



© Copyright [www.academyfootballcoach.co.uk](http://www.academyfootballcoach.co.uk) 2014

20x40 split in half. Goals on half way facing opposite directions as shown. 4v3 defensive overload in each half, teams attempt to score into the goal in the OPPOSITE half of the area as shown. Finishes are one touch and play is initially 2 touch.