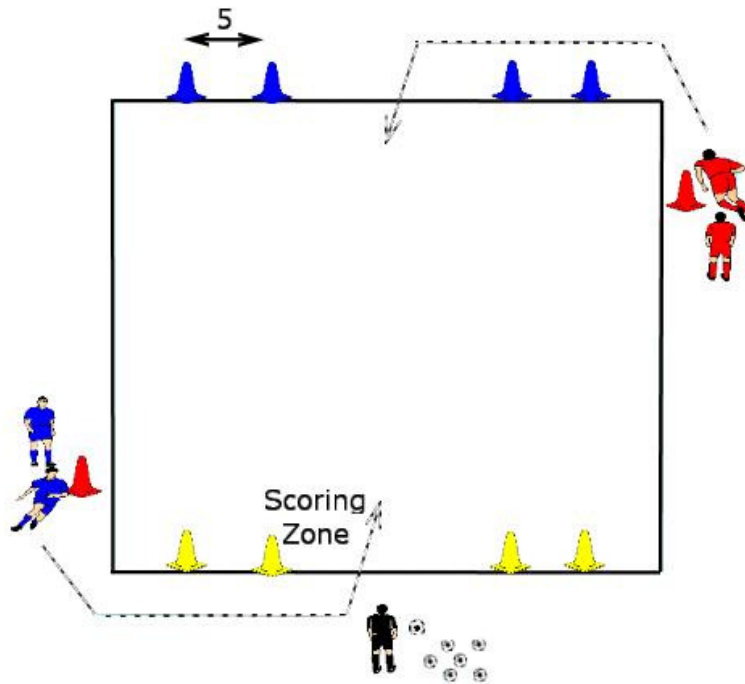


Drill Name: 1 v 1 Race to the Scoring Zone

Topic: 1 v 1

Exercise Purpose: Full Pressure

Diagram:



Description: On the coaches signal the 1st player from each team sprint around and onto the field between the two opposite goals. The coach passes the ball to the red attacker who takes on the blue and tries to score by penetrating the shooting zone and shooting into one of the small goals. If the blue defender wins the ball, they can score at the opposite end.

Progressions: 2 v 2, 2 v 1

Coaching Points: First Touch, 1 v 1 skills, Speed of execution