

1 Touch, 2 Touch, 3 Touch, Shoot

By David Clarke

Giving kids a ball and just letting them run with it and shoot at goal is something they love to do and would it all day if I let them. But it has to have some structure to it or the whole thing will end in chaos. All it takes is a few cones a goal and a goalkeeper for you to put some meaning into their fun.

In these exercises you should be looking to stretch the attacker's ball control and skills. So I put two goalkeepers in for an attacker to face 1v2 then in the next exercises force play wide and finally add a defender.

In the first setup the players run from just outside the 18 yard area and are faced with two goalkeepers.

- G1 closes the attacker down, narrowing the angle he can shoot from.
- The attacker must beat the first goalkeeper then face the second one.
- G2 must stay on his line and try to save any shots that come his way.

Tell attackers to go left or right past G1

In this first exercise the attackers must work at close control, feinting, and the use of both feet - tell your attackers they can go left or right of the advancing goalkeeper, the second goalkeeper must stay on the line.

Run past cones and shoot from an angle

The second exercise is more straightforward. Two groups take it in turn to run with the ball around 3 cones in front of them before shooting at goal.

Tell your players to go wide around the last object to narrow the angle of the shot at goal. When they have shot they go to the back of the opposite queue so they are given the chance to shoot, and dribble, using both feet.

Shots should be across the goalkeeper

When the players get to the last cone they should be looking to shoot across the goalkeeper. This will also give your goalkeeper chance to practice holding onto these shots.

Add a defender to push attackers wide

In the third exercise a defender is added, so the attacker now has to beat the defender before shooting at goal.

The attackers must take turns to use their pace or skill to make a run into an angle wide of the defender before shooting.

Tackled attackers become the defender

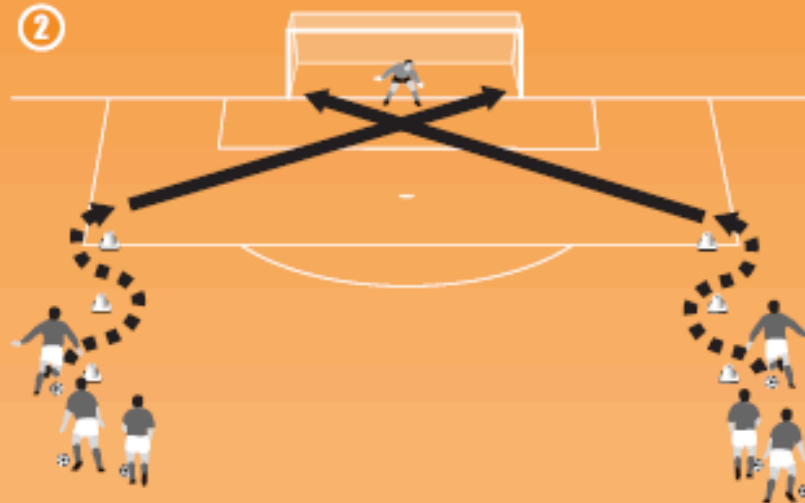
This is a tiring exercise for one defender who is constantly tackling or jockeying the attackers so change them frequently. I add a bit of extra competition by making it so that attackers who finish with a shot at goal join the back of their line, those who miss the target or get tackled must take the place of the defender.

How to practice dribbling and shooting

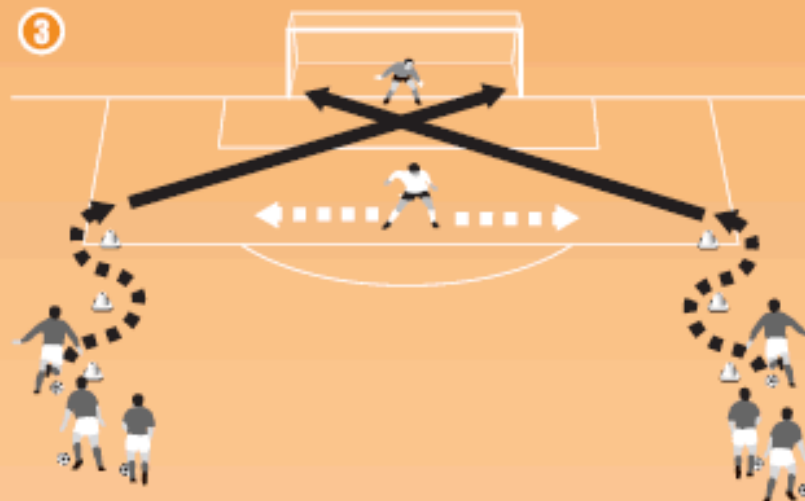
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direction of run ■ ■ ➔ dribble ■ ■ ➔ shot ➔