



**Set Up:** There are 14-18 players set up in the attacking third, with a 1 v 1 inside of the penalty area and lines of players starting at the cones.

**Procedure:** The Feeder begins play with a pass out to the 1<sup>st</sup> attacker. Both players release from the cones with the Feeder's first touch, and play continues 2 v 2 to goal. If the defenders win the ball, they can score in the two small goals set up outside of the penalty area. The Feeder alternates service to both flanks, and the players in the penalty area switch out after five minutes.

#### **Teaching Topics:**

- 1 Flank play.
- 2 Receiving.
- 3 Decision making.

#### **Progressions:**

- 1 Progress to 3 v 3, using both flanks.

#### **Coaching Points:**

- 1 Look to get to the end line for a cross or a setback into the penalty area.
- 2 Hold your run or check away from the ball until your teammate is in a position to pass.
- 3 Watch the play develop, and then choose between a near post or a far post run.