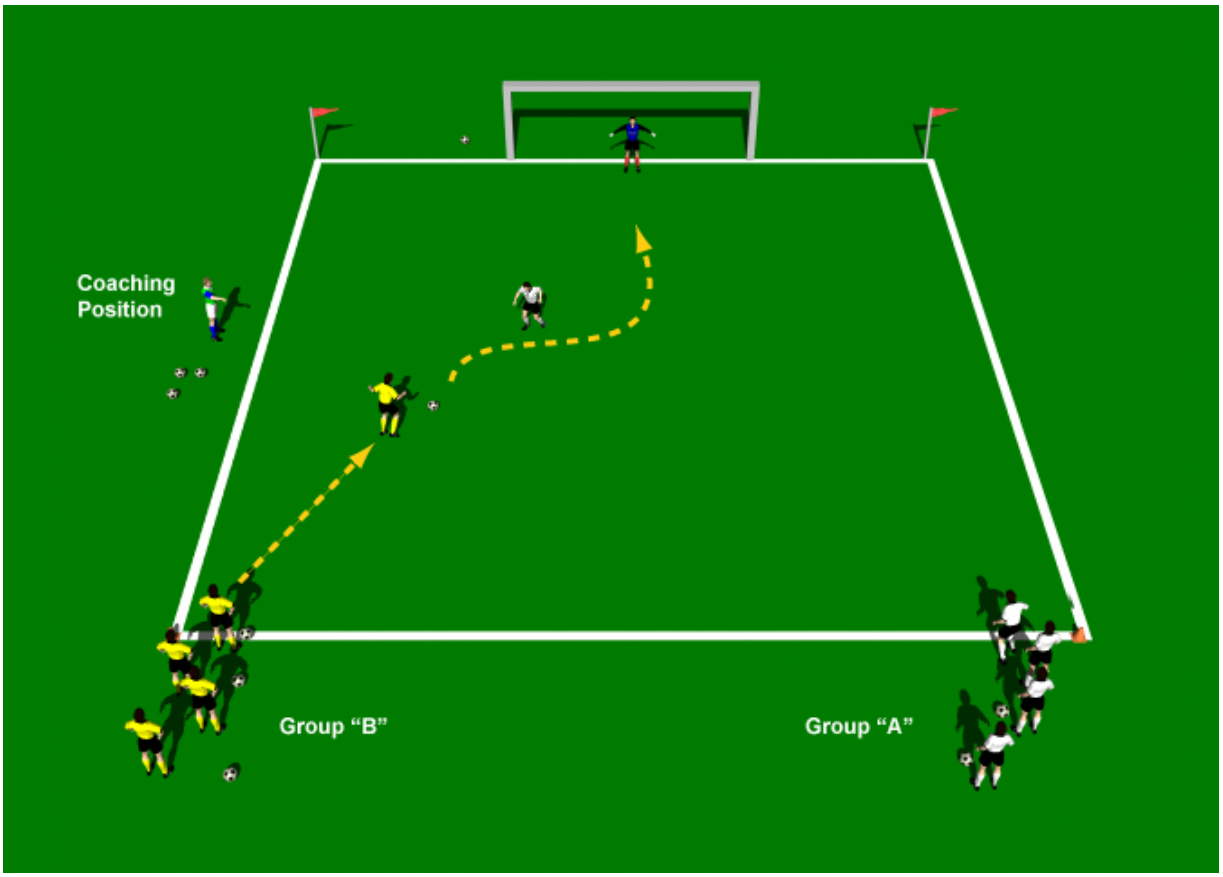
Soccer Coach TV Where Coaches Live!

1 v 1 to Large Goals



Exercise Objectives:
This is one of those practices that players love to do. Its high tempo, fun and develops both offensive and defensive skills. It also gives your goalkeeper a great workout.

Field Preparation

- Goalkeeper
- 2 Even groups of 4, 5 or 6 players.
- Area 20 yards x 20 yards
- Cones
- Supply of balls

Coaching Pointers:
Divide your team into two groups. The first player in group "A" dribbles the ball forward and shoots at goal. Immediately after shooting the ball he must defend against the first player in group "B". When the attack ends, the player from group "A" returns to his group and the player from group "B" now defends against the next player in group "A". This sequence is repeated throughout the drill.

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