



Dimensions: Use the penalty area with a goal and a goalkeeper, start a line of players on the edge of the area, each player has a soccer ball.

How to: the first in line dribbles toward goal and shoots, the moment they shoot on goal the next person in line starts dribbling towards goal to take a shot, the player who just took a shot now becomes a defender and must recover quickly to defend the shot, the pattern repeats.

Coaching Points: attack the defender quickly and take advantage of their poor positioning after their shot, run into space and take an opportunity while it is there. Be positive and run at the defender before making space for a shot if the defender is close. Attack the defender at pace and create opportunities by being creative with the ball.

Notes:

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