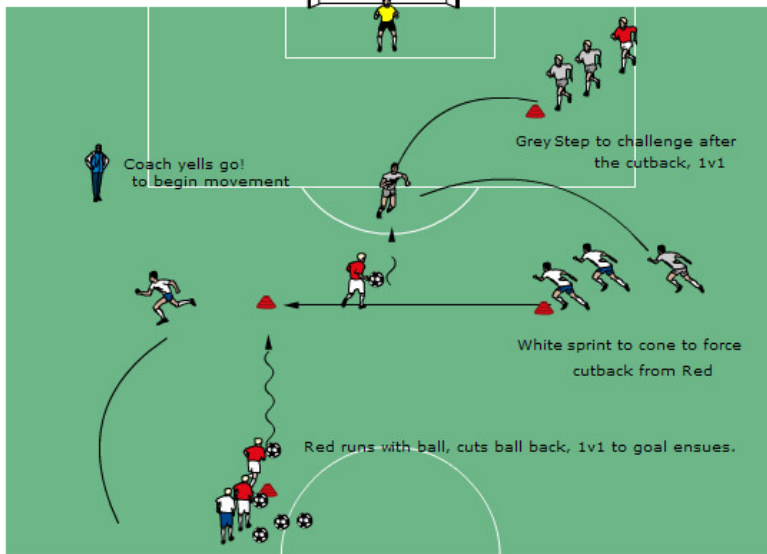


1v1 Passive to 1v1 Active Shooting exercise:



Set-Up: (as pictured). Full team, one goal, several balls, and 4 discs.

The Game: Coach yells Go! to start the movement. White Sprints across to the cone directly in front of them. Red should dribble with speed (upon hearing the Go command) at the cone directly in front of them. Red should cut the ball back behind a

“passive white” (white doesn’t try to win the ball). Once the cutback takes place a defender (Grey) releases from the disc around 8yds from the end-line to confront the attacker. This is an active 1v1 to goal.

Rotation: White now joins the attacking line.
Grey moves to Whites line (sprinting line).
Red would join the active defending line (Grey).

Note: Coach should call Go! once the attacker either loses the ball or shoots it. This will keep the game moving!

Focus:

- Dribbling with speed
- Taking a player on
- Finishing
- 1v1 defending.
- Goalkeeper communication with the active defender.

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

Everton Youth Dribbling
Full Team Circle Warm-up

Progress to:

Frans Hoek 2v2 Training
4v4 Double Penalty Box