



## 1 vs 1 To Goal

### Drill Info:

This drill focuses on beating the last defender, staying in control of the ball and finishing with a good shot on goal. Run this soccer drill with at least 3 players but no more than 10. This soccer drill should last approximately 20 minutes on a 1/2 field.



### Setup:

Create a 12 X 5 yard grid just inside the penalty box and assign 1 defender to this grid. Have a goalkeeper play in the goal. Place a cone 7 or 8 yards outside the grid where the remaining players must start with a ball.

### Instructions:

The defenders job is to stop the attackers from getting through the grid and out the other side while being restricted to only defending within the grid. The attacker's role is to simply beat the defender and get a shot on goal. The attacker must attack out the back of the cones and not out the sides of the grid. Rotate the defenders every 1 to 2 minutes.

### Variations:

- If the attacking player is stopped by the defender, the attacker quickly becomes a defender attempting to stop the next attacker in line.

### Coaching Points:

- Good Control and keeping the ball close.
- Good Shot on Goal.
- Beating the defender with speed.

**“CREATING SMILES FOR TODAY, ATHLETES FOR TOMORROW AND KNOWLEDGE OF THE GAME FOR A LIFETIME.”**

