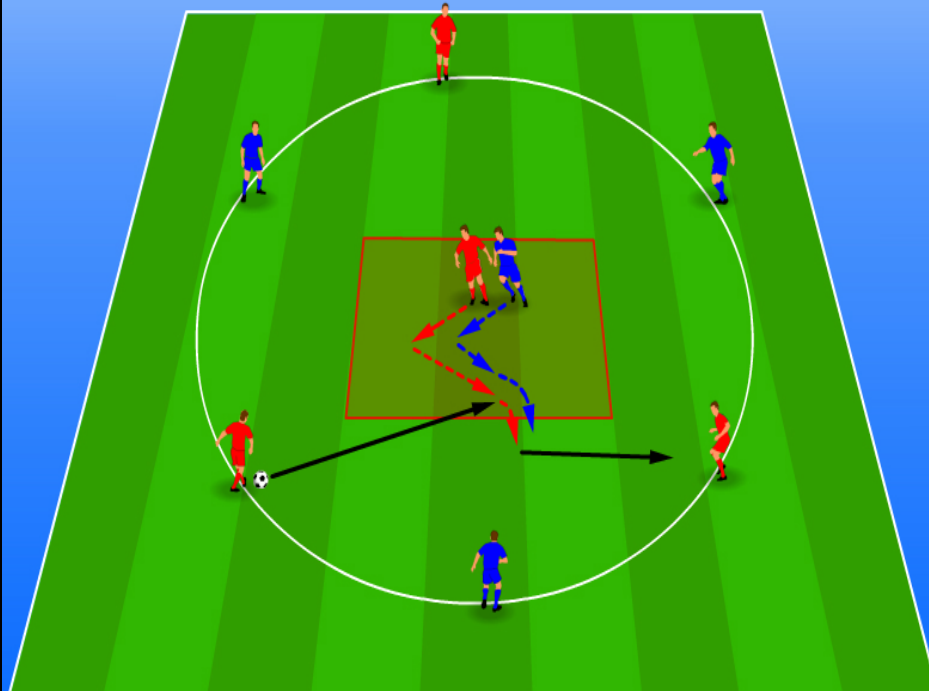
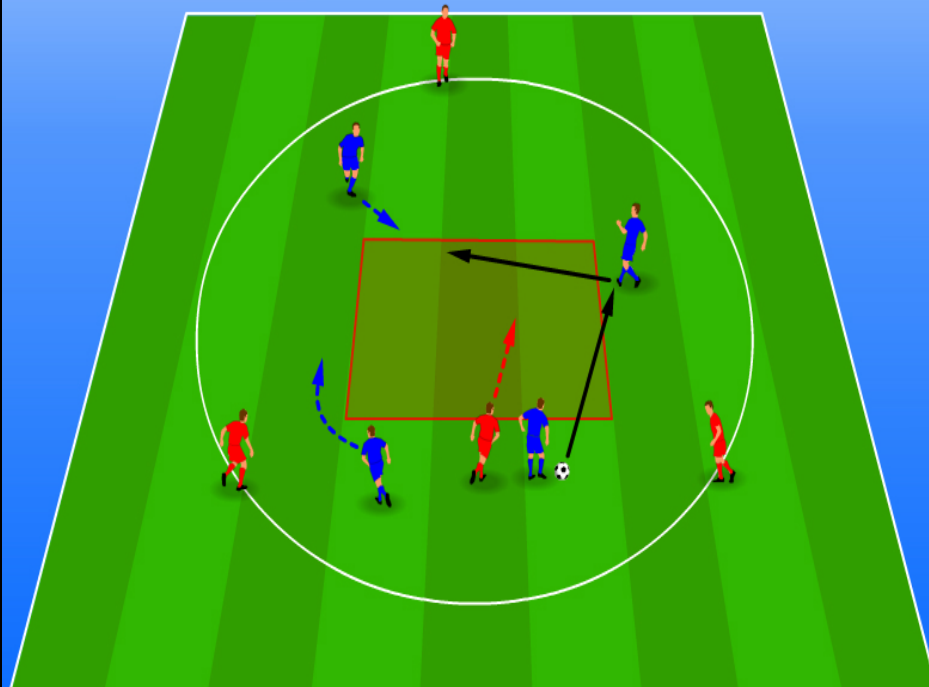


A



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B



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*Procedure:*

The teams station three players on the outside of the circle and one player inside of the square, playing 1 v 1 against the opponent. The attacker in the 1 v 1 must receive passes inside of the square and then distribute the ball back out to the outside. Attackers on the outside must keep the ball moving during play, passing to teammates within two touches (Diagram A).

When the attackers lose possession, the ball goes into the square and the new attacking team plays 4 v 1 with a one touch limit (Diagram B). When that team loses possession in the 4 v 1, three attackers move back to the outside of the circle and the drill continues with the same players going 1 v 1 inside of the square. This way, both teams get a turn playing 4 v 1 and then 1 v 1. New players rotate into the square every two minutes to play 1 v 1.

*Coaching Points:*

- 1 Getting Open – Make sharp changes of speed and direction.
- 2 Creating Space – Check away from the ball to make blind side runs.
- 3 Speed of Play – Look to play one touch passes into the square.

*Progressions:*

- 1 Play 2 v 2 in the square.