



Diagrams created using Soccer Tutor.com Tactics Manager

**Set Up:** Twelve players are set up on a field split into three zones, playing 8 v 4.

**Procedure:** During the drill, the attacking team plays 4 v 2 in one end zone, looking to change the ball over to the other end zone. When they do, the two defenders in the central zone cross over, creating a new 4 v 2. When the defending team wins the ball, they move into the central zone along with one attacker from each end zone, creating another 4 v 2. When the ball is re-posessed by the attackers, all of the players return to their original zones. After five minutes, the four defenders switch out.

**Teaching Topics:**

- 1 Decision making.
- 2 Expanding the field.
- 3 Relieving pressure.

**Progressions:**

- 1 Limit one or more players to one touch.
- 2 Switch the ball within 3-5 passes.

**Coaching Points:**

- 1 Don't force the long pass. Maintain possession until a good opportunity arises.
- 2 Attackers should use the entire space and force the defenders to chase the ball.
- 3 When the ball is switched over, look to play it away with your first touch.