

1v1 finishing drill



How it works

Set up your area and goals and place a cone half a yard inside of each of the goal posts.

This will create gates in the corners of your goals.

This will be regular 1v1, however, if a player is able to score a goal that goes through the gate in the corners then the player will receive 3 points.

If they score a goal without it going through the gates it will be worth 1 point.

The winner will be the player who has the most points after a 3-minute round.

Coaching points

- Use the inside of your foot to place the ball into the corners of the goals
- You don't always need to get past the player to shoot
- Use a variety of skills and body feints so you become harder for the defender to read.

Questions

- What part of your foot should you use to place the ball in the goal?
- Do you always have to beat the defender to get a shot off on goal?
- How can you be unpredictable while dribbling?

Purpose

The purpose of this drill is to help players score more goals while under pressure.

Set up

- 15 x 10-yard area
- 2 goals
- 4 cones
- 1 soccer ball
- 2 players

Intermediate