



Drill Quick Glance

Age: 9+	Field: 25X30
Players: 4+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: 1v1
Keeper: YES	Type: INDIVIDUAL
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Equipment

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

1v1 to Goal

Objective:
The 1v1 Soccer Drill to Goal is a great soccer drill to improve goal scoring opportunities. This drill focuses on beating the last defender, staying in control of the ball and finishing with a good shot on goal.

Setup

1. Create a 12X5 yard grid just inside the penalty area.
2. Assign 1 defender to this grid.
3. Assign a goalkeeper to the goal.
4. Place a cone 7 or 8 yards outside the grid where the remaining players must start with a ball.

Instructions

1. The defender's 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.
2. The attacker's role is to beat the defender and get a shot on goal.
3. The attacker must attack out the back of the cones and not out the sides of the grid.
4. Rotate the defenders every 1 to 2 minutes.

Coaching Points

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

Variations

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