



Set Up: Twelve players are set up in the attacking third, playing 4 v 2 inside of the penalty area, with six more players stationed on the outside.

Procedure: During the drill, the four attackers try to finish versus the two defenders, receiving passes from the six outside players. The two defenders try to win the ball and score on the two small goals set up just outside of the penalty area. Goals scored by the attackers are worth one point, and goals scored by the defenders are worth three. After all the ten balls are fed in, the players outside of the box switch into the penalty area.

Teaching Topics:

- 1 Finishing.
- 2 Decision making.
- 3 Expanding the field.

Progressions:

- 1 Limit the number of passes made before shooting.

Coaching Points:

- 1 Look for first time shots from passes set back from the end line.
- 2 Fake an outside shot if the defender charges in, and take the ball to goal.
- 3 The attackers should use the entire penalty area, and force the defenders to chase.