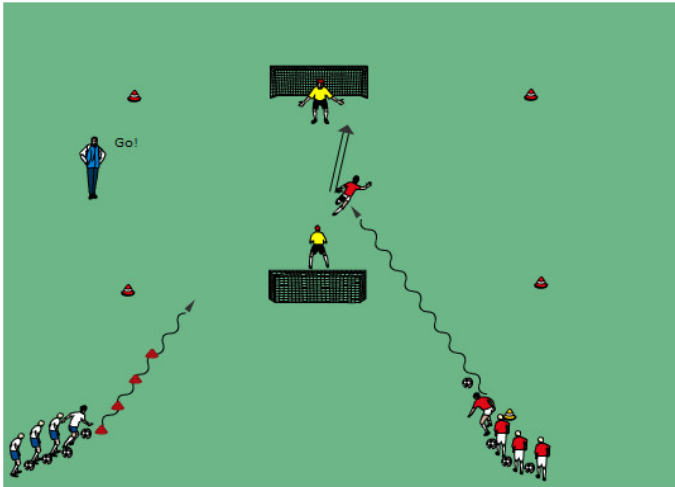


## Shot from distance followed by 1v1



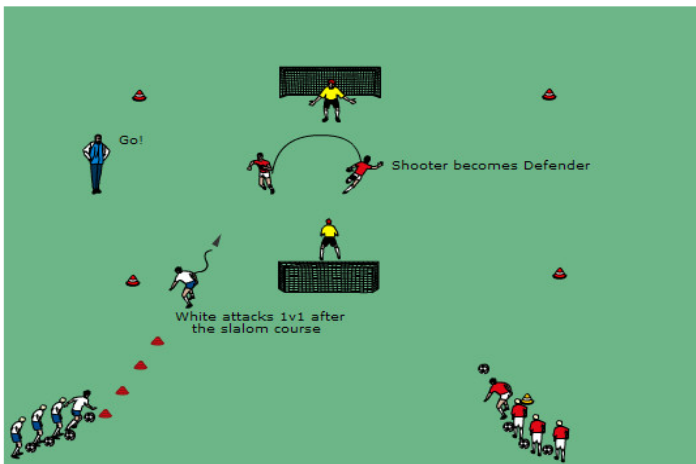
**The Set-up:** (as pictured) 2 goals, several discs, plenty of balls. Break players into two groups. Lines begin about 10 yards from the “playing area”. Playing area should be app. 25 yards long x 30 yards wide.

**The Exercise:** When the coach yells GO! The first player in each line begins their movement.

- The player in Red dribbles at speed into the playing area and

takes a shot on goal. After shooting the ball, Red should turn quickly to defend white in a 1v1. (pictured below)

- The first white player weaves his/her way through a series of discs and enters the field to take on Red in a 1v1 to goal.



### **Focus:**

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

*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 a ball  
Striking the Ball in 3's

### **Progress to:**

2 Shots followed by 1v1  
4v4 Double Penalty Box