



Set Up: There are 6-12 players set up on a large field with two small goals.

Procedure: The attacker begins the drill from the end line, dribbling towards either small goal. He must beat the defender 1 v 1 and then score in a small goal. After scoring, the attacker runs towards the big goal, picks up a layoff pass from the Feeder, and finishes versus the goalkeeper. The next attacker begins his dribbling run as soon as the shot is taken, and the defenders rotate out after two minutes.

Teaching Topics:

- 1 Attacking 1 v 1.
- 2 Feinting moves.
- 3 Finishing.

Progressions:

- 1 The Feeder sets the ball back from the end line for first time shots.

Coaching Points:

- 1 Put the defender under pressure by taking the ball at him at speed.
- 2 Change speed and direction while feinting. Get the defender to stick a foot in.
- 3 A positive touch towards goal creates a better shooting angle.