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Procedure:

Two players jump over hurdles and slalom through poles, racing towards goal. The Feeder passes to the first player to reach the mannequins, creating a 1 v 1 to goal. After the finish, the two players run to the second goal and switch roles for the second 1 v 1 to goal.

Coaching Points:

- 1 Positive First Touch – Direct your first touch towards the goal rather than out wider.
- 2 Shielding – With your first touch, put your body in between the ball and the defender.
- 3 Finishing – Take the last dribble touch off to the side and be able to shoot at all four corners.

Progressions/Regressions:

Progression 1 – The attacker must run around the mannequins. The defender can run thru.

Progression 2 – If the attacker scores on the first shot, he gets to take the second shot as well.