



**Set Up:** There are 9-12 players set up in the attacking third, with lines starting at the cones.

**Procedure:** To begin the drill, the Feeder plays a thru ball to the attacker (in blue in the diagram), sending him towards goal. All three players release with the first touch, and play continues to completion from there. If the defenders win the ball, they can score in the small goal set up just outside of the penalty area. On goals and balls put out of play, the Feeder re-starts play with the next set of players. During the drill, the players rotate to all three lines.

**Teaching Topics:**

- 1 Attacking 1 v 1.
- 2 Shielding.
- 3 Finishing.

**Progressions:**

- 1 Add a 2<sup>nd</sup> attacker, trailing the play.

**Coaching Points:**

- 1 Take your first touch into the path of the defender and beat him to the penalty spot.
- 2 Put the defender on your back and force him to go around you or foul you.
- 3 The last dribble touch should allow you to shoot at all four corners of the goal.