



1v1 Passive to 1v1 Active Shooting exercise

Set-Up: as pictured.

The Game: The Coach yells go to start the movement. White Sprints across to the cone directly in front of them. Red Should dribble with speed(at the Go command) at the cone directly in front of them. Red should cut the ball back behind a “passive white”. Once the cutback takes place a defender (Grey) releases from the disc around 8yds from the endline to confront the attacker. This is an active 1v1 to goal.

Rotation: White now joins the attacking line.
 Grey moves to Whites line (sprinting line).
 Red would join the active defending line (Grey).

Note: Coach should call Go! once the attacker either loses the ball or shoots it. This will keep the game moving!

This is a good exercise in that it involves dribbling with speed, taking a player on, finishing, and 1v1 defending. Advanced teams should demand that the goalkeeper communicates with the active defender.

