



Diagrams created using Soccer Tutor.com Tactics Manager

Set Up: There are ten players set up on a field split into three zones, playing 3 v 3 plus two.

Procedure: During the drill, the attacking team maintains possession and looks to change the ball over to the other end zone within 3-5 passes. When the ball is switched over, the two teams run to the other end zone to re-form the 3 v 3 plus two. The neutrals rotate out after five minutes, and the Feeder re-starts the drill whenever the ball is put out of play.

Teaching Topics:

- 1 Speed of play.
- 2 Expanding the field.
- 3 Switching the field.

Progressions:

- 1 Limit the attacking players to one touch.

Coaching Points:

- 1 All attacking players should play in the same one and two touch rhythm.
- 2 Use the entire space and force the defenders to chase the ball.
- 3 Try not to force the long pass across. Keep the ball and wait for a better opportunity.