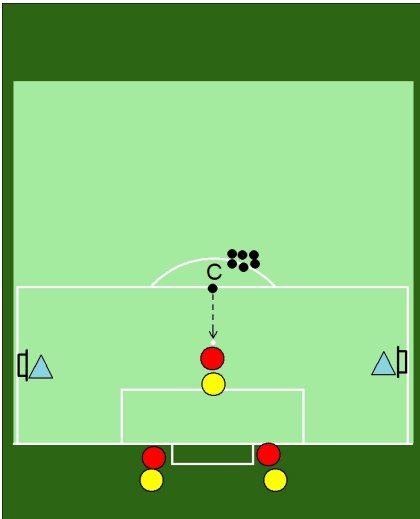




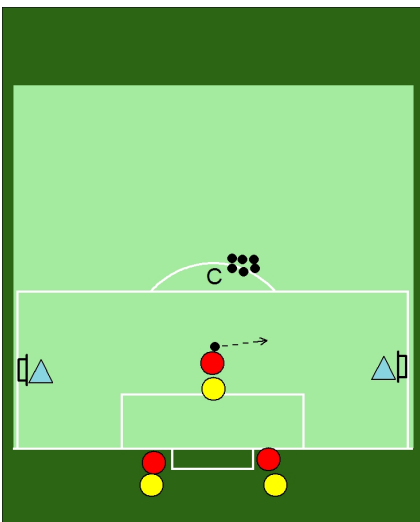
Make your move



How it works

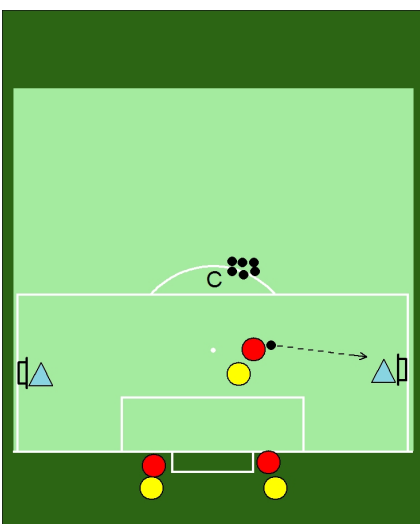
The red attacker and yellow defender stand just behind the penalty spot. Other pairs of players stand by the goal ready to come into the playing area. The coach has a supply of balls to keep the drill flowing.

Firstly, the coach passes the ball into the feet of the red player.



The red player has to try and 'make a move', such as fake to go one way and then touch the ball out of their feet in the other direction to gain space between themselves and the yellow defender.

The red player can make their move towards either goal.



The red player then attempts to shoot on goal. Pairs of players rotate into the playing area. Reverse roles so the yellow players become the attackers and also change goalkeepers after a few rounds. The defender can be passive at first and then become more active depending on the age and ability of the players.

You can make it more competitive by keeping team scores.

Possible changes

First touch and shoot only.

Coach can feed the ball in the air.

If the yellow player wins the ball then they can try and score in the opposite goal.