



Diagrams created using Soccer Tutor.com Tactics Manager

Set Up: There are 6-8 players set up in the attacking third, with lines starting at the cones.

Procedure: To begin play, an attacker dribbles towards the cone, cuts around it to the right or the left, and then finishes on goal. As one player shoots, the first player in the other line can begin his dribbling run. The players rotate to both shooting lines, and the goalkeepers switch out after 3-5 shots.

Teaching Topics:

- 1 Dribbling.
- 2 Ball striking.
- 3 Finishing.

Progressions:

- 1 Add a defender, coming out from the end line.

Coaching Points:

- 1 The last touch should improve your shooting angle and not take you out too wide.
- 2 The position of your plant foot will determine your shooting accuracy.
- 3 Look up before shooting and deal with the goalkeeper.