



Set Up: There are 10-12 players set up in the attacking third, with lines starting at the cones.

Procedure: The two teams line up on the end line, and each player starts with a ball. On the Coach's signal, the first player in line (in blue in the diagram) dribbles around the cones towards the center of the field. He cuts in at the central gate and goes to goal, finishing against the goalkeeper. As soon as the shot is taken, the first player on the opposing team begins his turn, finishing against the same goalkeeper. After playing two shots, the goalkeeper switches out and play continues. The first team to score three goals wins.

Teaching Topics:

- 1 Speed dribbling.
- 2 Ball preparation.
- 3 Finishing.

Progressions:

- 1 The attacker gets one touch inside the penalty area.

Coaching Points:

- 1 When running with the ball, touch it with your instep and sprint in between touches.
- 2 Your last dribble touch should allow you to shoot at all four corners of the goal.
- 3 When finishing, pick your head up and deal with the goalkeeper.