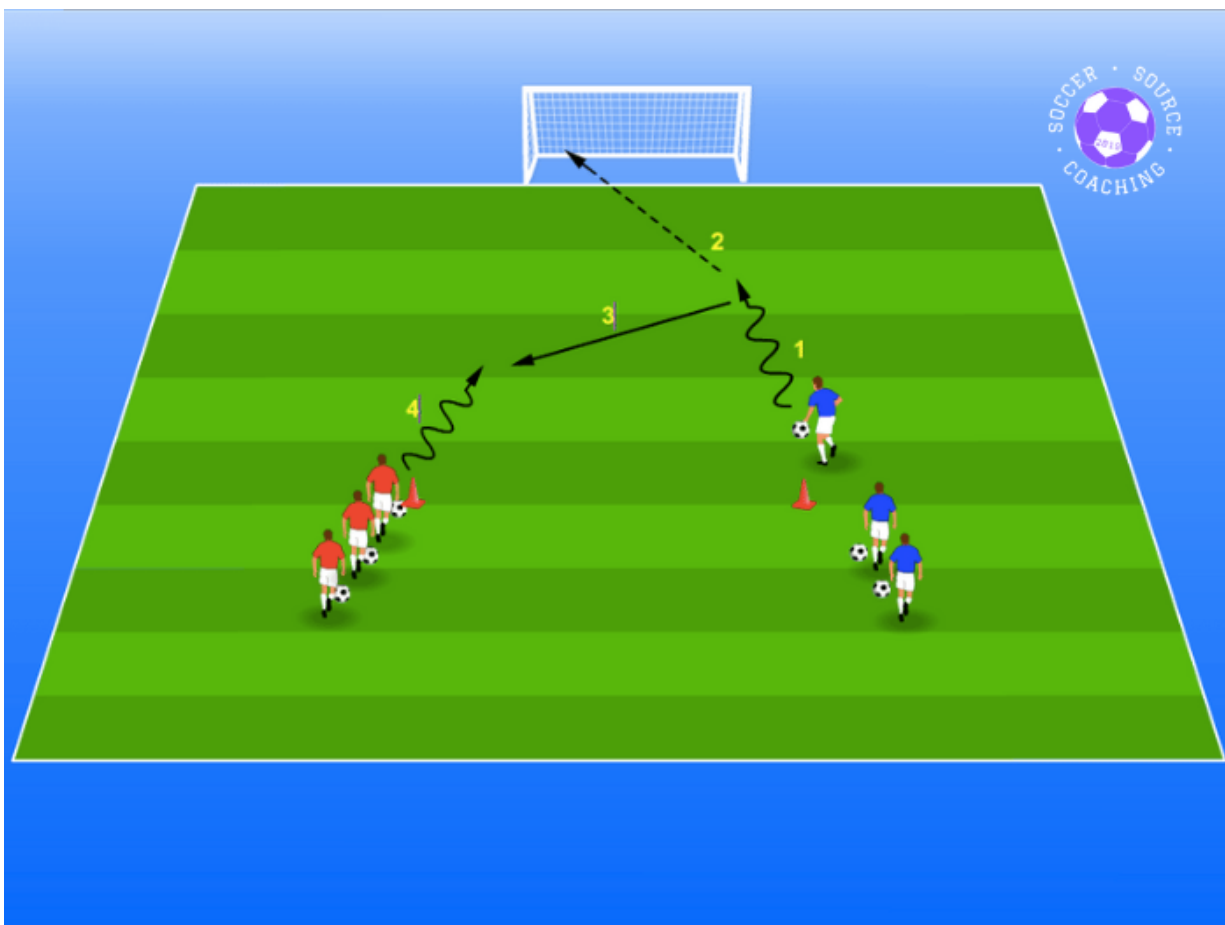


1v1 transition shooting drill



How it works

An attacker from the first team will dribble up and take a shot on goal as soon as the shot has been taken they will become the defender with the next player starting to dribble from the next line.

You can vary the kinds of shots the players take by introducing incentives.

For example, if you want players to take shots further out you can give them 3 points if they score a goal when the defender is in front of them and the opposite if you want them to finish from a closer range.

If you want players aiming their shots in the corners then you can make small gates in the corners of the goal.

They can get 3 points if they score and it goes through the gate.

Purpose

The purpose of this drill to take a shot on goal by quickly exploiting space

Set up

- 20 x 15-yard area
- 2 teams of 4
- 1 goal
- 1 soccer ball per player

Coaching points

- Attack the goal quickly, don't let the defender recover
- Use a skill to create space for the shot
- Aim for the corners as this is the hardest place to reach as a goalkeeper

Questions

- Why should you attack the goal quickly?
- How can you create space for yourself to shoot?
- Where should you be aiming when taking your shot?