



**Set Up:** Five players are set up inside of the small grid, playing 4 v 1.

**Procedure:** Four attackers are stationed on the outside of the grid, playing keep away from the one defender. All of the attackers are limited to one touch. When a player loses the ball or plays it out of the grid, he becomes the new defender. If the defender has not won the ball within 30 seconds, a new defender rotates into the middle.

**Teaching Topics:**

- 1 Passing.
- 2 Field of vision.
- 3 Feinting.

**Progressions:**

- 1 Reduce the size of the grid.

**Coaching Points:**

- 1 Keep one touch passes on the ground by striking the top half of the ball.
- 2 Open up your stance when receiving and be able to see both sides of the field.
- 3 Use feinting moves in order to slow down the defender's approaching run.