

Exchange 1v1 Shooting Drill



Exercise Objectives:

This is a fun shooting exercise designed to develop “quick reactions” when going to goal. Players love this drill.

Coaching Pointers:

Divide your players into two groups and position as in the diagram above. Two players from opposite sides play “one touch” passes to each other between the 2 middle cones. On the coach’s “whistle” the player who has possession of the ball becomes the attacker and can attack any goal to score. The other player must chase as the defender.

Field Preparation:

Playing area approximately 20 yards by 30 yards.
Balls, cones, bibs, full size goals.

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