



Drill Name: 1 v 1 to Goal

Set up :

Use the penalty area and a regulation size goal. A group of defenders stand next to one of the posts with a group of balls. The attackers stand in line just on the side of the D on top of the penalty box. The goalkeeper is in goal.

Instructions:

The first defender in line passes it to the first attacker in line at the top of the penalty area. As the ball travels, the defender closes down the space and the attacker goes and meets the ball. The attacker has five seconds to score, and the defender prevents a shot on goal. After the goalkeeper has made a save or the ball travels outside the penalty area, the play is over and the next one begins.

Progression:

1. The defender can chip or drive the ball to the attacker.
2. A goal must be scored in three seconds or less.

Coaching Points:

- The defender must force the attacker to one side.
- The goalkeeper must direct the defender.
- The attacker must get a shot off quickly.