Drill Quick Glance

Age: 9+	**Field:** PENALTY AREA
Players: 6+	**Time:** 15 MINS.
Difficulty: EASY	**Focus:** SHOOTING
Keeper: YES	**Type:** Team
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Equipment

Disc Cones/Markers | Soccer Balls | Full-Size Goal

1v1 Diamond Shooting Drill

Objective:
This 1v1 drill focuses on a passing combination with movement off the ball and finishes with a one vs. one to goal. If players miss they become the keeper and the game continues. Players love the fun, competitive twist of being able to make a player become a goalkeeper.

Setup

1. Set cones in the shape of a diamond about 20 yards from goal. Each cone about 12 yards apart. Adjust the size based on the age and skill level of your players.
2. Instruct one player to start at cone 2, 3, and 4. The remaining players form a line behind cone 1.
3. Instruct one player to start in the goal (not necessarily the goalkeeper as this will change).
4. A supply of balls should be placed near cone 1.

Instructions

1. Player 1 starts with the ball and passes to player 2. Player 1 follows the pass and moves to player 2's place.
2. Player 2 passes to player 3 and moves into quickly moves into defensive position.
3. Player 3 passes to player 4 and takes 4's place.
4. Player 4 receives the ball and immediately takes on player 2 in 1v1 battle to goal.
5. If player 4 doesn't score in the 1 vs 1, player 4 becomes the keeper. If player 4 scores, keeper remains.

Coaching Points

- Good passing combination
- Quick Movement off the ball
- Good defensive posture and positioning
- Shooter beats the defender with speed and gets a shot on target.

Variations

If players are struggling with the one vs. one play and not many shots are being taken, reduce the role of the defensive player to 50%. If players still struggle to score or get shots off, remove the defensive player.