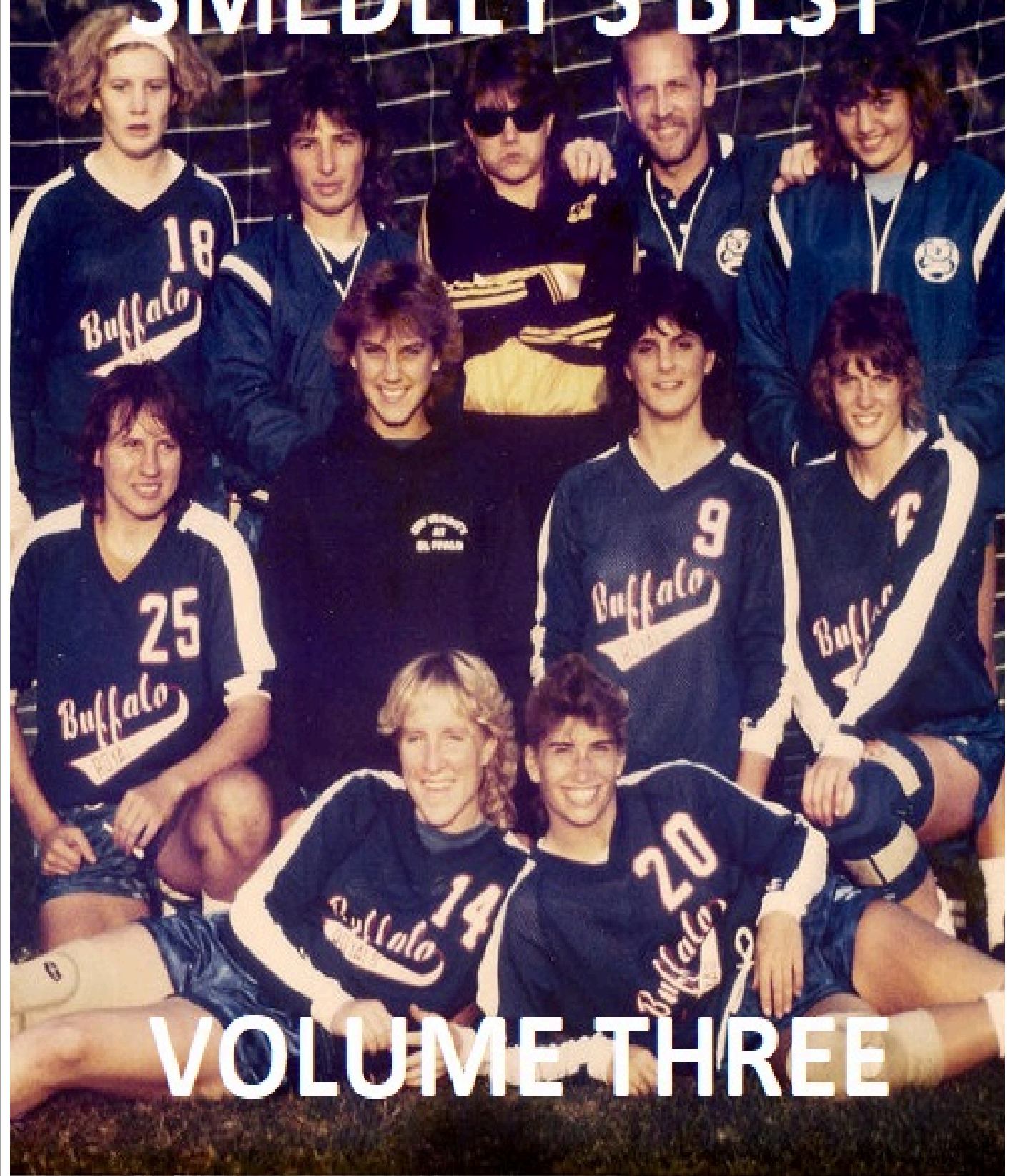


# SMEDLEY'S BEST



## VOLUME THREE

# SMEDLEY'S BEST VOLUME 3

**-25 Drills and Games  
from Smedley's Soccer Site  
with Complimentary Video**



**SMEDLEY'S SOCCER SITE**

## 2 v 2 With Switching

### Small Sided

## Group Attacking



### Procedure:

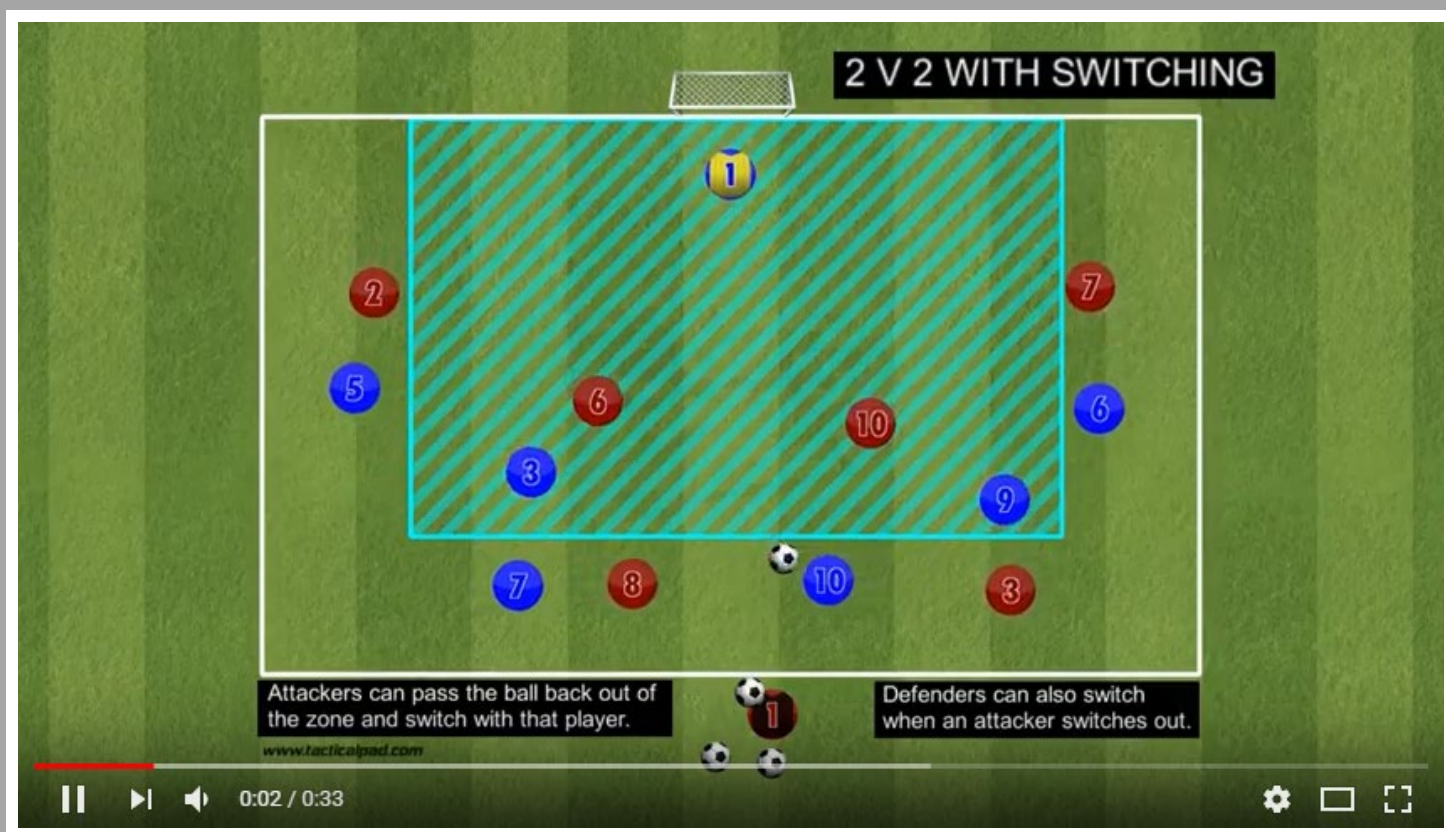
The teams begin play with a 2 v 2 inside of the penalty area. While attempting to score, the attacking team has the option of passing to a teammate on the outside to bring him into the play. When they use this option, the attacker who passed the ball out must switch out with the new attacker. Also, the defending team has the option of making a switch as well when the ball is passed back outside. Any of the outside defenders can be called upon to switch in.

