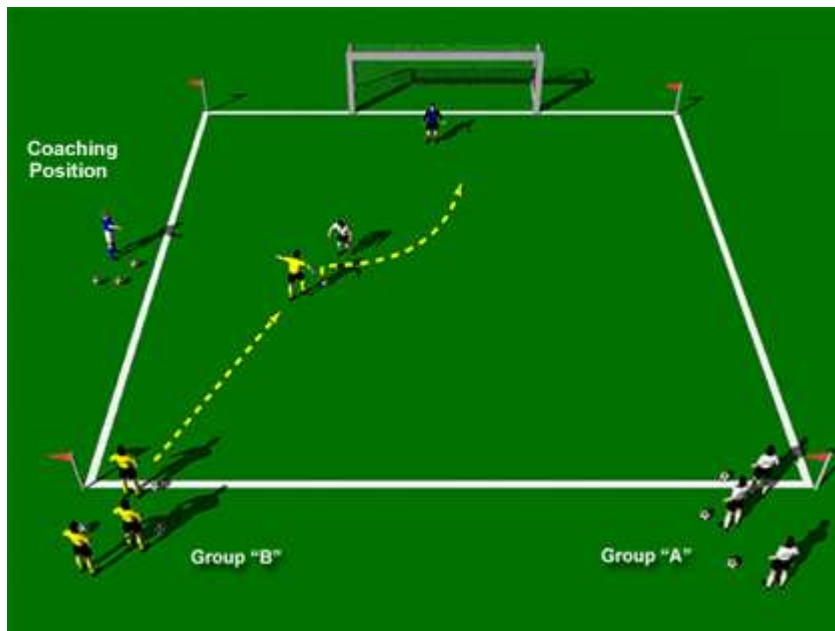
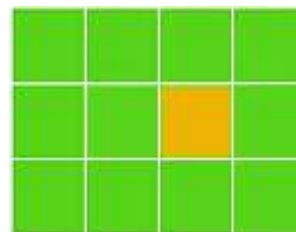


Shoot and Defend Drill



SET UP



- ▣ Area 30 x 30 yards
- ▣ 2 Groups of players
- ▣ Cones
- ▣ Large Supply of Balls
- ▣ Goal with nets

Objective:

This is one of those practices that players love to do. Its high tempo, fun and develops both offensive and defensive skills.

Organisation:

Two groups of players positioned approximately 30 yards from the goal.

Your Coaching Points:

Divide your team into two groups. The first player in group "A" dribbles the ball forward and shoots at goal. Immediately after shooting the ball he must defend against the first player in group "B". When the attack ends, the player from group "A" returns to his group and the player from group "B" now defends against the next player in group "A". This sequence is repeated throughout the drill.

