



Set Up: There are seven players set up in the attacking third, playing 3 v 3 plus one in a central zone.

Procedure: During the drill, the attackers try to maintain possession and complete a thru pass between two defenders, sending a teammate into the penalty area for a finish on goal. If the defenders win the ball, they become the attacking team. When a goal is scored or a ball is put out of play, the Feeder restarts the game in the central zone.

Teaching Topics:

- 1 Speed of play.
- 2 Decision making.
- 3 The Thru pass.

Progressions:

- 1 Progress to 5 v 4.
- 2 Add a defender starting from the six yard box.

Coaching Points:

- 1 Play one and two touch soccer, and get the ball off of your foot.
- 2 Fake the thru pass when the opportunity closes down and make a different choice.
- 3 Move to a wide position, and then make a blind side run in behind the defender.