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#### *Procedure:*

The teams play 3 v 3 plus one in the central zone, 30 yards from goal. Each team has a #9 waiting on the edge of the penalty area. They do not defend each other. The attacking team looks to possess the ball and put passes together inside of the zone. After making 3-5 consecutive passes, the attacking team plays up to their #9, who touches it back for their #10. From there, the #10 plays the ball out to the flank to their #11 or #7 for a cross and finish by the #9. Upon completion, play is restarted immediately inside of the zone.

#### *Coaching Points:*

- 1 Ball Control – Put the pass on the #9's foot. He needs to play one touch with his back pass.
- 2 Receiving – Check away from the ball before making the run back into open space.
- 3 Finishing – Time your run so that you can sprint to the ball when finishing the cross.

#### *Progressions/Regressions:*

Progression 1 – Add a defender in the penalty area and allow the #10 to finish the cross as well.