

Two Targets

Large Sided

Group Attacking



Procedure:

The teams play 3 v 3 plus one in the central zone and 2 v 2 in both of the end zones. To score, the attackers must pass the ball to a teammate in either one of the two end zones. When an attacker receives the pass in, he dribbles out of the zone and switches with the attacker who made the pass. Play continues from there in the central zone. After 5-10 minutes, the players rotate into a new zone.

Coaching Points:

- 1 Width and Depth – Expand the space, and then make runs into the space you have created.
- 2 Speed of Play – Play one and two touch soccer and force the defenders to chase.
- 3 Anticipation – End zone attackers must make their checking runs and blind side runs early.

Progressions/Regressions:

Progression 1 – Limit the neutral attacker to one touch.