

Score and Assist

This attacking and finishing drill tests the first attacker to finish their chance before spinning to lay off a pass from his team mate and create a second opportunity.

The attacker needs to react quickly to make the pass and ensure that they follow up the second shot to capitalise on any rebounds off the goalkeeper.

You need to set up an area 40 yards long by 30 yards wide, and you need two cones, a goal with two outfield players and a goalkeeper.

1. Player 1 dribbles and shoots at goal.
2. Immediately player 1 spins and plays a wall pass for player 2 to shoot at goal.
3. Player 1 then follows the shot in order to shoot from any rebounds off of the goalkeeper or posts.

The players should switch roles for the next attack.

1



Player 1 dribbles with the ball and takes a shot.

2



He must react quickly to play a one-two with Player 2...

3



...and follows Player 2's shot to capitalize on any rebounds.

KEY

Player Movement

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Ball Movement