

1v1 Shooting rotation drill



How it works

Set up your goal in the middle of the 15-yard line with your players lining up behind a cone 15 yards away each with a soccer ball.

The first player will dribble and score a goal in an empty net. As soon as the player has taken their shot they will become the goalkeeper and the next player will start dribbling towards the goal to try and score.

Regardless of whether the player who just shot scored or missed they will always become the goalkeeper.

Every time a player scores they get one point

- Change where the attackers start so they will have to think about beating the goalkeeper from a different angle

Coaching points

- Accelerate towards goal
- Small touches when you get closer to the goalkeeper
- Aim your shot in the corners
- Keep your head up

Questions

- If the goalkeeper is out of position do I want to go fast or slow?
- What kind of touches should I take I get closer to the keeper?
- Where should I be aiming my shot?
- How do I know where the keeper is

Purpose

The purpose of these drills is to help improve players shooting and finishing when there is a goalkeeper.

Set up

- 1 Goal
- Create a 15x20-yard area
- 1 soccer ball per player

Beginner