



Set Up: There are 6-9 players set up in the attacking third, playing 2 v 1 in the small grid outside of the penalty area.

Procedure: The two attackers play keep away from the lone defender and look to dribble the ball out of the grid and into the penalty area. After the attacker crosses the 18, the goalkeeper can leave the six-yard box to challenge him. If the defender wins the ball, he can score in the small goal set up outside of the grid. Upon completion, three new players rotate into the grid. After five minutes, the three defenders switch out with three attacking players.

Teaching Topics:

- 1 Speed of play.
- 2 Feinting skills.
- 3 Finishing.

Progressions:

- 1 Play 4 v 3 in a larger central grid. .

Coaching Points:

- 1 Eliminate extra touches and always be prepared to play one touch passes.
- 2 Use fake passes to get the defender to lunge, and then attack with the dribble.
- 3 As you dribble across the 18, look to see if the goalkeeper is coming off of his line.