



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

Procedure: The Feeder begins play with a pass to the attacker inside of the penalty area, and the players release from the cones with the Feeder's first touch. Play continues 3 v 2 to completion from there. If the defenders win the ball, they can score in the two small goals set up outside of the penalty area. On goals or balls put out of play, the Feeder re-starts play with the next set of players.

Teaching Topics:

- 1 Receiving.
- 2 The layoff pass.
- 3 Supporting runs.

Progressions:

- 1 Progress to 3 v 3 and then to 4 v 3.

Coaching Points:

- 1 The 1st attacker should use feints to get the defenders moving in the wrong direction.
- 2 The layoff pass has to be played well away from the first defender.
- 3 Make your decision early whether to overlap or to look for the layoff pass.