane accommodating 4-5 players. Have a supply of balls ready.

Instructions:

Divide players into groups of 4/5 and place each group in one of the lanes. Designate one player as the initial goalkeeper and one player as the initial defender (starting in the central grid). The remaining 2-3 players line up at the end of the lane facing the defender and the goalkeeper. Give each of these remaining players a ball each. The first player tries to take the ball around the defender and score past the goalkeeper. Once the attack is over, all players should rotate positions and start again. After a certain amount of time, stop the game and the player with the most goals is the winner.

Coaching Points:

- Decision making as to whether to beat the defender or try to shoot from distance; try to keep your opponent guessing.
- When shooting from distance; Can you execute good finishing technique under pressure from a defender?
- Use of feints tricks and changes of speed to fool your opponent.