



**Set Up:** There are ten players set up in the attacking third, with the attackers starting at the cones, and the defenders starting near the penalty spot.

**Procedure:** To begin play, the Feeder passes to any of the three attackers, and the defenders can move with his first touch. Play continues 3 v 2 from there. If the defenders win the ball, they can score in the two small goals set up outside of the penalty area. On goals or balls put out of play, the Feeder re-starts the drill with the next set of players.

#### **Teaching Topics:**

- 1 Speed of approach.
- 2 Angle of approach.
- 3 Pressuring the ball.

#### **Progressions:**

- 1 A third defender comes onto the field after the third pass.

#### **Coaching Points:**

- 1 Close the distance while the ball is moving, and then stop 3-5 yards from the attacker.
- 2 Shut down the passing lanes with a curved run, and force the attacker to play 1 v 1.
- 3 The goalkeeper must send defenders to the ball quickly and aggressively.