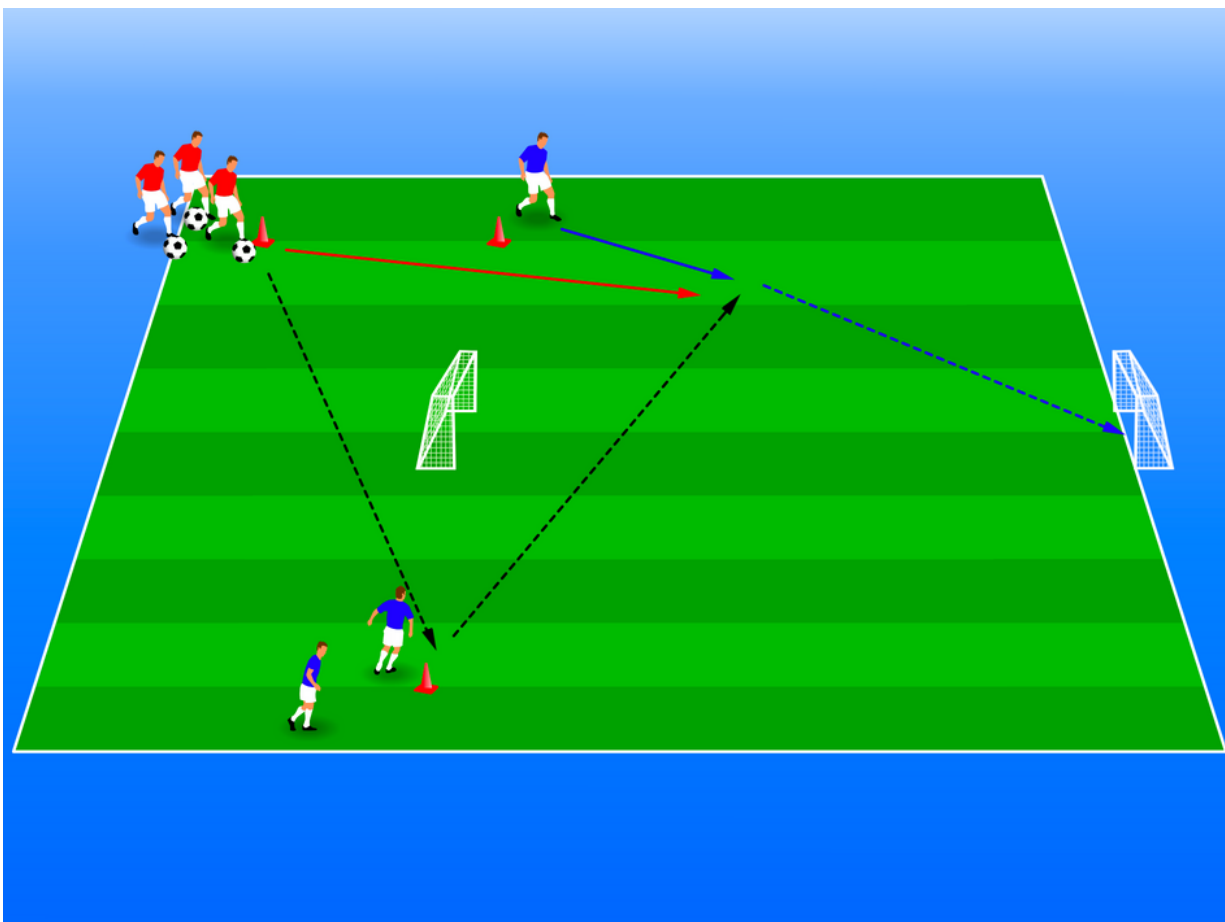


1v1 Finishing Under Pressure



How it works

The defending team will start with the ball and pass to the attackers on the opposite side of the pitch.

The attackers will then play a through ball to their teammate to go towards goal.

The defenders can begin their recovery run as soon as they played their first pass.

If the attackers score they will get 3 points and 1 point if they get fouled. The defenders can win the ball back and score in the opposite goal for 1 point.

If the ball goes out of bounds or if the goalkeeper has the ball in their hands then the teams will get zero points.

Coaching points

- The pass needs to be played in front of the attacker so they can control the ball in their running stride.
- First touch needs to be in front of them and out of their feet
- Attackers can take touches across the defenders running path to cut the defender off

Questions

- Where should the through ball pass be played?
- What type of touch do you need to take if you are going through on goal?
- How can you cut the defender up?

Purpose

The purpose of this 1v1 drill is to help strikers get more comfortable going through on goal

Set up

- 15 by 20 yard area
- 2 teams of 3
- 3 soccer balls
- 2 goals
- 1 goalkeeper (optional)

Intermediate