### Coaching Points:

- 1 Concentration** – Pay attention when on the outside of the area. Stay involved in the play.
- 2 Decision Making** – Don't force an attack to goal. Turn away from goal and pass it back out.
- 3 Communication** – On defense, the first shout sorts it out. Call out switches immediately.

**Progressions/Regressions:**

**Progression 1 – Add a neutral inside of the penalty area or progress to 3 v 3.**



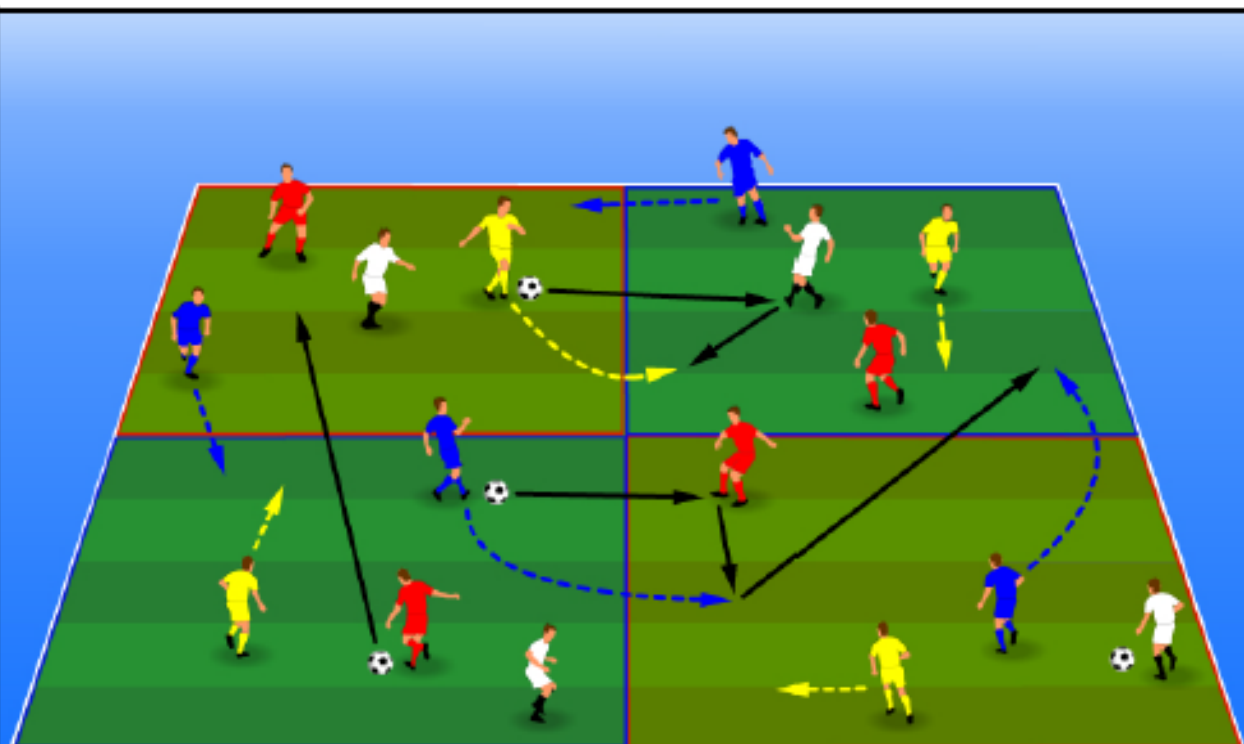
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## Combination and Rotation

## Fundamental

## Combination Play



Created using SoccerTutor.com Tactics Manager

### *Procedure:*

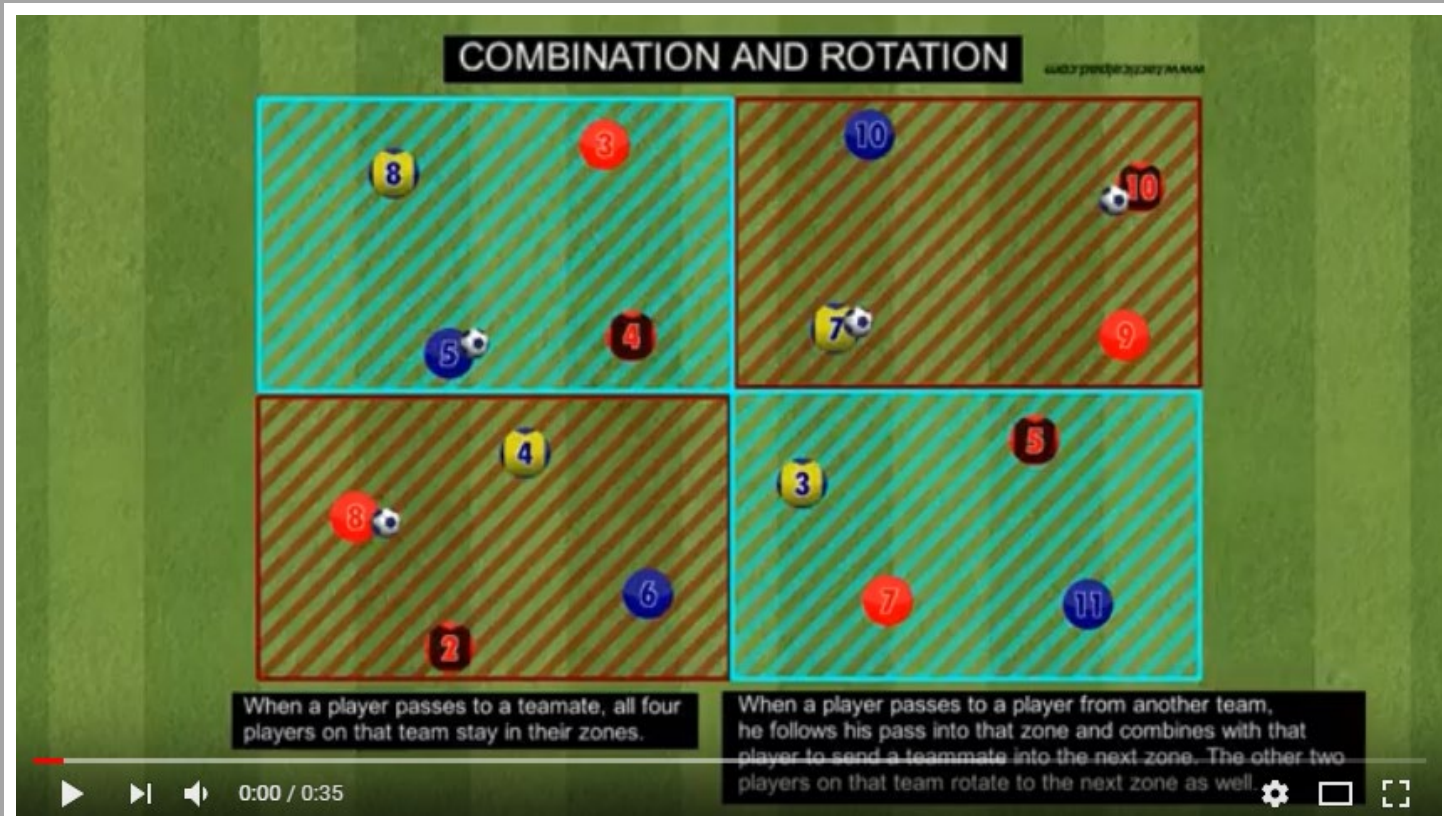
The four teams begin play with a player in each zone. Each team starts with a ball, and on the coaches signal they begin passing from zone to zone in either direction. When players pass to a teammate, all of the players on that team remain in their zones. When a player passes to someone on another team, he follows his own pass into that zone, combines with that player, and then sends his teammate into the next zone (see the blue team in the diagram). All of the players on that team must rotate into the next zone to balance the field.

