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in St. Albert!

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Learn to Train (U10/U12)

Chelsea 1 vs 1 Shooting Drill

Time – ~ 15 Minutes

Playing Area

Set up as seen in picture (see below)

Number of Players – All players

Equipment – balls, mini nets (or cones)

YouTube Link: <https://youtu.be/aI6vmvP9QHk>



Objective

- This activity focuses on developing a players attacking skills and creativity on the ball.

Organization

- Set up 2 mini-goals, one on either side of your playing area. If no mini-goals are available, use 2 cones and make the gates the goal for the players to dribble through.
- Set up the attacking player's starting point about 10 yards away from the mini goals in the middle of the field.

The Activity

- The attacking player (blue) will choose which mini-goal they want to attack.
- If the attacking player scores, they receive a pass from the coach and have a free shot on the big net.
- If the defending player stops the attacking player from scoring, they switch places with the attacking player. The defender will look to receive a pass from the coach and have a free shot on the big net.
- If this activity is done with gates instead of mini-goal, the attacker must be in control of the ball when they dribble through the gate. If they are not in control of the ball, they must switch places with the defender.

**** See video for visual description of the activity ****