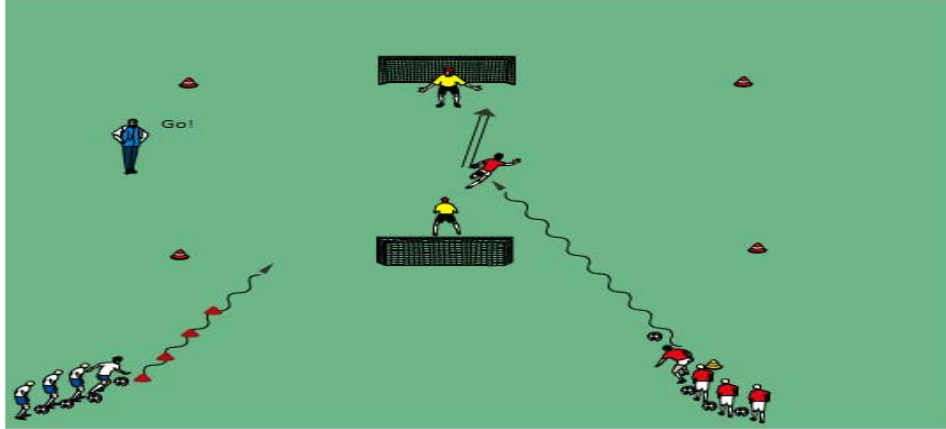


Shot from distance followed by 1v1



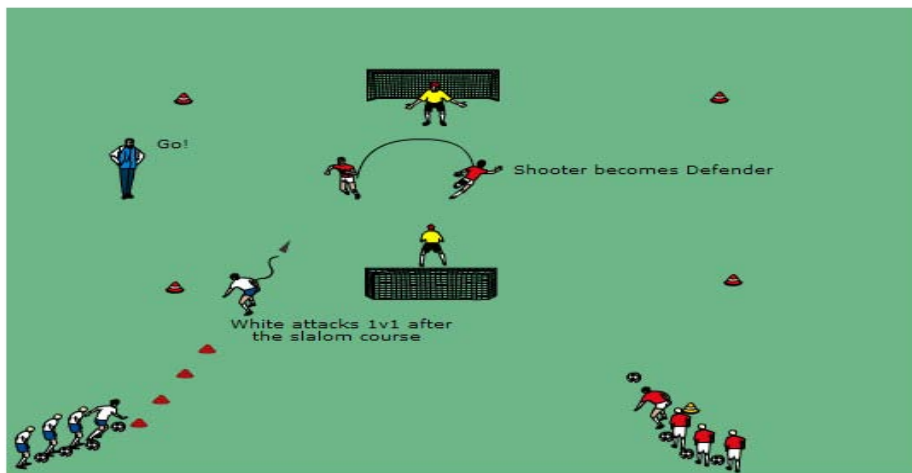
The Set-up: (as pictured) 2 goals, several discs, plenty of balls. Break players into two groups. Lines begin about 10 yards from the “playing area”. Playing area should be app. 25 yards long x 30 yards wide.

The Exercise: When the coach yells GO! The first player in each line begins their movement.

- The player in Red dribbles at speed into the playing area and takes a shot on goal.

After shooting the ball, Red should turn quickly to defend white in a 1v1. (see picture below)

The first white player weaves his/her way through a series of discs and enters the field to take on Red in a 1v1 to goal.



Focus on: Dribbling at speed, dribbling under control, shooting from distance, 1v1 Attacking, 1v1 Defending and transition

This exercise is best when you have 12 to 14 players.