



Dimensions: Set up two lines 35 yards from goal, One goal and a goalkeeper. Teams are split into two and must line up by each cone 35 yards from goal. 5 yards in front of each team is another cone, both cones have soccer balls next to them. Between each team, 20 yards from goal there is one soccer ball.

How to: On the coaches signal, one player from each line must dribble their soccer ball 5 yards to the cone in front, stopping their soccer ball and dribbling the other ball back to the cone they started at, those players must then run and compete for the ball 20 yards from goal and attempting to score.

The next two players can then begin.

1 point for your team if you score

0 points for a tie (ball goes out of play, keeper saves and holds the ball)

Coaching Points: Controlled dribbling will be more beneficial than trying to move too fast, especially at the start of this drill

From an attacker's perspective, try to move your run across the line of the defender who is trying to catch you. This will delay them and give you more room for the shot. If you are second to the ball, try to get your body between the ball and the goal and win the ball back.

Notes:

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