



Set Up: Fifteen players are set up in the attacking third, starting at the cones.

Procedure: The Feeder begins play with a pass in to Player A. The defender pressures Player A from behind, and Player A passes off to Player B or Player C. When the pass is made, the other two defenders release from their cones and play continues 5 v 3 from there. To complete the play, the attacking team must cross and finish. Upon completion, the Feeder re-starts the drill with new midfield players and new defenders. Player A stays in his striker position.

Teaching Topics:

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

Progressions:

- 1 Player A can distribute to any of the attackers.

Coaching Points:

- 1 If the thru pass or the cross closes down, pull the ball back out and change the field.
- 2 Force the defender to commit to you before passing the ball off.
- 3 Use the entire width of the field and force the defenders to come out of the center.