### *Coaching Points:*

- 1 Vision – Concentrate on your own team, see thru the traffic, and anticipate your next run.
- 2 Decision Making – Don't force a combination. There has to be enough time and space.
- 3 Communication – Players without the ball must make the decisions and give information.

### *Progressions/Regressions:*

**Regression 1** – Start the drill with two balls or only allow two teams to rotate.



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**3 v 2 to 8 v 6 Rondo**

**Large Sided**

**Possession, Transition**



***Procedure:***

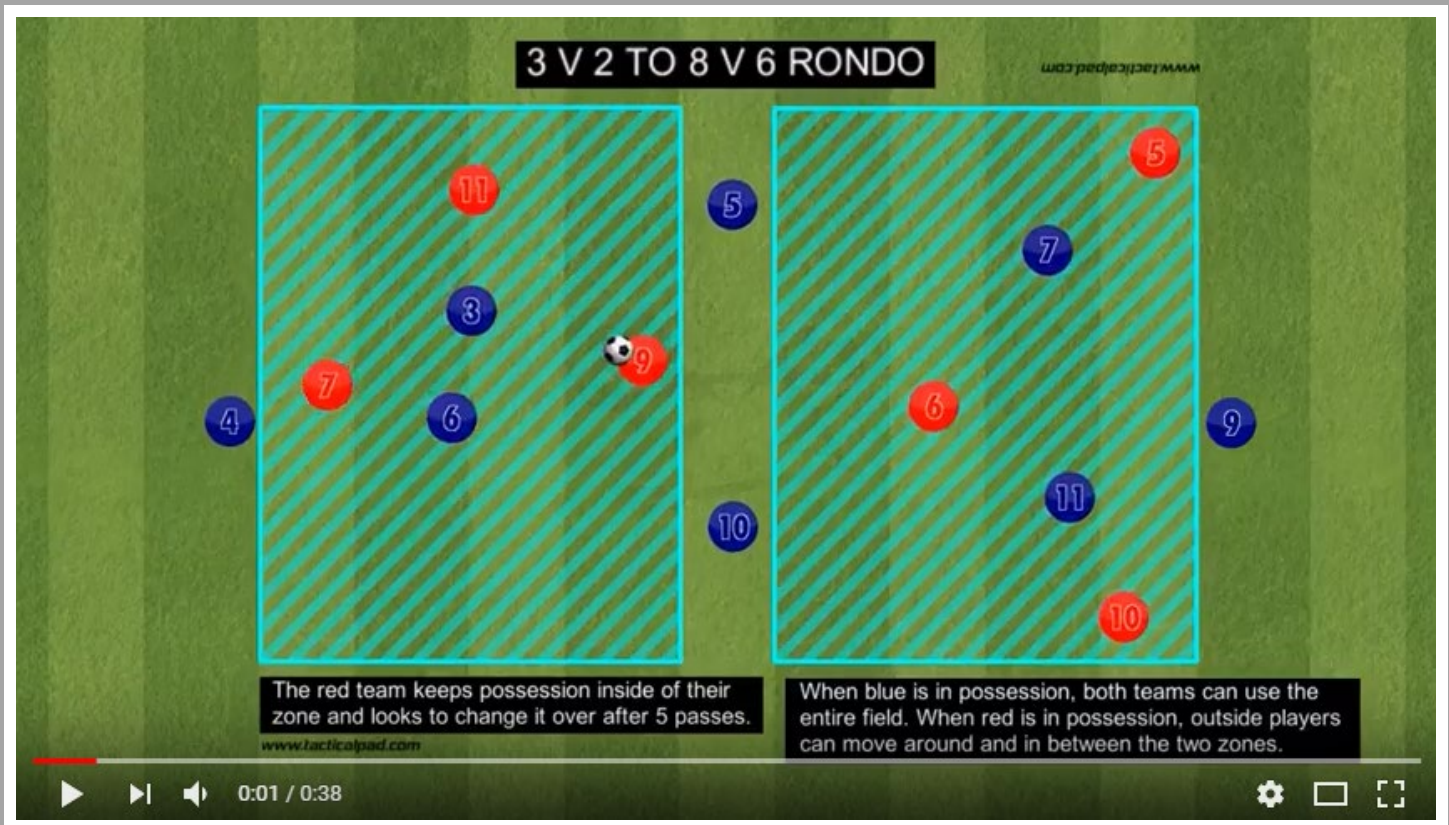
The teams play 3 v 2 in the two end zones with four players stationed outside of the two zones. The three attackers inside the zone look to maintain possession and switch the ball over to the other end zone after five passes. Outside players can screen and intercept passes in between the zones. When the attacking team loses the ball, all of the players can use the entire field, creating an 8 v 6. When the attacking team loses the ball in the 8 v 6, the players re-form the 3 v 2's.

***Coaching Points:***

- 1 **Speed of Play** – Play in a one and two touch rhythm. Choose the pass over the dribble.
- 2 **Transition** – Anticipate any changes of possession and beat your opponent to the correct spot.
- 3 **Re-Possession** – Immediately after a turnover, commit numbers to winning the ball back.

***Progressions/Regressions:***

**Progression 1** – Add four small goals along the sidelines, play east → west across the field.



Click [here](#) for the You Tube video



## Four Zone Possession Game

## Large Sided

## Possession, Transition



### *Procedure:*

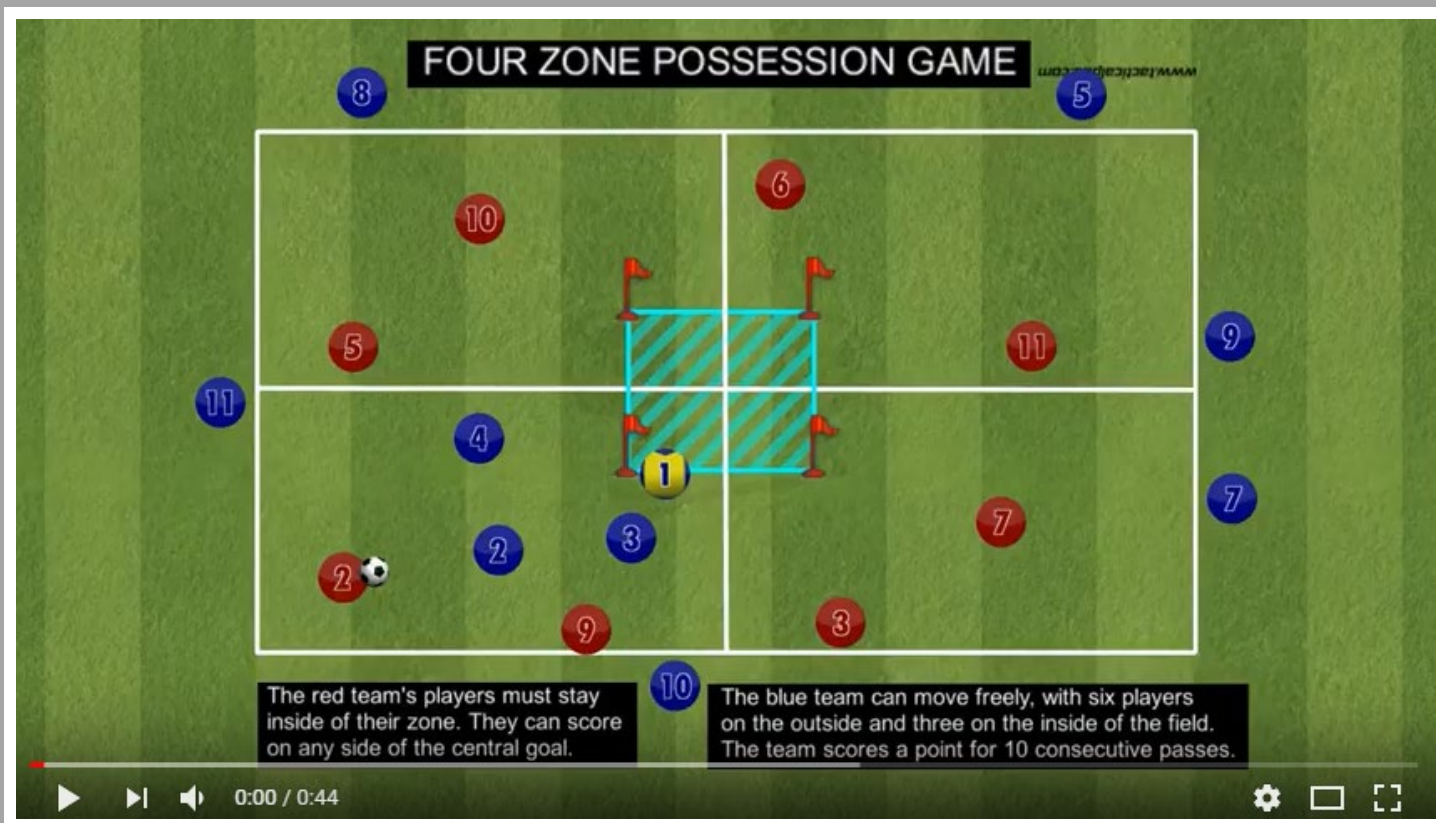
During play, the players in red must keep two players in each zone at all times. The players in blue can move around the entire field, stationing three players on the inside of the field (along with a goalkeeper) and six players around the outside. The red team can score thru any side of the central goal, and can score again as soon as the ball comes back out of goal. The blue team scores one point for making ten consecutive passes. Games are played to five points.

