



Diagrams created using Soccer Tutor.com Tactics Manager

Set Up: There are 8-10 players set up on a small field, starting on the end lines.

Procedure: The Feeder begins the drill with a pass into one of the attackers, and the defender stationed at the halfway line releases with the Feeder's first touch. The attacking player tries to dribble past the defender and across the midfield line. When he does, a second defender releases from the end line to create another 1 v 1. The attacker scores a point for beating the first defender and two more points for beating the second. During the drill, the Feeder alternates service to both teams.

Teaching Topics:

- 1 First touch.
- 2 Attacking 1 v 1.
- 3 Dribbling.

Progressions:

- 1 Progress to 2 v 2.

Coaching Points:

- 1 A good first touch gives the attacker time to read the defender's run.
- 2 Put the defender under pressure by taking the ball at him at speed.
- 3 Change speed and direction with the dribble. Accelerate out of your dribbling moves.