

LIVE 1-ON-1 DRILL

OBJECTIVE _____ To practice creating good shots against live defenders.

SPACE/EQUIPMENT _____
• Balls
• Goals

PLAYERS NEEDED _____ All team players can participate in the drill at one time, but there should be no more than 3-4 players in each line.

DRILL-EXECUTION _____ Set four lines of offensive players around the goal (one top-left, one top-right, one back-left, and one back-right) with one line of defenders next to each of them. The first player in line makes a V-cut and receives a pass from a coach. He then dodges full-speed at the goal and takes a shot as soon as he gets open.

SKILLS PRACTICED _____
• V-cutting to get open
• Dodging at full-speed
• Shooting immediately after a dodge

VARIATIONS/PROGRESSION _____ This drill should be set up to mimic the dodging positions in your team's offense (a 2-2-2 is described above, but a 1-4-1 and a 1-3-2 are also fine). To build the confidence of offensive players, make all defenders play with short sticks. To make it more challenging for offensive players, use cones to define a confined space in which they must remain or give them a time limit to take a shot.

GOALIE INVOLVEMENT _____ Full

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