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1 v 1 to Goal

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Drill Objective:

1 v 1 to Goal is a great soccer drill to improve goal scoring. This drill focuses on beating the last defender, staying in control of the ball and finishing with a good shot on goal.

Drill Setup:

Create a 12 X 5 yard grid just inside the penalty box and assign 1 defender to this grid. Have a goalkeeper play in the goal. Place a cone 7 or 8 yards outside the grid where the remaining players must start with a ball.



Drill Instructions:

The defenders job is to stop the attackers from getting through the grid and out the other side while being restricted to only defending within the grid. The attacker's role is to simply beat the defender and get a shot on goal. The attacker must attack out the back of the cones and not out the sides of the grid. Rotate the defenders every 1 to 2 minutes.

Drill Coaching Points:

- Good Control and keeping the ball close.
- Good Shot on Goal.
- Beating the defender with speed.

Drill Variations

- If the attacking player is stopped by the defender, the attacker quickly becomes a defender attempting to stop the next attacker in line.

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