



Diagram Key:



Player running with ball



Pass



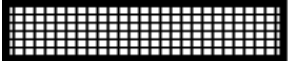
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

Shoot and Defend 1v1

Category: Dribbling/1v1, Ball Striking/Shooting, Defending

Practice Segment:

- Technical Repetition-No Pressure
- **Skills:**
- Dribbling/Footskills
- Shooting/Ball Striking
- 1v1 Defending

Players: 12-16 players

Time: 15-20 min

Shoot and Defend 1v1:

- 2 markers set up 15-20 yds from goal (green), 6-8 yds apart
- 2 markers set up 8-10 yds from 1st set (red)
- Goalkeeper in goal; field players split between the 2 markers, each with a ball

Sequence:

- Player at "A" dribbles toward marker at pace, performs move and shoots at goal
- As soon as shot is taken (B), the shooter turns and sprints to defend on imaginary line between cones (green); the defender *may only defend on the line*
- As soon as the first player shoots (B), the player at (C) dribbles towards space between markers and takes on the defender. If the player from "C" is successful, a shot is taken after beating the defender
- Player from "C" *does not defend*, but gets ball after shot; sequence begins again; players switch lines after their turn

Focal Points:

- Dribble at game pace
- Shoot with correct technique and hit the target
- Defender must transition quickly from shot to line and must arrive in control
- Second shooter must attack with speed and decisiveness

Variation:

- Change distance of shot
- Move first shot to the left side; force left footed shot
- Decrease the length of the "line" the defender defends on

