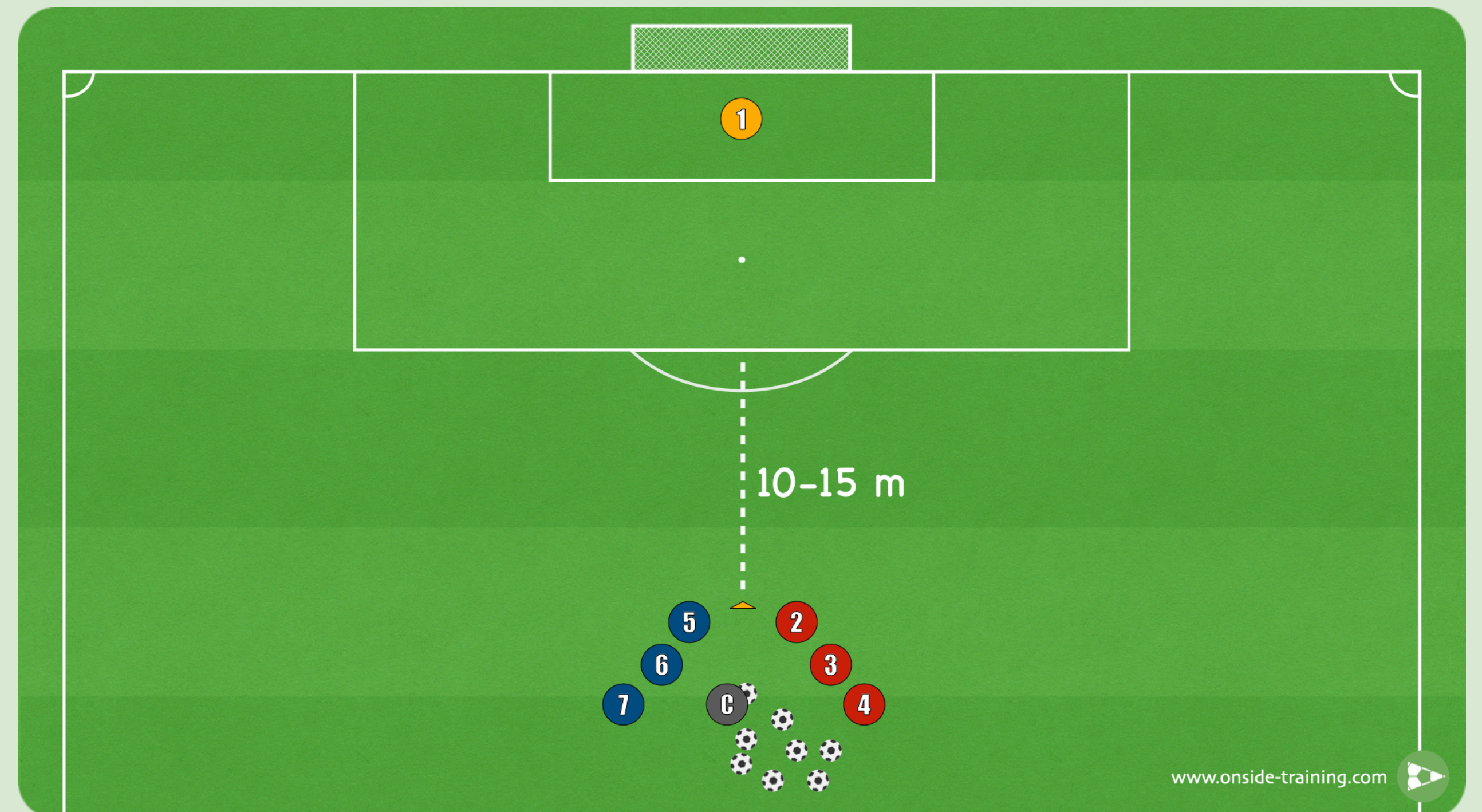


1v1 SHOOTING DRILL

www.onside-training.com

Setup:

- Position a cone approximately 10-15 meters outside the box.
- Divide the players into two teams and arrange them in two lines behind the cone.
- Have a coach prepared with an ample supply of balls to start the game.
- Adjust distances between cones based on the age and skill level of the players.



How It Works

The drill begins with the two initial players from each line preparing to sprint towards the goal, keeping their eyes in a straight line towards the goal. The coach initiates by delivering a pass in front of the players. As the players see the ball coming from behind, a 1v1 situation unfolds toward the goal.

Once the ball either finds the back of the net or goes out of bounds, the participating players return to the line, making way for a new pair to engage in the drill.

