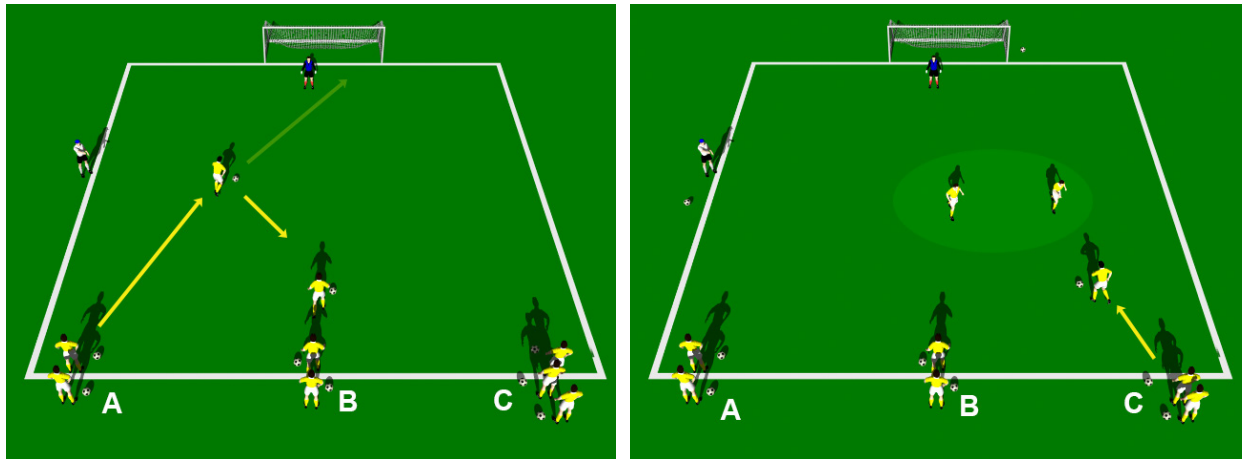


## Shoot and Defend 2v1 Drill



### Exercise Objectives:

This practice is a high tempo shooting and defending exercise designed to improve accuracy and power in shooting and transition to defending. This is also a good work out for your goalkeepers.

### Coaching Pointers:

Divide players into three equal groups. Groups are labelled A, B and C. Goalkeepers is placed in goal.

The practice starts when a player from line "A" attacks goal to shoot. After shooting he must transition quickly from attack mode to defense and defend a player from line "B". After the play breaks down, player "A and B" now defend player C, to make it a 2v1. The exercise is then repeated in that sequence. Rotate lines frequently.

### Focus On:

- ☆ Accuracy over Power.
- ☆ Quickness of transition from offense to defense.
- ☆ Goalkeepers shot stopping.

### Field Preparation

- ☆ Entire Group
- ☆ 1 Full Size Goal with Goalkeeper
- ☆ Area 20 x 20 yards
- ☆ Cones or Flag poles
- ☆ Supply of Balls