

*Procedure:*

To begin the drill, Players B and C make passes from the end line at the same time. Player A runs from the end line to finish a first time shot. Player B makes his run from the end line to receive the pass from Player C to start the 1 v 1 (Diagram A).

After shooting, Player A waits in front of goal for the completion of the 1 v 1. After the 1 v 1 is finished, Player D makes a long pass from the end line to Player A to begin the 2 v 1. Player B is the 2nd attacker, Player C is still the defender (Diagram B).

Upon completion of the 2 v 1, the three players rotate counter-clockwise to the next line, and the other three players re-start the drill.

Coaching Points:

- 1 Shooting – Slow your run, adjust to the pass.
- 2 Finishing – Approach the ball at an angle so that you can shoot at all four corners of the goal.
- 3 Attacking 1 v 1 – Attack at speed, force a poor decision from the defender.
- 4 Attacking 2 v 1 – Draw the defender to the ball, set up the 2nd attacker for the shot.

Progressions:

- 1 Add a 2 v 2 finish to the end of the drill.

