



**Set Up:** There are 6-10 players set up in the attacking third, with lines starting at the cones.

**Procedure:** To begin the drill, both players release from the cone and run around the cone in front of them. The Feeder plays the ball to the attacker (in red), and play continues 1 v 1 to goal. If the defender wins the ball, he can score in the small goals set up outside of the penalty area. The two Feeders alternate service during the drill, and the players return to the same lines. After ten minutes, the two teams switch roles.

**Teaching Topics:**

- 1 First touch.
- 2 Decision making.
- 3 Feinting moves.

**Progressions:**

- 1 Start with a 50-50 ball. The player who wins it becomes the attacker.

**Coaching Points:**

- 1 A positive first touch towards goal creates a better shooting angle.
- 2 Take the first time shot if it's there. Fake the shot if it isn't there.
- 3 Make sharp changes of speed and direction, and get the defender to stick a foot in.