

Set Up: There are 12-15 players set up in the attacking third, with players starting from the cones.

Procedure: The 1st attacker begins play by attacking with the dribble, and the defenders release with his first touch. Play continues 2 v 2 to completion. If the defenders win the ball, they can score in the two small goals set up outside of the penalty area. Upon completion, the Feeder re-starts play with the next set of attackers and defenders. During the drill, the players rotate to all of the positions.

Teaching Topics:

- 1 Attacking 1 v 1.
- 2 Combination play.
- 3 Finishing.

Progressions:

- 1 Add a neutral player.
- 2 Progress to 3 v 3.

Coaching Points:

- 1 Take the first touch towards goal and beat the first defender into the penalty area.
- 2 The second attacker should look to initiate takeovers and overlaps.
- 3 Make a positive first touch towards goal to create a better shooting angle.