



Drill Name: Dribble & Shoot

Set up :

Dribbling Turning Shooting at Goal P1

Instructions:

Player 1 in each group dribbles into square, works turn to come out & shoot on assigned goal. Repeat as shot is taken. Progress & ask for, or introduce, different turns. Assign different goals for variation.

Coaching Points:

See the ball & the players, Change of direction & speed, Eye on ball/Head down, Part of foot & ball, Follow through