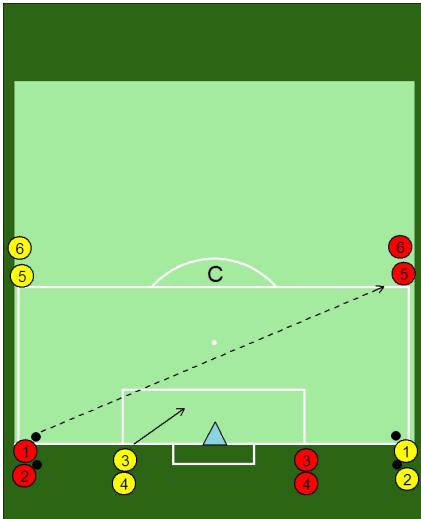




Penalty area - shooting

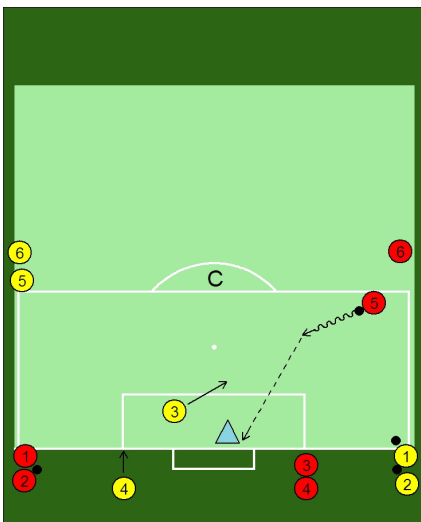
Diagonal pass and shoot



How it works

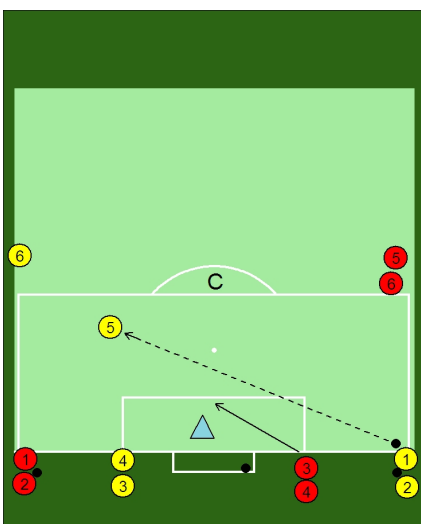
Red Player 1 passes the ball across the penalty area to Red Player 5.

As soon as Player 5 touches the ball, Yellow Player 3 is allowed to enter the penalty area as a defender.



Red Player 5 has to try and get a shot on goal before the defender can get in a position to make a challenge.

Players return to the back of the same line that they came from.



Repeat the drill with Yellow Player 1 passing the ball diagonally across the penalty area to Yellow Player 5.

Rotate player positions after a few rounds and you could make it more competitive by keeping scores.

Possible changes

Allow Player 1 to enter the penalty area after making the pass to make it 2 v 1 against the defender.

With younger players, the coach could pass the ball to Red Player 5 and then Red Player 1 and Yellow Player 3 could enter the penalty area to play 2 v 1.