



Dimensions: Two cones placed 5 yards apart with a cone 10 yards behind one cone. Set up more areas like this to accommodate more players. Adjust the distances to suit the team and players.

How to: two players stand 5 yards apart by the cones facing each other with one soccer ball. The attacking player has the 10 yard cone behind them, the defender will be facing that free cone approx 15 yards from it.

Both attacker and defender pass the ball back and forth to each other. The attacker can make a move at any time and sprint to the free cone 10 yards away. If the attacker gets to the cone successfully they score a point. Defenders must try their best to make a recovery run and get back behind the soccer ball to cut the attacker off. Roles switch after play concludes.

Coaching Points: Defenders must be on their toes and ready to react to the attackers move.

Defenders must recover quickly, moving to get in front of the attacker and slow them down. Players must be determined to work hard to make up the head start the attacker has over them.

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