



**Set Up:** Four players are set up on a small field, playing 2 v 2 with small goals.

**Procedure:** The Feeder begins play with a 50-50 ball played in to any part of the field. The players enter the field from the corners, releasing with the Feeder's first touch. Play continues to completion from there. Balls played out of touch are re-started by the Feeder. After a goal is scored, the players return to their corners for the re-start.

**Teaching Topics:**

- 1 Transition.
- 2 Combination play.
- 3 Attacking 1 v 1.

**Progressions:**

- 1 Play with two small goals on each end line.

**Coaching Points:**

- 1 Anticipate changes of possession and react before your opponent does.
- 2 Look to attack an isolated defender with a 2 v 1 combination.
- 3 Commit the defender with the dribble before passing off.