



Procedure:

The sequence begins with a square pass from Player A to Player B, along with an overlapping run by Player A around the mannequin. Player B then passes up to Player C, and Player C distributes the ball to Player A or Player B for a finish on goal (Diagrams A and B). The players have several choices available to them for combinations and finishes.

Diagram B – Layoff pass to Player A, followed by the shot.

Diagram C – Drop pass to Player B, followed by the shot.

Diagram D – Back pass to Player A, Player A plays a thru pass to Player B for a finish on goal.

The players rotate clockwise during the drill. After five minutes, the direction of the drill changes by starting the drill with a square pass from Player B to Player A.

Coaching Points:

- 1 **Speed of Play** – Extra touches made during the passing combinations will slow the sequence down and force the players to hold their runs to goal.
- 2 **Decision Making** – Players A and B must read the position of Player C as he receives the pass and choose their runs from there.
- 3 **Finishing** – The touch the shooter takes to control the pass should not take him out wider. He should make a positive first touch, one that improves his shooting angle.

Progressions:

- 1 Allow Player C to turn on the mannequin and shoot.
- 2 Add a defender behind Player C and remove the mannequin.