### *Coaching Points:*

- 1 **Speed of Play** – Get the ball off of your foot and play one and two touch soccer.
- 2 **Decision Making** – Look for passes against the flow of play. Reverse direction on the defense.
- 3 **Concentration** – Stay involved in the play as the ball moves away from you. Don't switch off.

### *Progressions/Regressions:*

**Progression 1** – Add another goal and goalkeeper on the inside of the field.

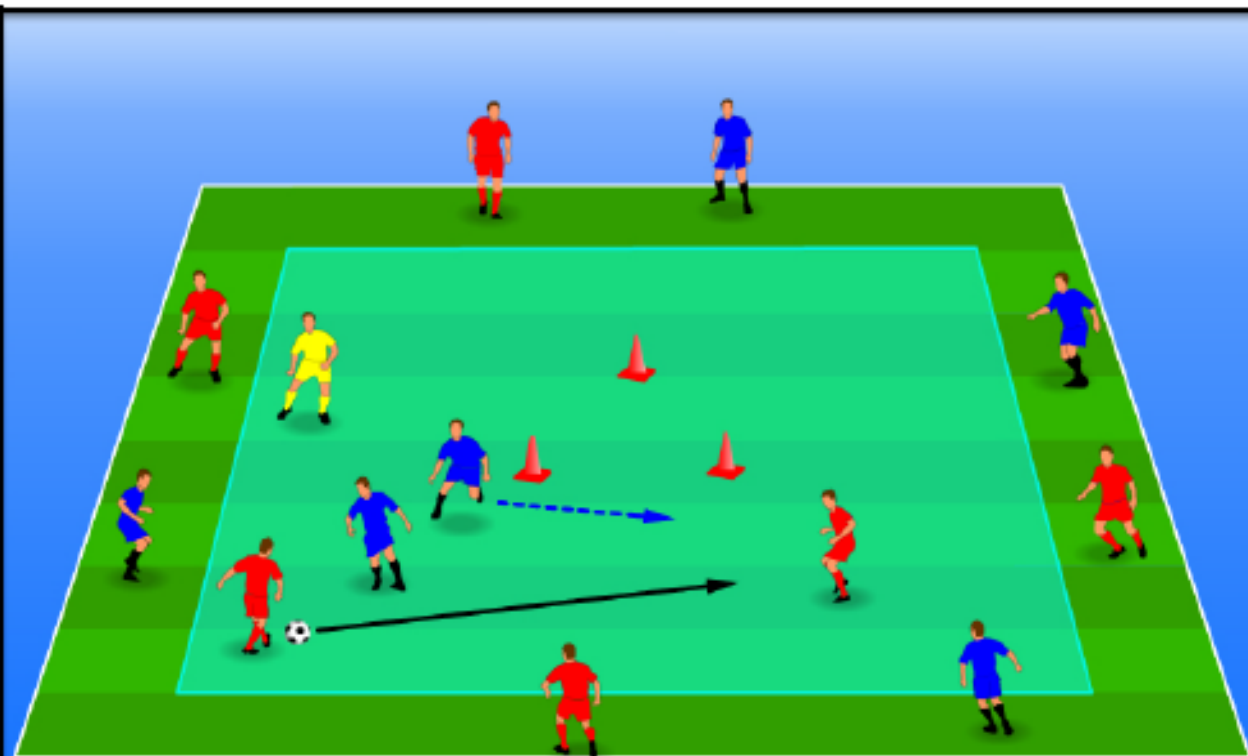


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**3 v 2, Triangle Goal**

**Large Sided**

**Group Attacking**



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***Procedure:***

The two teams play 2 v 2 plus one on the inside of the grid with four players from each team stationed around the outside. Points are scored by passing or dribbling the ball thru the large triangle goal in the center. The players on the outside can make one touch passes back to the inside of the field OR they can take the dribble to the inside, switching with the player who passed him the ball. Also, defenders can switch out of the grid at any time if they are too tired to pressure the ball.

***Coaching Points:***

- 1 **Speed of Play** – Play one and two touch soccer and force the defenders to chase.
- 2 **Patience** – Hold the ball long enough to draw the defender, then pass off to a teammate.
- 3 **Decision Making** – As defenders move to the ball, look to make passes against the flow of play.

***Progressions/Regressions:***

**Progression 1** – Use a larger triangle goal with a goalkeeper.



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## Keeper Distribution Drill

