



**Drill Name:** Rapidfire Dribble & Shoot

**Set up :**

Rapidfire Dribbling & Shooting. Continuous 1v1 duels. 2 Teams of 3-6 players set up to defend a goal as shown.

**Instructions:**

All players are Goalkeepers to start. Play starts with a player attacking the opponents goal with a dribble & a shot. The player who stops the shot immediately attacks the opponents goal in the opposite direction. As soon as the shot is released, the "Shooter" defends his goal & tries to pressurize the attacking opponent. The sequence repeats itself end to end to create non-stop action.

**Coaching Points:**

See the ball, See the players, Changes of direction, Changes of speed, Attitude & accuracy