



Set Up: There are eight players set up inside of the grid, playing 5 v 3.

Procedure: The five attackers play keep away inside the grid, and the defenders attempt to trap an attacker by going to the ball as a group. The attackers look for thru passes between the defenders as they charge in. When an attacker loses the ball or plays it out of the grid, he switches into the middle. If the defenders cannot win the ball within one minute, the entire group switches out.

Teaching Topics:

- 1 Passing angles.
- 2 Communicating early.
- 3 Field of vision.

Progressions:

- 1 The attackers are limited to two touches.

Coaching Points:

- 1 Do not hide behind a defender. Step into an open space and show yourself.
- 2 Recognize when the defenders are preparing to trap and call it out.
- 3 Play with your head up, and spot an open man before you receive the ball.