



Diagrams created using Soccer Tutor.com Tactics Manager

Set Up: Two teams of 4-6 players are set up in the attacking third, with players lined up at the cones.

Procedure: The Feeder begins play with a pass across the penalty area to the attacker. The first attacker and defender release with the Feeder's first touch, and play continues 1 v 1 to completion. If the defender wins the ball, he can score in the two small goals set up just outside of the penalty area. After five minutes, the two teams switch lines. The Feeder may vary the type of service he gives to the attackers (see Progressions).

Teaching Topics:

- 1 First touch.
- 2 Finishing.
- 3 Attacking 1 v 1.

Progressions:

- 1 Air ball service.
- 2 Driven ball service.

Coaching Points:

- 1 The quality of the first touch will determine the attacker's success in the penalty area.
- 2 Shoot right away if the defender fails to close the distance.
- 3 If the defender charges straight out, touch the dribble past him and run by.