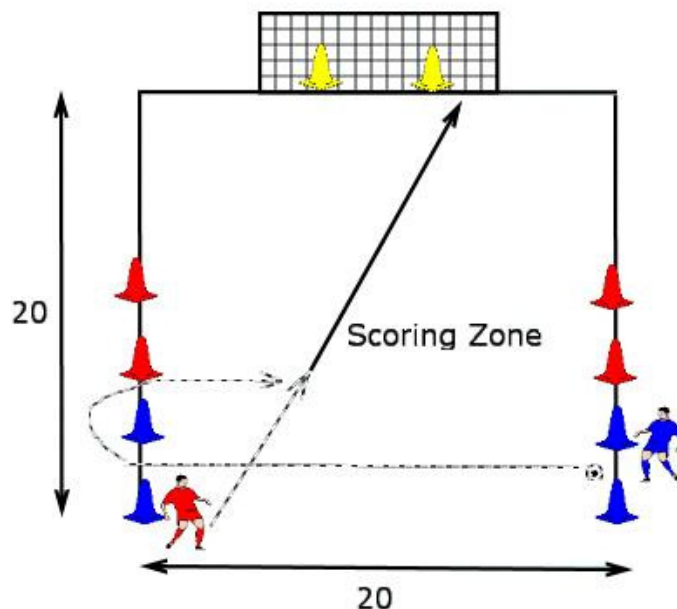


Drill Name: 1 v 1 Scoring Drill

Topic: Finishing

Exercise Purpose: Using 1st touch to create time for accuracy

Diagram:



Description: Blue runs the ball across the area stopping the ball with the sole of the foot in front of red. Red must travel into the scoring zone before shooting at goal, trying to score in the target areas. Blue continues through the gate and turns back to defend 1 v1. Players switch after each attack.

Progressions: Red only has 1 touch to enter the scoring zone, shooting on 2nd touch

Coaching Points: Touch direction, Touch speed.