



Set Up: There are four players set up on the small grid, playing 1 v 1 plus two neutrals.

Procedure: To begin the drill, the neutral player passes to the attacker, making a checking run back to the ball. The attacker receives and looks to play the ball to the other neutral player on the opposite side of the grid. If he does, the attacker keeps possession and reverses direction. When the defender wins the ball, he becomes the attacker. During play, the neutral players switch into the grid after every 1-2 minutes.

Teaching Topics:

- 1 Shielding.
- 2 Receiving.
- 3 Feinting.

Progressions:

- 1 Limit the neutral players to one touch.

Coaching Points:

- 1 When shielding, get sideways on to the defender and keep the ball on your outside foot.
- 2 Take your first touch away from the defender in order to create enough space to turn.
- 3 Use feinting moves when you receive in order to create more space.