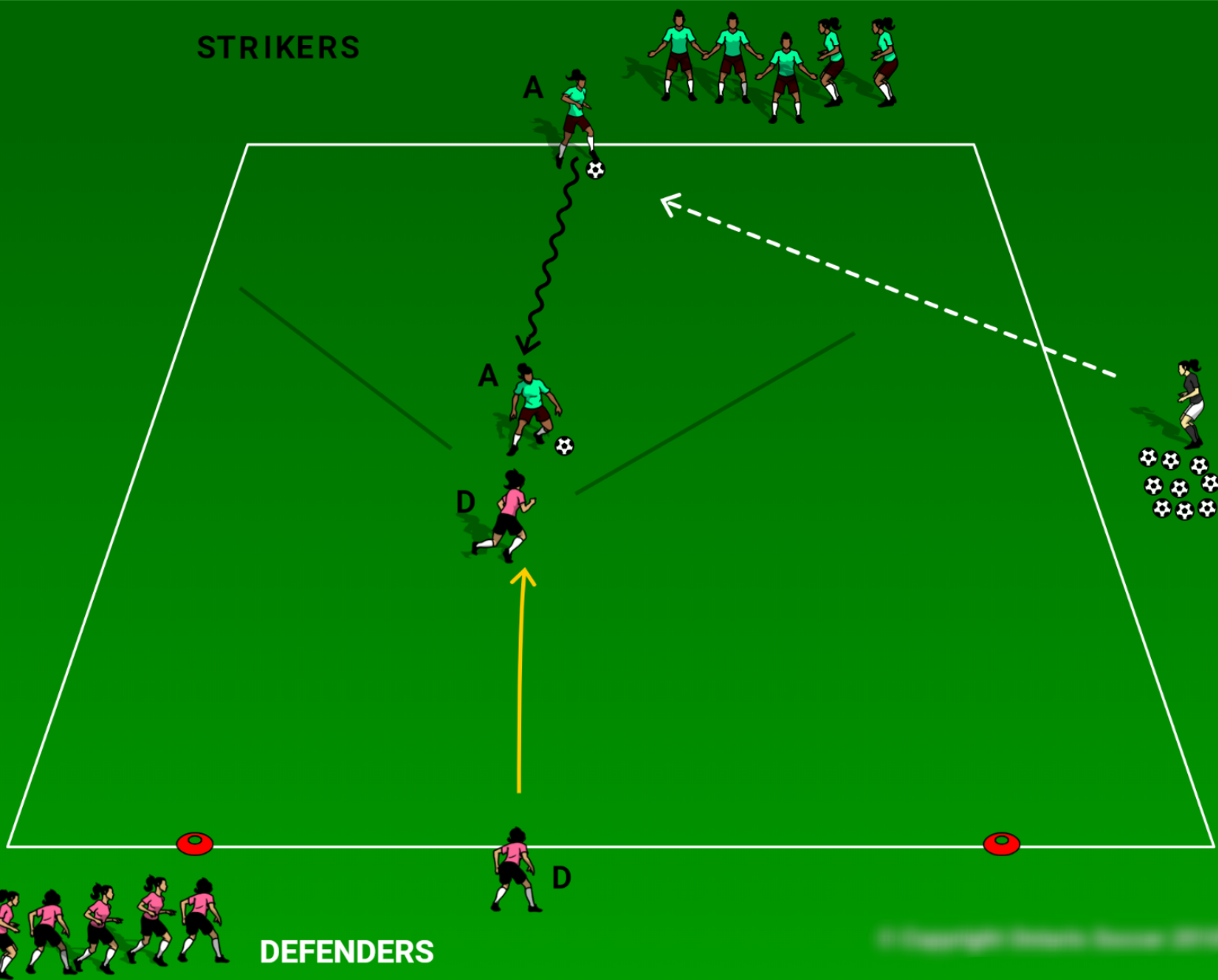


STRIKERS



Striker vs Defender drill.

- Coach passes the ball to striker A . As the ball travel **D** comes out to engage the 1v1.
- A's goal is to get through the gate marked by the 2 red cones without shooting or passing; just dribbling past the line.
- If D wins the ball back, she must run with it to either side.

Coaching points: Defenders must close the gap quickly and remain on their toes and direct the striker to the sides.
Strikers must approach with pace and unpredictability.