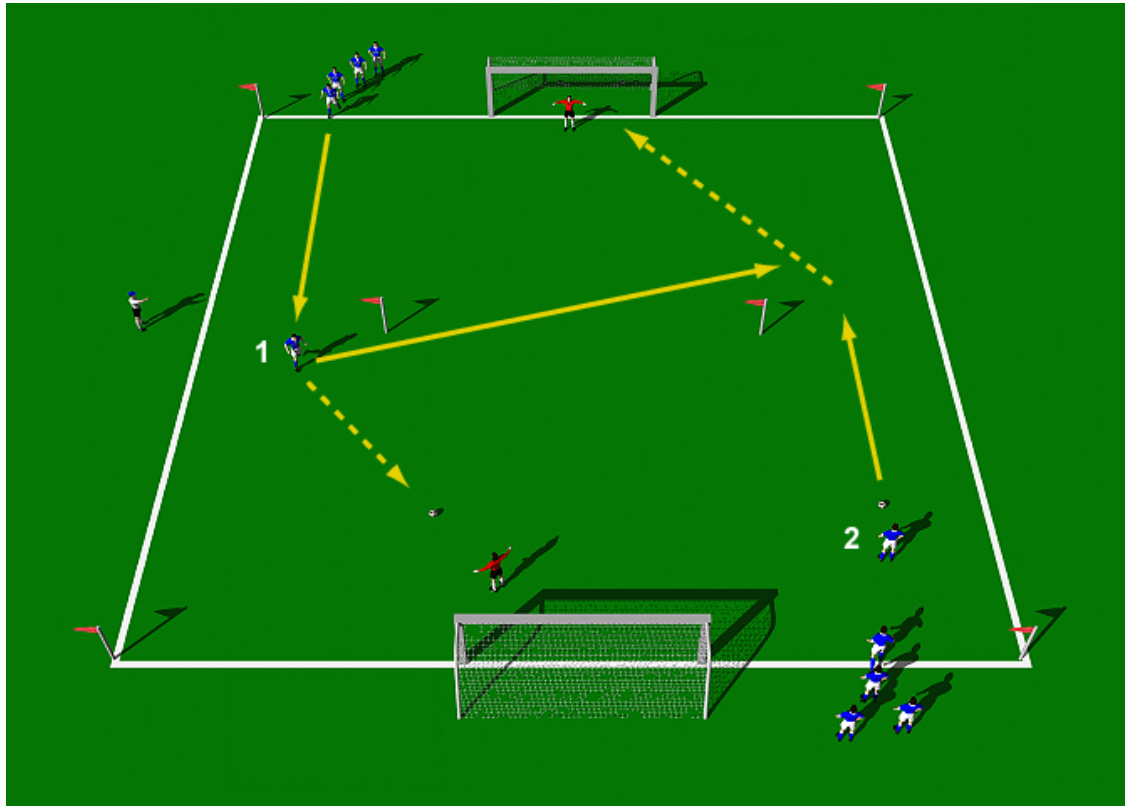


Stoke City 1v1 Shooting Drill



Exercise Objectives:

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

Field Preparation

- ★ Entire Group
- ★ 2 Full Size Goals with Goalkeepers
- ★ Area 30 x 30 yards
- ★ Cones or Flag poles
- ★ Supply of Balls

Coaching Pointers:

Divide players into two equal groups. Groups are placed diagonally opposite, as in the diagram above. Goalkeepers are placed in both goals. Two flag poles are positioned in the middle of the area. Each player has a ball. The practice starts when player "1" attacks the flag pole, performs a body feint and shoots at goal. After shooting he must transition quickly from attack mode to defense and sprint across the square to defend player "2". Player "2" is attacking the opposite goal. After he shoots he then must defend. After defending players return to their own groups.

Focus On:

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