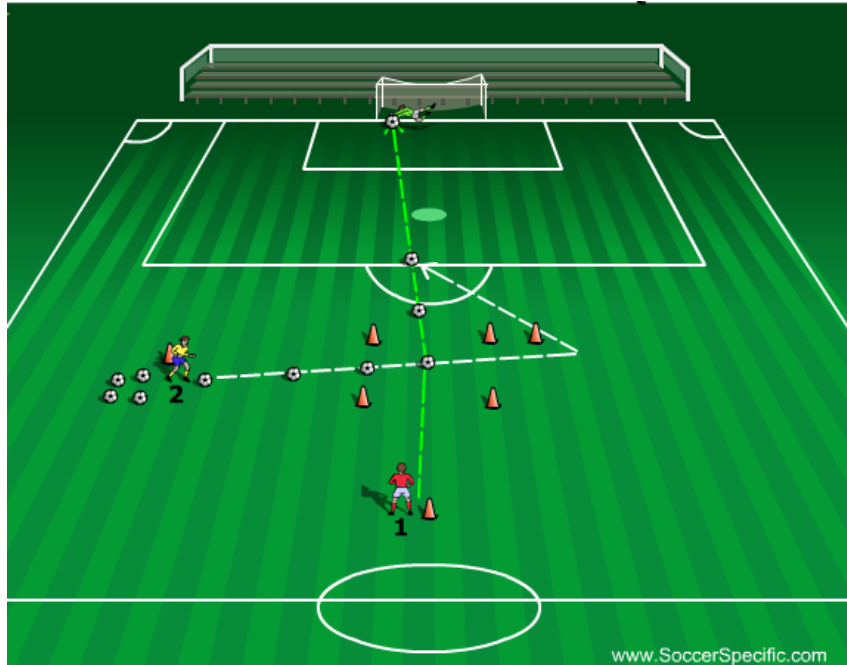


## 1v1 Square Shooting

**Learning Outcomes: Speed of losing last defender and composure**



### INSTRUCTIONS:

Player 2 (white) begins the drills by dribbling the ball into the centre of the square; Player 1 begins jogging towards the square at the same time. Player 2 (green) must at speed stop the ball in the centre of the square as he continues moving forward to the final cone. Player 1 must intercept this dead ball and dribble to goal with the aim of executing a well-placed shot. Player 2 aims to sprint around the final cone with the goal of becoming a defensive opponent.

### LEARNING OUTCOMES:

- Player 2 must execute his dribble, leaving the ball in the middle and sprint around the final cone at speed to stand a chance of successfully defending
- Player 1 must look to take a clean touch out of his feet as though he's just beaten the last defender in a game scenario. Two, three touches maximum followed by a placed shot
- Composure is essential in front of goal and the drill requires repetition to move away from thinking before a shot, to taking an instinctive shot
- **PROGRESS by placing the final cone closer to the square so the defender has less ground to cover**
- **PROGRESS by adding less touches or a set shooting distance (10 > 15 > 20 > 25 yards)**
- **PROGRESS by removing the defender and just have player 2 dribbling the ball into the middle of the square followed by a first time shot from distance from player 1**