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Setup as shown. 3/4 reds each box, 4 defenders in blue start on middle poles as shown. 10x10 boxes or circles as shown, blues sprint out to a different box and straight into a 3/4v1 for 25 seconds, immediately return round their pole and into a new circle, reds immediately sprint round their pole and prepare for a new blue defender.

Session progressed by starting the 3/4v1 and immediately calling a red player out and he completes his sprint round his pole and back into the circle. Second progression sees the area size increased and playing a 6/8v2.