



Diagrams created using Soccer Tutor.com Tactics Manager

Set Up: There are 8-12 players set up in the attacking third, with players starting at the 18.

Procedure: To begin the drill, a player from each team steps up to the cones, and the Feeder passes to either of the two players to begin the 1 v 1 to goal. Play continues to completion from there. 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 next pair of players.

Teaching Topics:

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

Progressions:

- 1 Start with a 50-50 ball from the Feeder.

Coaching Points:

- 1 After you dribble past the defender, cut in and put him on your back.
- 2 Take your first touch away from the defender, but don't take yourself out too wide.
- 3 Your last dribble touch before shooting should improve your shooting angle.