

1v1 SHOOTING DRILL



Players:
+2



Time:
20 min



Focus:
Shooting



Age:
U8+



Intensity:
8/10

SETUP

- Position a cone roughly 10-15 meters outside the box, with players in two lines behind it and a goalkeeper in goal.
- Have a coach ready behind the lines with a good supply of balls.
- Adjust the distances based on the players' age and skill level.

KEY POINTS

The 1v1 Shooting Drill recreates the through-ball 1v1 situations players face in every game. On the coach's pass forward, the first player from each line sprints onto the ball and a 1v1 to goal unfolds, finishing with a shot under pressure from an opponent. Once the ball is in the net or out of play, the next pair steps up. Vary the starting pass — looped, to one side, into feet, or deliberately awkward — to keep players adapting. The drill develops situational awareness, balance and body use at speed, shooting under pressure, and defensive pressing.

