

Dribbling & Shooting: Skill/Technique #2

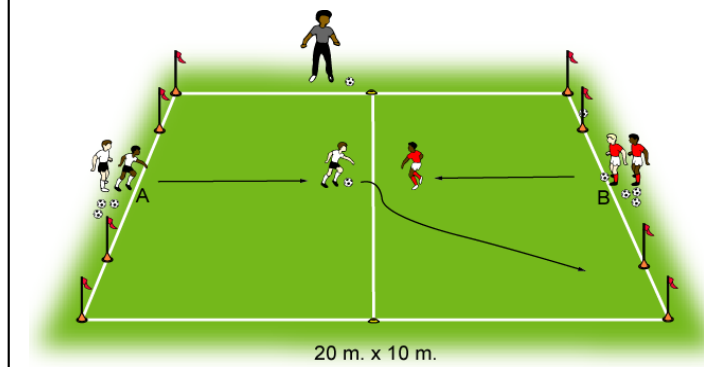
Skill Work:

Dribbling and finishing in 1v1 situations

15 minutes

Organization:

- Two teams of three players in an area 20x10m.
- Two small goals at each end as shown.
- The attack alternates from each end.



Coaching Points:

- Take a long touch to start to cover ground quickly.
- Attack one of the two goals to draw the defender across and then fake and go to the other goal.
- Use your body and/or feet to trick your opponent.
- Accelerate again when you go for the goal

Description:

1. The action begins when the white attacker takes a touch forward and tries to score on one of the two goals at the opposite end of the playing area by dribbling the ball between the flags. The red player tries to prevent the white player scoring and, if possible, takes the ball off of the white player and scores in one of the goals at the other end of the field. Once the goal is scored both players go to the opposite end and switch roles (the white player goes to position B and the red to position A). Keep a total score for each team.
2. **Progression:** Change the starting positions so that the players start at opposite corners. Give 1 point for a goal scored in the goal that is unguarded and 2 points for a goal scored in the guarded goal.

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