



Diagrams created using Soccer Tutor.com Tactics Manager

Set Up: Five or six players are set up inside of the grid, working back and forth between the cones.

Procedure: To begin the drill, Player A passes up to Player B (or Player C). Player B plays the ball square to Player C, who then plays the ball back to Player A. Player A strikes a first time pass up to Player D. Players B and C then run to support Player D as he begins his turn. The pattern continues with the central players (A, D, E and F) working in a shuttle fashion, while Players B and C continue to make the supporting runs. Every 30-60 seconds, two new players rotate to the support positions.

Teaching Topics:

- 1 The Back pass.
- 2 Speed of play.
- 3 Supporting runs.

Progressions:

- 1 Limit the players to one touch.

Coaching Points:

- 1 Player C plays the ball back to the nearest foot, allowing Player A to play quickly.
- 2 Player A has to hold his run and let the play develop.
- 3 The support players should set up as if a defender were in front of the ball.