

Left Behind

Emphasis: Shooting accuracy, striking a dead ball



Set-up: Use the penalty area and place your players at the top of the D, in two lines. The goalkeeper is in goal and all the balls are given to one of the lines.

Objective:

The player with the ball dribbles at speed into the penalty area and stops it dead with the bottom of his/her shoe, just inside the box. The first player from the other line trails the dribbler and strikes the ball on goal. After each repetition, the players switch lines changing the roles.

Progression:

1. Increase the frequency of the repetitions.
2. The dribblers can either shoot or stop the ball dead.
3. The dribblers can breakaway to goal or stop it dead on the penalty spot.

Coaching Points:

- Strike the ball with the inside of the foot, low and hard.
- Make sure the dribbler moves out of the way of the shot.
- The dribbler must follow rebounds given up by the goalkeeper.