



**Set Up:** There are twelve players set up in the attacking third, playing 3 v 3 with lines starting at the cones.

**Procedure:** The Feeder begins play with a pass to either of the two flank attackers, and play continues to goal from there. If the defenders win the ball, they can score in the two small goals set up outside of the penalty area. When a goal is scored or the ball is put out of play, the Feeder re-starts play with the next set of attackers and defenders. The players should rotate to all six lines during play.

**Teaching Topics:**

- 1 Attacking 1 v 1.
- 2 Combination play.
- 3 Runs off the ball.

**Progressions:**

- 1 Add a neutral attacker, trailing the play.

**Coaching Points:**

- 1 Threaten to attack the first defender with the dribble and get him moving backwards.
- 2 Immediately look for the thru pass. If it's not there, then go elsewhere.
- 3 Make horizontal runs in order to create confusion in the defense.