



Set Up: There are 12-15 players set up in the attacking third, with the players starting at the cones.

Procedure: The Feeder begins play with a pass in to either attacker. The two defenders release with the first touch, and play continues 2 v 2 to completion. If the defenders win the ball, they can score in the two small goals set up outside of the penalty area. Upon completion, the Feeder re-starts play with the next set of attackers and defenders.

Teaching Topics:

- 1 Attacking 1 v 1.
- 2 Runs to goal.
- 3 Positive first touch.

Progressions:

- 1 Add a neutral player.
- 2 Progress to 3 v 3.

Coaching Points:

- 1 Take the first touch towards goal and attack the first defender with the dribble.
- 2 The deepest attacker should look for the thru pass as soon as play begins.
- 3 Make a positive first touch towards goal to create a better shooting angle.