

## Live 1-on-1s

**Objective:** To practice creating good shots against live defenders.

**Suggested space needed/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.

**Description of 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/Increased difficulty (As your players improve their skills incorporate the following...):**

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

**Related drills:**

Monkey in the Middle  
Hourglass Dodging