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Dimensions: Using a full half of a field place 5 cones like a 5 on a dice, distance between each cone is approximately 15 yards, a Player occupies each cone with players waiting on the two cones furthest from goal with a supply of soccer balls.

How to: Player furthest from goal makes a pass into the player in the middle. The player in the middle in this scenario isn't able to turn and make a positive run because the defender is too close, so they pass back to the starting player. At this point the starting player passes down the line to the player directly in front of them. The player in the middle drops off the defender and moves in a position to receive a pass facing the goal now. The player in possession passes to the free middle player, when the player receives the ball in the middle they make a disguised reverse pass to the other forward player who takes a shot on goal, each player moves to the next position and play starts again from the other start line.

Coaching Points: Treat cones like they are defenders, move away to create space when receiving the ball. Take a positive first touch. When running onto the through pass remember to arc your run to stay onside. Straight runs to meet a diagonal pass or a diagonal run to meet a straight pass. The middle player needs to drop deep to lose their marker and open up the field, dropping short to receive the pass while still making enough of an angle to play the reverse pass.



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