## Fundamental

## Passing



### *Procedure:*

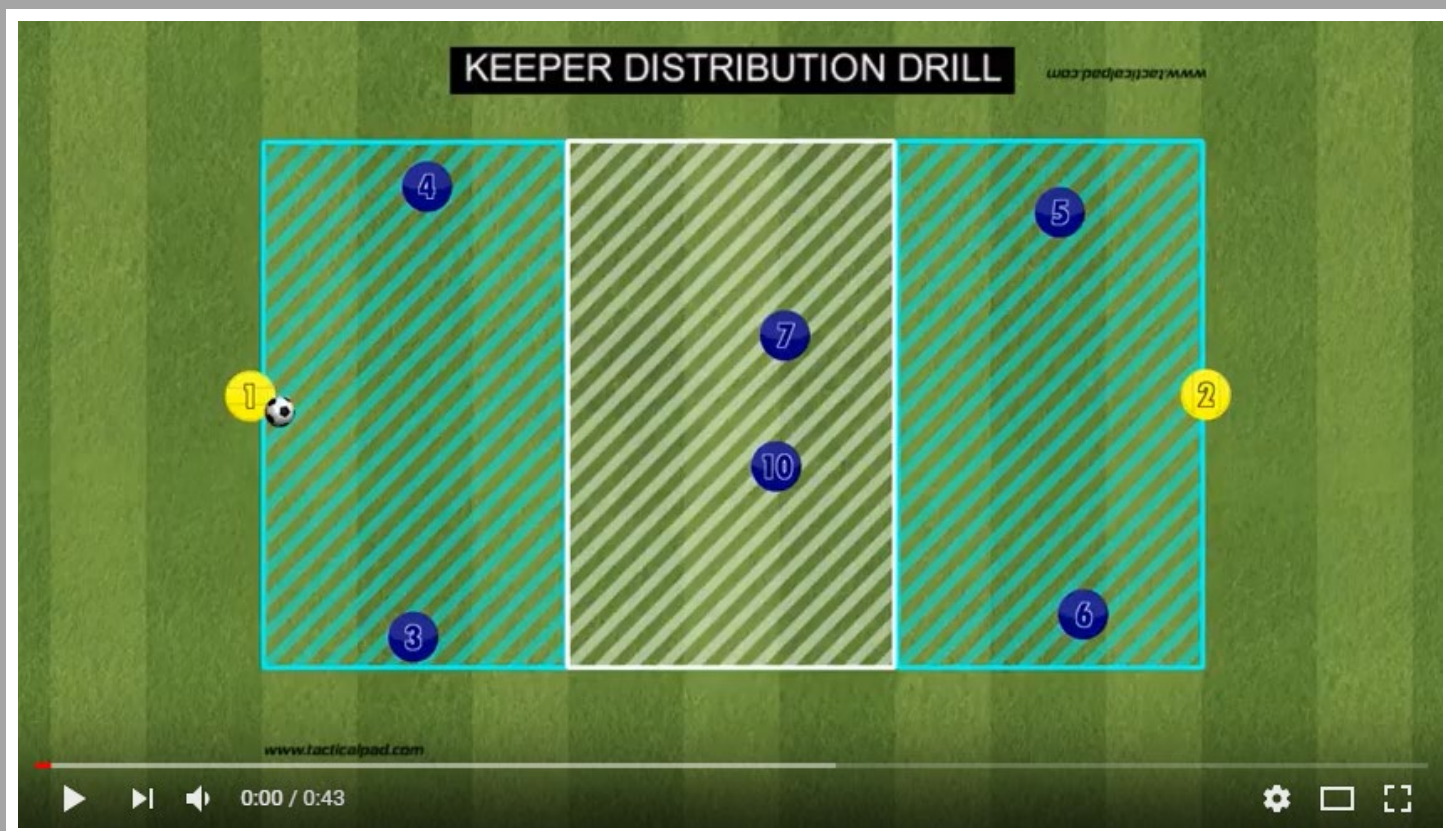
The field is split into three zones, with two players stationed in each zone. A goalkeeper is stationed on each end line. To begin the drill, the goalkeeper (G1) passes out wide to one of the players in his zone - Player A in the diagram - using a throw or using his feet. Player A switches it over to Player B, and Player B plays it back to G1. G1 passes the ball up into the next zone to Player C, who passes back to Player D. Player D then plays the ball up to G2 to begin the next sequence. \*Note - After the ball is played from the center zone to the keeper, the two players in the central zone (C and D) switch zones with the two players in the first zone (A and B).

### *Coaching Points:*

- 1 **Passing** – Lead the player towards the target with your pass and let him run onto it.
- 2 **Speed of Play** – Use one touch when you can, two touches when you should.
- 3 **Timing the Runs** – Watch for technical errors, re-set and re-start your run when you have to.

### *Progressions/Regressions:*

**Progression 1** – Distribute into the central zone to begin play, then back into the first zone and long into the opposite goalkeeper.



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**Procedure:**

The field is split into three zones with two players stationed in each zone. A goalkeeper is stationed on each end line. To begin the drill, the goalkeeper (G1) passes out to one of the players in the central zone - Player C in the diagram - using a throw or using his feet. Player C plays back to Player A, who switches it over to Player B. Player B opens up and plays it long to G2. After the long pass is made to G2, Players C and D switch places with Players A and B, allowing them to rotate up into the central zone. After receiving the long pass, G2 passes the ball up into the central zone to Player A or B to begin the next sequence.

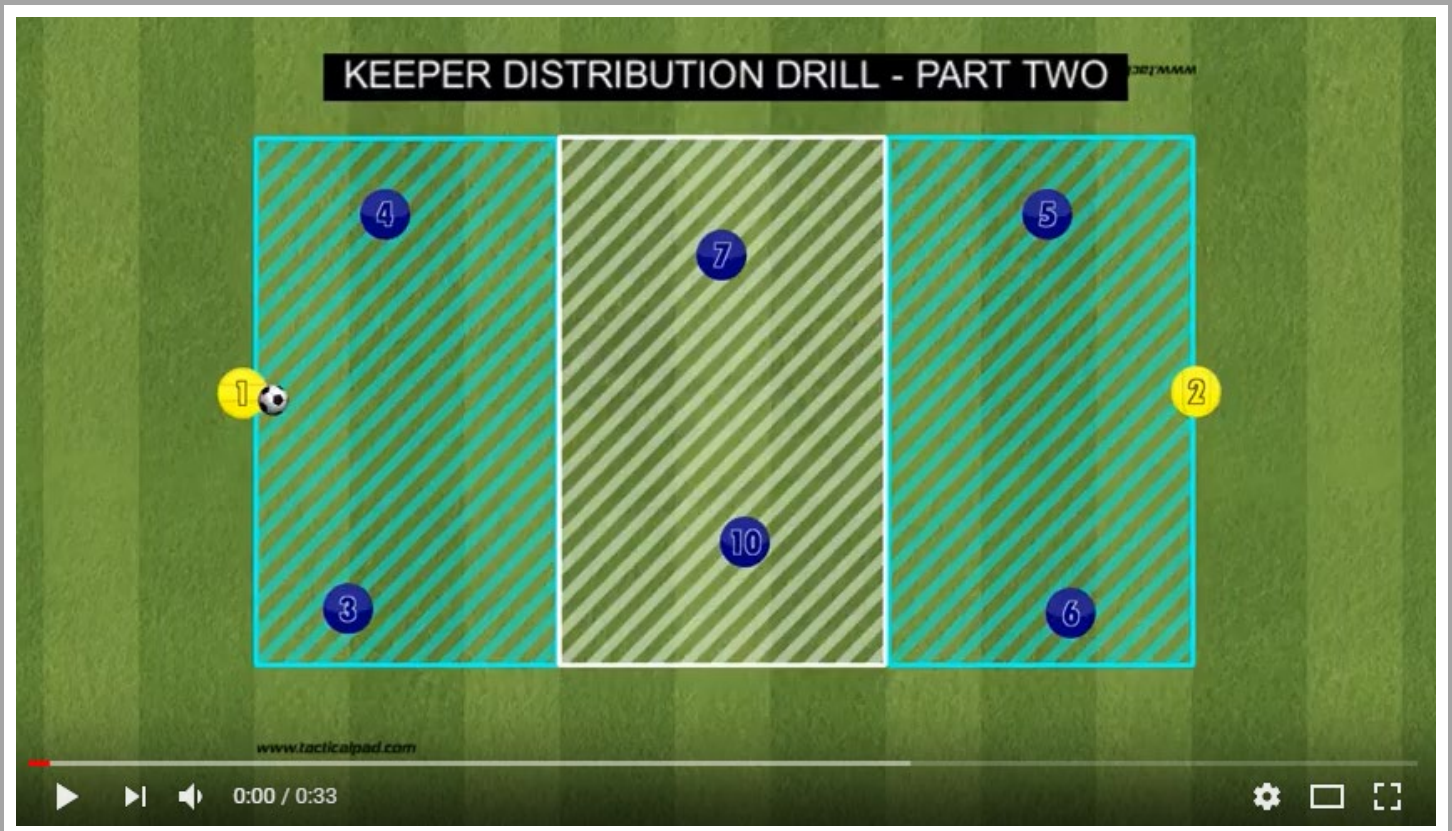
**Coaching Points:**

- 1 Checking Runs – Make the runs back towards the GK realistic. Check away to create space.
- 2 Speed of Play – Use one touch when you can, two touches when you should.
- 3 Receiving – Get your feet set early, well before the ball gets to you. Direct your first touch.

**Progressions/Regressions:**

**Progression 1** – The GK distributes into the opposite end zone to begin play. Players in all three of the zones can combine to work the ball to the opposite GK.





