



**Set Up:** Ten players are set up inside of the 18, playing 3 v 3 in the penalty area, and 1 v 1 in both of the flank zones.

**Procedure:** Play begins with a pass from the Feeder to an attacker in either flank zone. From there, the ball is passed from the flank zone into the penalty area. When the ball is played in, the two players in the opposite flank zone can enter the penalty area as well. If the defending team wins the ball, they must play the ball back out into a flank zone before going to goal. The drill is re-started by the Feeder whenever the ball goes out of play.

#### Teaching Topics:

- 1 Attacking 1 v 1.
- 2 Supporting runs
- 3 Finishing.

#### Progressions:

- 1 The Feeder can begin play in the penalty area.

#### Coaching Points:

- 1 Use effective turning and dribbling moves to create enough space to cross.
- 2 Attackers should hold their runs or check away until a teammate is prepared to pass.
- 3 Always look for first time finishes in the penalty area.