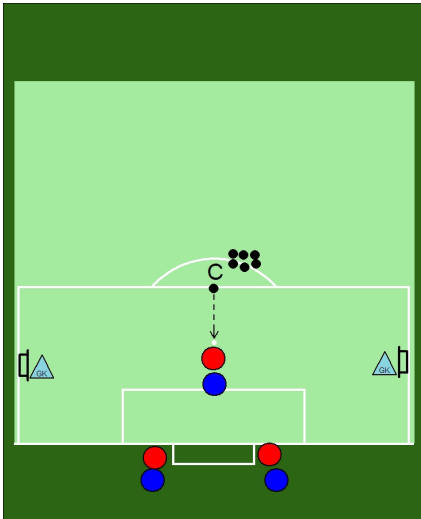




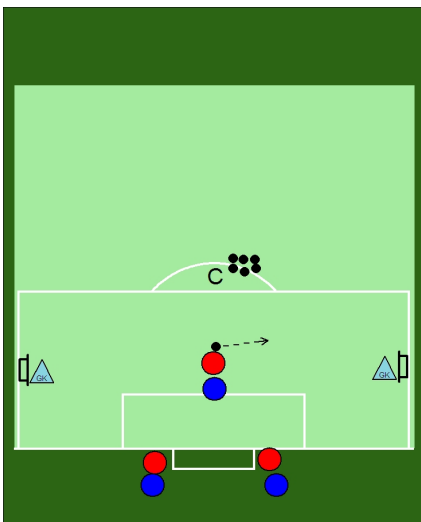
Make your move



How it works

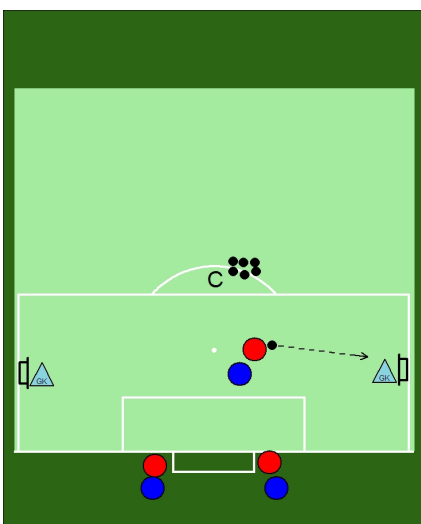
Red attacker and blue defender stand just behind the penalty spot. Other pairs of players stand by the goal ready to come into the playing area. Coach has a supply of balls to keep drill flowing.

Coach plays the ball into the feet of the red player.



The red player has to try and 'make a move' eg. feint one way and then touch the ball out of the feet in the other direction to gain space between themselves and the blue defender.

Red player can 'make a move' towards either goal.



Red player then attempts to shoot on goal.

Pairs of players rotate into the playing area. Reverse roles so then blue player becomes the attacker. Change GKs after a couple of rounds.

Make more competitive by keeping team scores.

Defender can be passive at first and then become more active depending on age and ability of players.

Possible changes

First touch and shoot only.

Coach can feed the ball in the air.

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