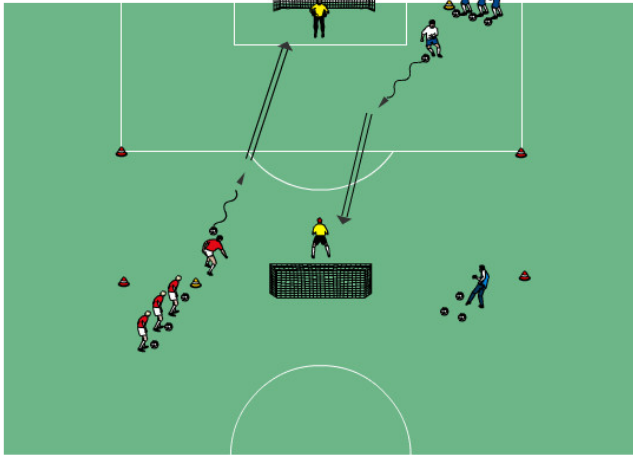


2 Shots followed by 1v1



The Set-up: (as pictured) 2 goals, several discs, plenty of balls. Break players into two groups. Playing area should be a double penalty box, 36 yards long x 44 yards wide. Coach should have several balls.

The Exercise: When the coach yells GO!

- The first player in each line dribbles quickly to the edge of the penalty area and shots the ball.
- After shooting the ball, Red

should turn quickly to look for a pass from the coach while white transitions to defend (pictured below).

- A live 1v1 follows. Play until the ball goes out of bounds or a goal is scored.



Focus:

- Dribbling at speed
- Shooting from distance
- Goalkeeping
- 1v1 Attacking
- 1v1 Defending
- Transition

Rotation: Coach should serve ball into the Red team for 5 minutes than serve to the White.

This exercise is best when you have 12 to 14 players.

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

Warm up without the Ball
Gate Warm-up exercises

Progress to:

Frans Hoek 2v2 Training
1v2 to 2 Goals