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**3 v 3 Scramble**

**Small Sided**

**Group Attacking**



***Procedure:***

The two teams play 3 v 3 inside of the penalty area. The Feeders alternate service between the two teams and each team attempts to finish three balls. After each attack is completed, the players must run around one of the poles set up outside of the penalty area before returning to play the next ball. The team that has the highest total out of three wins, and all ties are settled with a sudden death playoff round.

***Coaching Points:***

- 1 **Speed of Play** – Get the ball off of your foot when under pressure. Look to play one touch.
- 2 **Switching the Field** – Change the direction of play and isolate defenders 1 v 1.
- 3 **Width and Depth** – Expand the field and look to take the ball to the end line.

***Progressions/Regressions:***

**Progression 1** – Allow passes back out to the Feeders for first time shots on goal.



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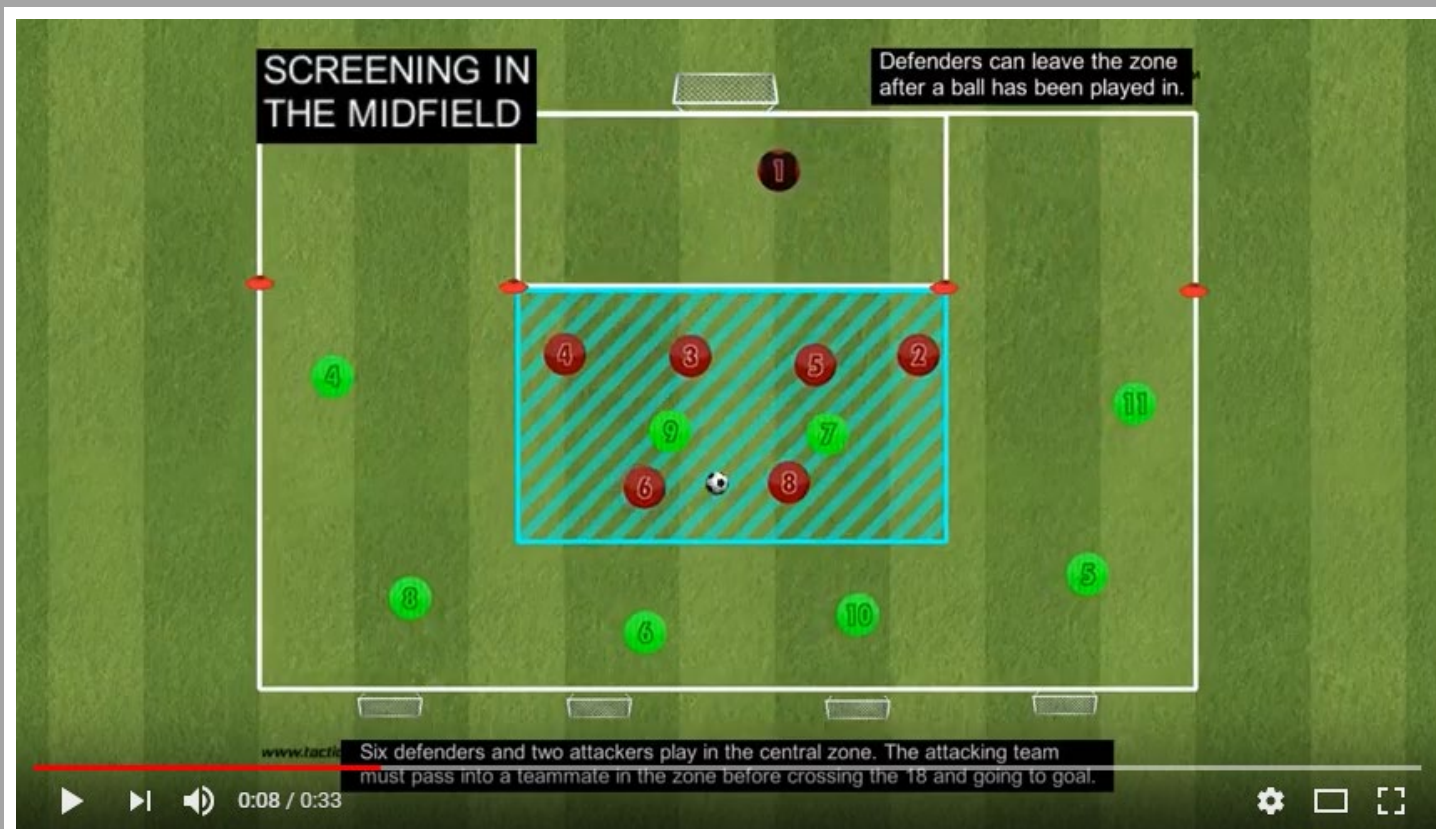
## Group Defending



The teams play 8 v 6 on a half field. At the beginning of play, all of the players are stationed between the midfield line and the 18. The six defenders and two of the attackers must stay inside of the central zone until a ball is passed in to one of the two attackers. After the ball is played in, all of the players can leave the zone, and all of the players can cross the 18. Play continues to completion, with the attacking team going to goal, and the defending team playing out to the four small goals at the midfield line. When play ends, the ball is re-started at midfield.

- 1 Communication – The back line must direct the movement of the two holding mids.**
- 2 Vision – The holding mids should open up their stances and check over the shoulder.**
- 3 Shape – The back four must stay compact when moving from sideline to sideline.**

**Progression 1 – Play 6 v 6 plus two, using two neutral attackers in the central zone.**



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## 4 v 2 Into 1 v 1 Challenges

## Small Sided

## Group Attacking



### *Procedure:*

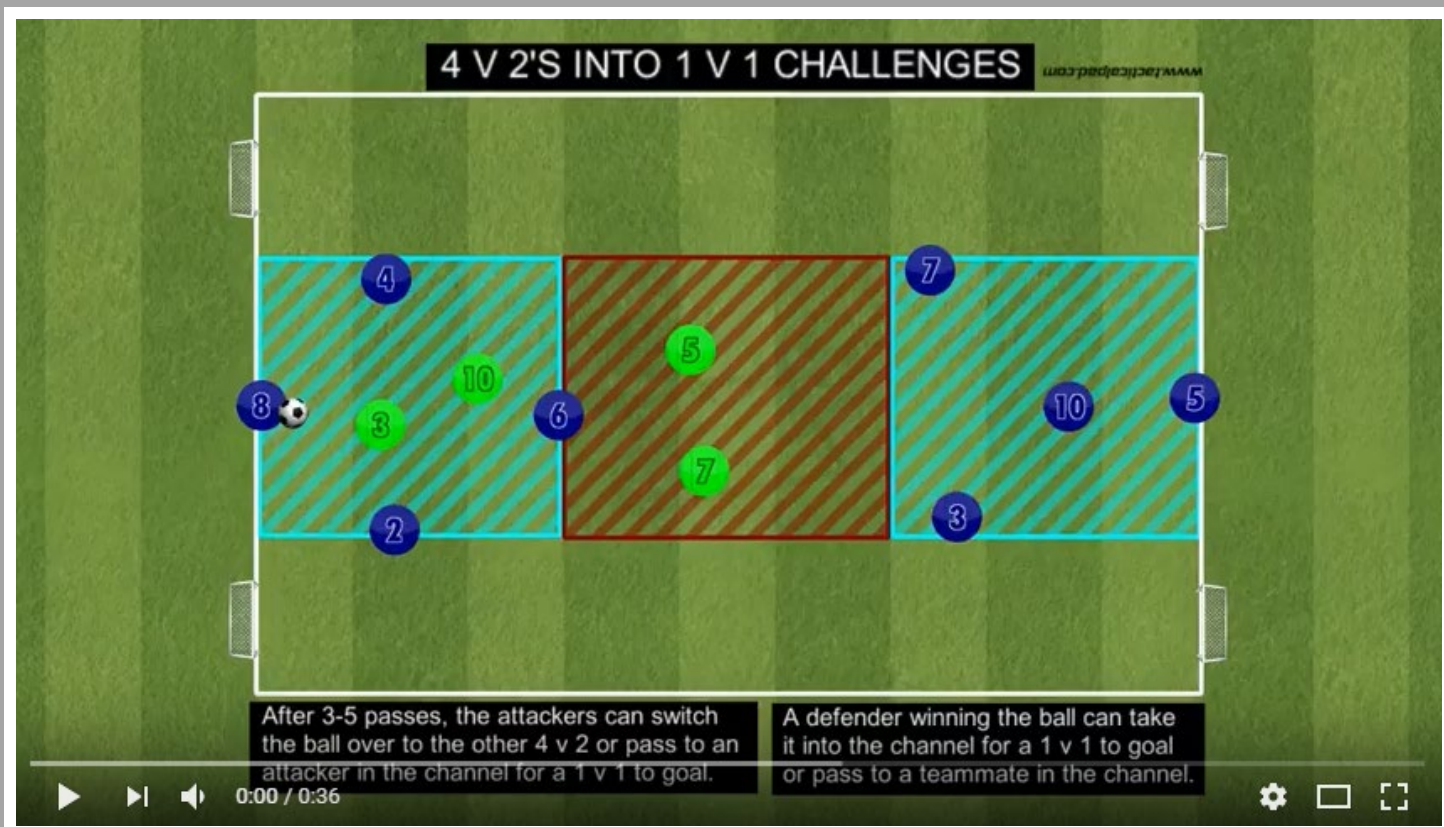
Play begins with a 4 v 2 in one of the end zones. After making 3-5 passes, the attackers can: (1) change the ball to the other end to create a new 4 v 2, with Players 1 and 2 following the pass in. (2) Play a long pass into the channel to create a 1 v 1 to the opposite goal (see the diagram). And (3), send an attacker in the 4 v 2 out into the channel to create a 1 v 2 to the opposite goal. Also, when the defenders win the ball, they can pass or dribble out into the channels and attack 1 v 1 at any of the four goals.

