



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

Procedure: To begin the drill, the first player on each team sprints to the corner as the second player in line passes the ball towards the corner. The first player picks it up, racing around the outside of the cones towards the central gate (the blue cones). The first player to dribble thru the gate attacks the goal, and the opposing player becomes the defender. Players can leave their ball at any time to run in and defend. Players score one point for being the first player through the gate, and can earn an additional two points for scoring a goal.

Teaching Topics:

- 1 Speed dribble.
- 2 Attacking 1 v 1.
- 3 Finishing.

Progressions:

- 1 The defender must run thru the gate.

Coaching Points:

- 1 Dribble with the instep, sprinting in between touches.
- 2 Pick your head up as you dribble and check your opponent's progress.
- 3 Your last dribble touch before shooting should improve your shooting angle.