

1v1 50/50 to Goal Team Competition

1v1, Team Competition, going to goal, scoring goals, practice, training, sessions, drills

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Author: [Chris Johnson](#)

Drill Objective:

The purpose of this [soccer drill](#) is to work on [soccer fitness](#), [scoring soccer goals](#), [soccer shooting](#), [soccer goalkeeping](#), and winning 50-50 balls. This is a [fun soccer drill](#) for the younger soccer player.

Drill Setup:

On a [full size training goal](#), place a goalkeeper in the goal. Split the remaining players into two even teams and align them on each goal post. The first player in line must start with one hand on the goal post. A cone should be placed approximately 20 yards from goal in front of each line. The coach should have a supply of soccer balls available.



Drill Instructions:

On the coach's command, the first player from each team should sprint around the cone in front of their line. As the players approach the cone the coach should play a 50/50 ball in the middle of each cone. The two players should battle for possession and quickly attack the goal.

The players should battle each other for the ball and either player can score a goal once possession is won. As a goal is scored the team scoring the goal is awarded a point.

First team to 10 wins.

Drill Coaching Points:

Players should be instructed to:

- Sprint at top speed around the cone
- Battle and win the 50/50 ball
- Quickly attack the goal once possession is won.
- Continue to fight for the ball when defending.
- Have fun.

Drill Variations

- N/A

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URL: <http://www.soccerxpert.com/soccerdrills/1v1-to-Goal-Team-Competition.aspx>