



Drill Library

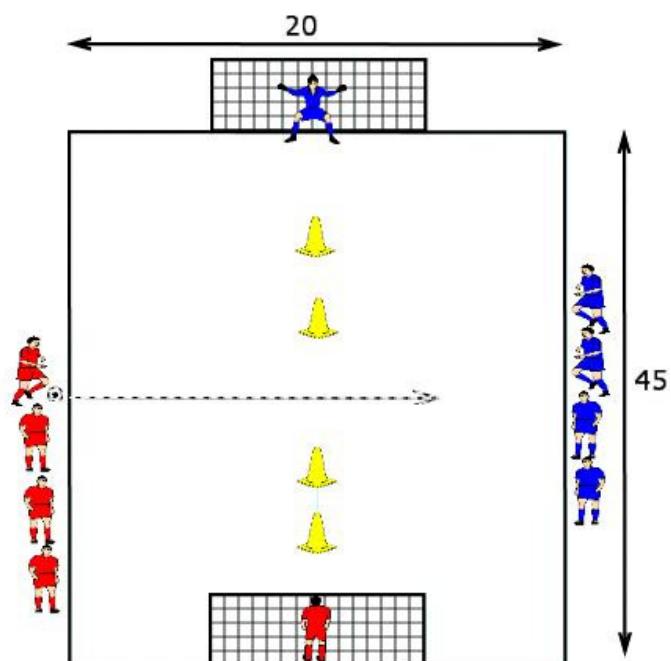


**Drill Name: 1 v 1 Thro Gates
Then Shoot at goal**

Topic: Finishing

Exercise Purpose: Improving shooting with both feet.

Diagram:



Description: Reds pass the ball to blue and defend against them. Blue dribbles thru one of the gates before shooting. The GK can only come off their line as player dribbles thru the gates. Players switch roles after a set number of opportunities. Team with the most goals wins.

Progressions: Manipulate size of field.

Coaching Points: First touch, 1 v 1 skills, Shielding the ball.