



Set Up: There are six players set up in the attacking third, playing 3 v 1 in the central grid, and 1 v 1 inside of the penalty area.

Procedure: During the drill, the three attackers in the grid keep possession and look to pass the ball into the 1 v 1. If an attacker in the grid loses the ball, he becomes the defender. If the defender inside of the penalty area wins the ball, he can score in the small goals set up outside of the penalty area. When a goal is scored or the ball is put out of play, the drill is re-started by the Feeder.

Teaching Topics:

- 1 Checking runs.
- 2 Turning.
- 3 Shielding.

Progressions:

- 1 An attacker and the defender follow the pass into the penalty area.

Coaching Points:

- 1 Check away from the ball in order to create enough space to receive a pass.
- 2 Create some space with dribbling and feinting moves before you try to turn.
- 3 When finishing, put yourself between the ball and the defender and hold him off.