



**Drill Name:** PSC RTD 1v1 Around the Box with Shooting GS

**Set up :**

Set up 20x12 grid around penalty area as shown. Create gates 3 paces wide at which Defenders & Attackers enter grid. Use GK. Line up others, defenders (D) & attackers (A), as shown. Coach positions himself at defenders gate with lots of balls.

**Instructions:**

Coach calls "Go!" Attacker (A) sprints round grid & enters at gate A. At same time defender sprints around grid & enters at gate D. As atacker approaches A coach passes ball to gate A. Attacker receives ball & goes to goal... early shot! Defender passes through D and attempts to close down attacker. After shot is taken / play breaks down players go to opposite lines. Progression: Switch sides... attack is now from left.

**Coaching Points:**

Coach attackers! Attack ball. Determination/ confidence. Ball close. Ball moving/ Feet moving. Change of pace/ direction. Attack defender. Early shot... accuracy before power; head steady; eye on ball; part of foot/ ball.