



Set Up: Ten players are set up in the attacking third, with a 1 v 1 in the penalty area and players starting at the cones.

Procedure: Play begins with a free pass from the 1st attacker into the 2nd attacker, and the 2nd defender leaves the end line with the first touch. The 2nd attacker touches the ball back out of the penalty area, and play continues 2 v 2 from there. If the defenders win the ball, they can score in the two small goals set up outside of the penalty area. When a goal is scored or the ball is put out of play, the next set of attackers and defenders rotates in.

Teaching Topics:

- 1 Passing.
- 2 Combination play.
- 3 Finishing.

Progressions:

- 1 Progress to 3 v 3.

Coaching Points:

- 1 A poor first pass will most likely lead to a poor return pass.
- 2 The second attacker should come back to the ball to initiate wall passes and overlaps.
- 3 Look for the quick shot. If the defender charges in, fake the shot and go by him.