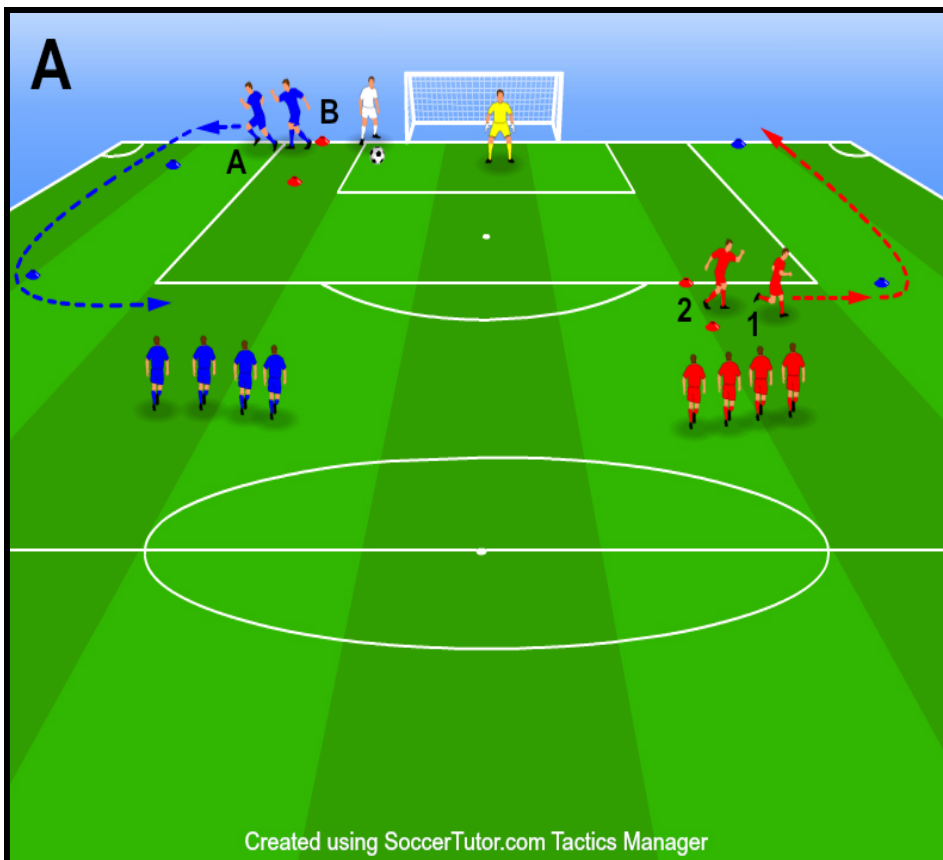


## Race to the Space

## Small Sided

## Group Attacking



### *Procedure:*

Two players from each team start in the orange gates on opposite sides of the penalty area. On a signal, they sprint around the outside of the blue cones (the defenders - Players 1 and 2 - run behind the goal), and then run thru the opposing team's starting gate. They then turn sharply and sprint into the penalty area. As soon as the second attacker gets thru the opposing team's gate, the Feeder passes the ball into the attackers to try and finish 2 v 2 on goal. The defenders try to win the ball and clear it out of the penalty area. The attacking team gets five chances to score and then the teams switch places. The team that scores the most goals out of the five attacks is the winner.

### *Coaching Points:*

- 1 **Finishing** – The first attacker thru the gate should look for a one touch finish at the far post.
- 2 **Speed of Play** – If the second attacker is slow, the defenders will be able to close the distance and deny the pass in.
- 3 **Finishing** – Attackers can make blind side runs, since the defenders cannot see the Feeder.

### *Progressions:*

- 1 Start three players in the gate, play 3 v 3.