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Procedure:

Four mids (in blue) play in a diamond, surrounding the mannequins. Two backs and two strikers (in green) start in the corners, diagonally opposite one another. The ball is circulated around the field in a set pattern, with all of the players working in a one and two touch rhythm. There is an emphasis on checking back to the ball, timing the runs, and reading verbal and visual cues. As the drill progresses, two balls can be circulated at the same time. The ball moves in this pattern:

Passes 1-3: Up, back, and thru from CM to OM to Back to Striker.

Passes 4-6: Striker passes back to OM, OM plays up to CM. CM opens up, changes it to other OM.

Passes 7-8: OM lays off for the Back, Back plays up to the Striker.

Passes 9-10: Striker passes back to OM, OM plays up to CM. CM opens up to re-start the cycle.

Coaching Points:

- 1 Speed of Play – Use a one and two touch rhythm along with the rest of the team.
- 2 Changing the Field – Open up with your first touch, make the pass with your second touch.
- 3 Passing Accuracy – Check the target one last time just before you strike your pass.