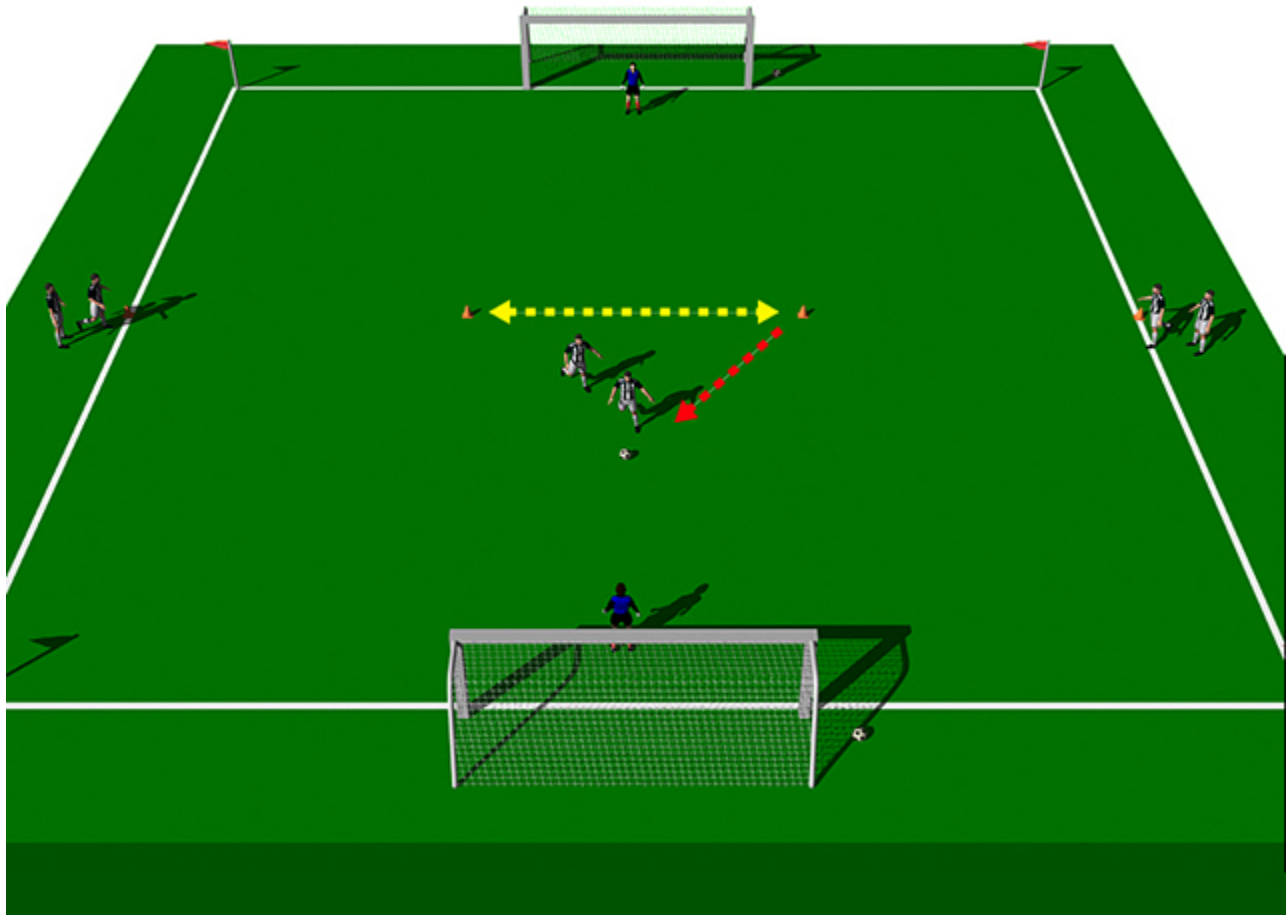


Exchange 1 v 1 Shooting Drill



Exercise Objectives:

This is a fun shooting exercise designed to develop “quick reactions” when going to goal. Players love this drill.

Coaching Pointers:

Divide your players into two groups and position as in the diagram above. Two players from opposite sides play “one touch” passes to each other between the 2 middle cones. On the coach’s “**whistle**” the player who has possession of the ball becomes the attacker and can attack any goal to score. The other player must chase as the defender.

Field Preparation:

- Playing area approximately 20 yards by 30 yards.
- Balls, cones, bibs, full size goals.