



Dimensions: 5 x 12 yard area with a player at either end 12 yards apart. Both players have a soccer ball. Two players occupy the middle, one attacker and one defender.

How to: the attacker must attempt to lose the defender by making quick movements, once they have made some space they look to make a 1-2 pass with either of the players on the outside. Play for one minute before switching player roles.

Coaching Points: Changes in speed with help you lose your marker, fake a run before moving in short for the pass, be creative and try to trick the defender to create room, shield the ball using your body.

Notes:

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