### *Coaching Points:*

- 1 **Speed of Play** – Get open early so that your team can play one and two touch soccer.
- 2 **Decision Making** – When a passing lane closes down, fake that pass and keep possession.
- 3 **Concentration** – Stay involved in the play at both ends of the field. Don't switch off.

### *Progressions/Regressions:*

**Progression 1** – Take away Option (3). The ball must be played to the opposite end.



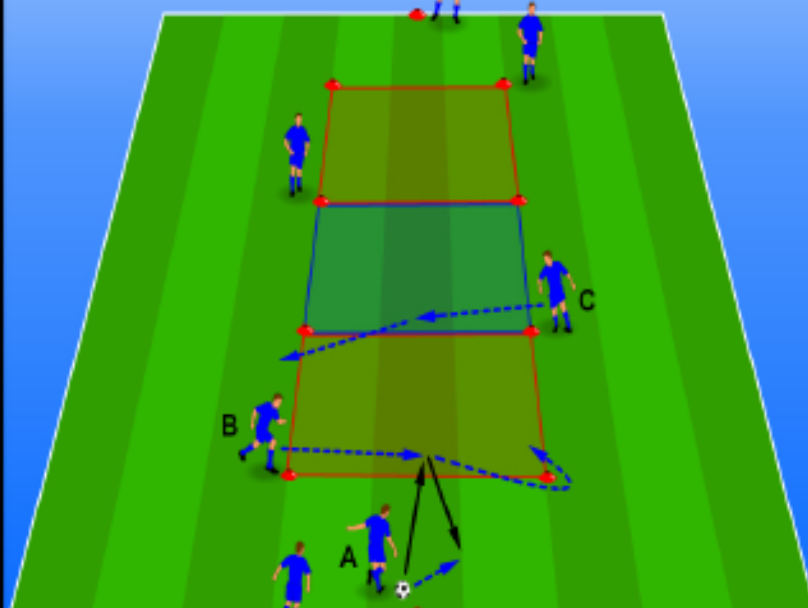
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## Step Out to Receive

## Fundamental

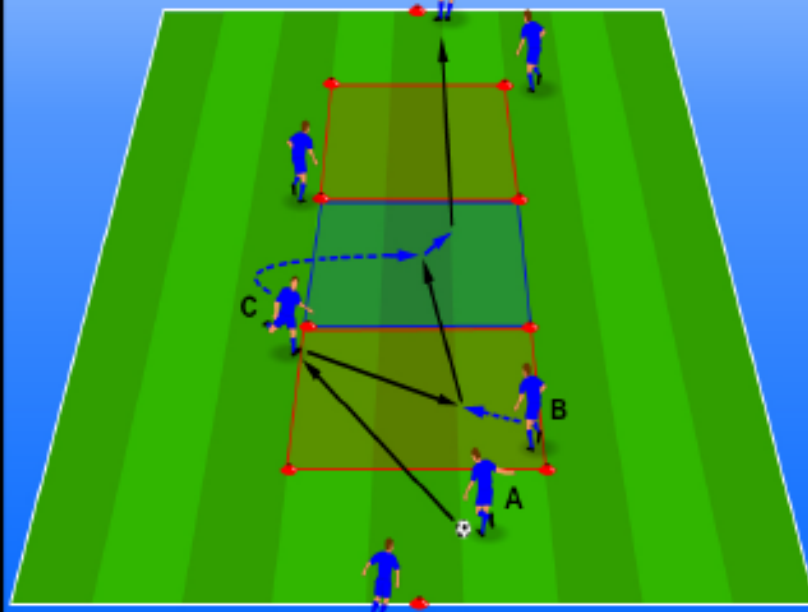
## Passing, Receiving

A



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B



Created using SoccerTutor.com Tactics Manager

### *Procedure:*

Players B and C begin the drill by making runs into the center. Player A passes up to Player B, who one-touches the ball right back to him.

Player C continues his run and stops just in front of the cone. Player B runs around his cone after playing back to Player A (see Diagram A).

Player A passes the ball up to Player C, and Player C plays it back to Player B. After passing, Player C steps out around the cone, and Player B plays the ball thru to him (see Diagram B).

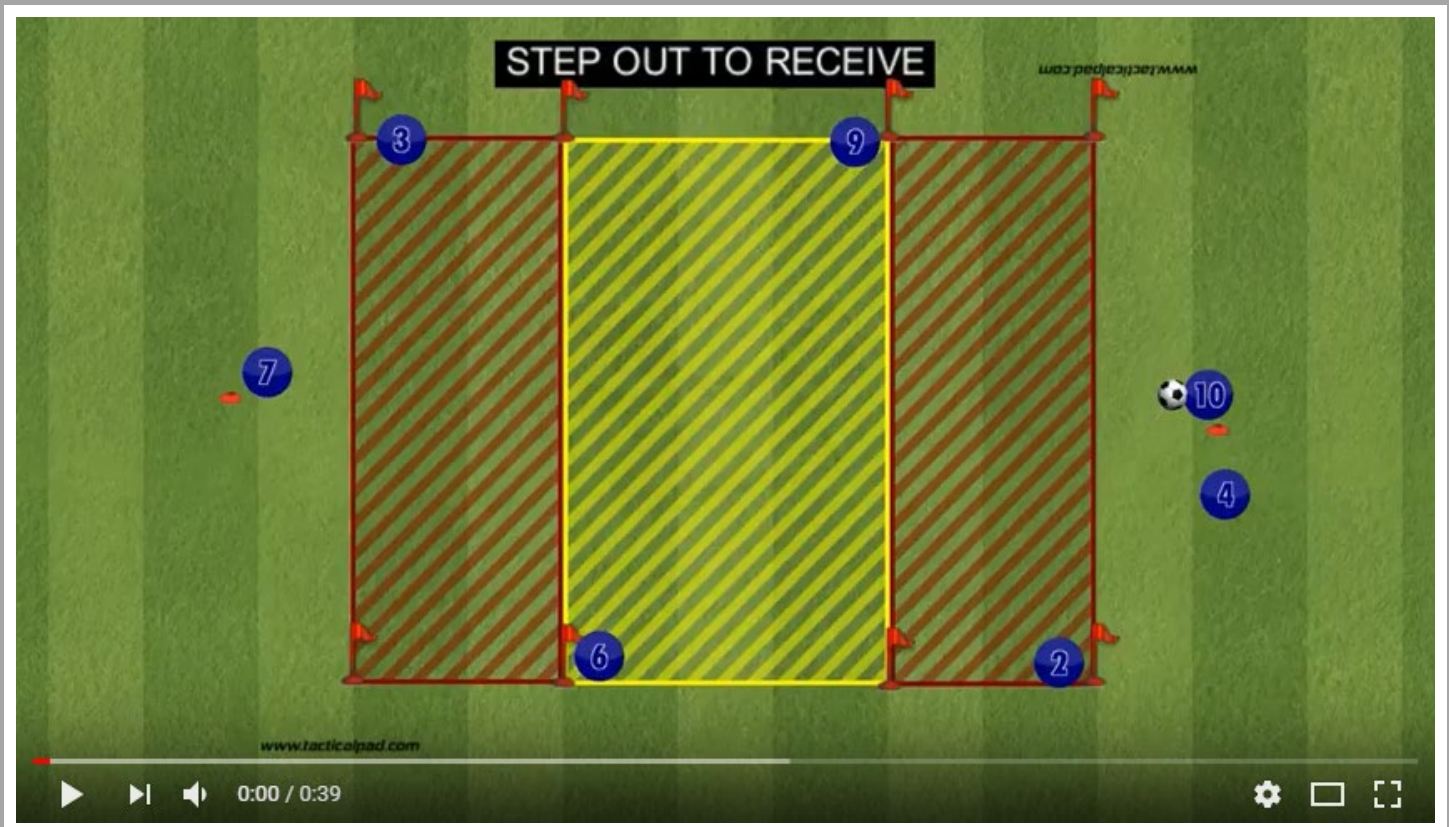
To complete the sequence, Player C controls the thru ball, and then plays it up to Player D. Player D begins the next sequence in the opposite direction. After each sequence, all of the players rotate up to the next spot on the field.

