



**Set Up:** There are nine players set up in the attacking third, playing 2 v 1 in the penalty area with players starting at the cones.

**Procedure:** To begin the drill, the Feeder plays the ball outside to Player A (or Player B). Player A crosses the ball into the penalty area, and the attackers look to finish 3 v 1. If the defender wins the ball, he can score in the two small goals set up 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 Finishing runs.
- 2 Receiving.
- 3 End line play.

### Progressions:

- 1 Include both flank players in the drill, and play 4 v 2.

### Coaching Points:

- 1 As the defender goes to the cross, make a blind side run to the far post.
- 2 Step out from behind the defender and show yourself. Don't hide in dead space.
- 3 Take your last dribble touch, look up, and then cross the ball.