



Set Up: There are eleven players set up in the attacking third, playing 3 v 2 in the penalty area with players starting at the cones.

Procedure: The Feeder plays the ball outside to Player A (or Player B). Player A crosses into the penalty area, and the attackers look to finish 4 v 2. If the defenders win the ball, they can score in the two small goals outside of the penalty area. The Feeder alternates service to both sides, and new strikers rotate into the penalty area every five minutes. The defenders switch out after every ball.

Teaching Topics:

- 1 Supporting runs.
- 2 Receiving.
- 3 End line play.

Progressions:

- 1 Include both flank players in the drill.

Coaching Points:

- 1 As the two defenders rotate to the ball, make blind side runs in behind them.
- 2 Step out of the penalty area and show yourself. Don't hide behind the defender.
- 3 Fake the cross before trying to turn the corner and take the ball to the end line.