



Set Up: There are 8-12 players set up in the attacking third, with lines starting at the cones.

Procedure: In this drill, the attackers are stationed at the outside cones, three yards closer to the end line than the defenders. The Feeder begins play with a thru pass to the attacker, who then goes to goal 1 v 1. If the defender wins the ball, he can score in the two small goals set up just outside the penalty area. Upon completion, the Feeder re-starts play with the pair of players on the other side of the field.

Teaching Topics:

- 1 Attacking 1 v 1.
- 2 Finishing.
- 3 Shielding.

Progressions:

- 1 Begin play with a 50-50 ball.

Coaching Points:

- 1 If the defender takes a bad angle, look to touch the ball in behind him and run past.
- 2 Your last dribble touch before shooting should improve your shooting angle.
- 3 Put yourself between the defender and the ball after you dribble past him.