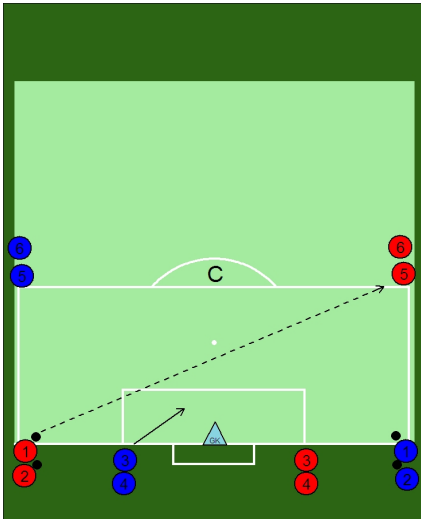




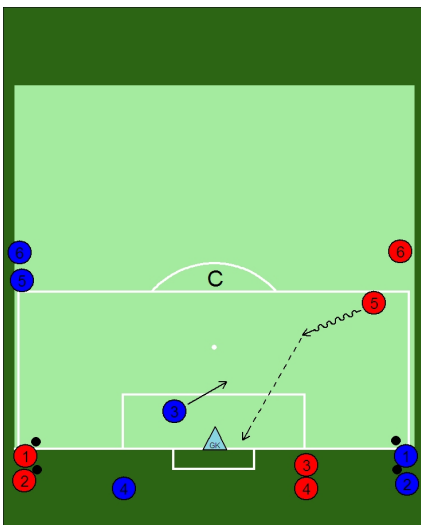
Diagonal pass and shoot



How it works

Red Player 1 passes the ball across the penalty area to red Player 5.

As soon as Player 5 touches the ball, blue Player 3 is allowed to enter the penalty area as a defender.



Red player has to try and get a shot on goal before defender can get in a position to make a challenge.

Repeat drill with blue Player 1 passing the ball diagonally across the penalty area to blue Player 5.

Rotate player positions after a few rounds.

Make more competitive by keeping scores.

Possible changes

Allow Player 1 to enter the penalty area after making the pass to make it 2 v 1 against the defender.

With younger players, coach could pass the ball to red Player 5 and then red Player 1 and blue Player 3 could enter the penalty area to play 2 v 1.