### *Coaching Points:*

- 1 Vision – While running out wide, never lose sight of the ball.
- 2 Timing – Adjust the speed of your runs if play slows down.
- 3 Speed of Play – Your passes should not force the receiver to slow down.

### *Progressions:*

- 1 Limit one or more players to one touch



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**5 v 4 Into 2 v 2**

**Small Sided**

**Group Attacking**



***Procedure:***

The teams play 4 v 4 plus one in the central zone. After making five passes, the attacking team can pass out of the zone into a teammate. When the ball is passed in, one attacker and one defender can leave the zone and go to goal, creating a 2 v 2. But the defender must run around a cone on his way to goal, giving the attacking team a brief 2 v 1 advantage. Upon completion, play is re-started in the central zone. When the defenders win the ball in the penalty area, play is re-started in the central zone.

***Coaching Points:***

- 1 **Speed of Play** – Play in a one and two touch rhythm in the zone. Get the ball off of your foot.
- 2 **Decision Making** – Look to make runs into the center of the zone, against the flow of play.
- 3 **First Touch** – Make positive first touches when looking to finish. Create a shooting angle.

***Progressions/Regressions:***

**Progression 1** – The neutral player leaves the central zone with each attack, creating a 3 v 2.



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## Technique in Traffic

## Fundamental

## Passing, Receiving



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### *Procedure:*

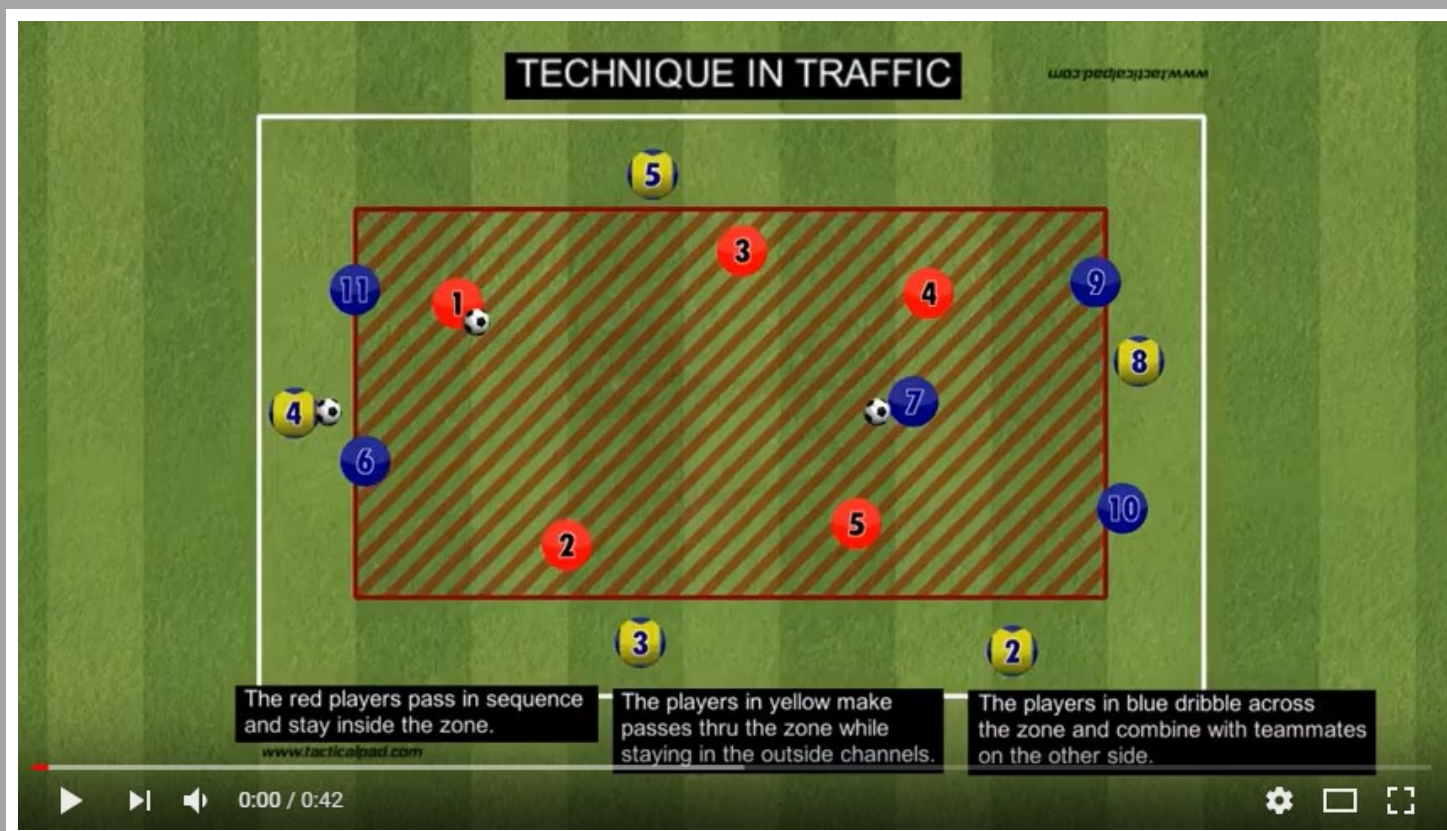
Three groups of five players play in and around a large zone. Group 1 (in yellow) stays outside of the zone at all times, but must play all of their passes thru the zone. The players in Group 2 (in red) must stay inside of the zone and pass the ball in sequence (Player 1 → 2 → 3 → 4 → 5 and back to Player 1 again). Players in Group 3 (in blue) carry the ball at least halfway thru the grid, and then combine with a teammate from the opposite side, sending him in the opposite direction with the dribble.

### *Coaching Points:*

- 1 **Speed of Play** – Make your runs early so that your team can play one and two touch soccer.
- 2 **Runs without the ball** – Run to places where the passer can see you. No blind passes!
- 3 **Communication** – Tell the passer what's available. Say it loudly. Get his attention.

### *Progressions/Regressions:*

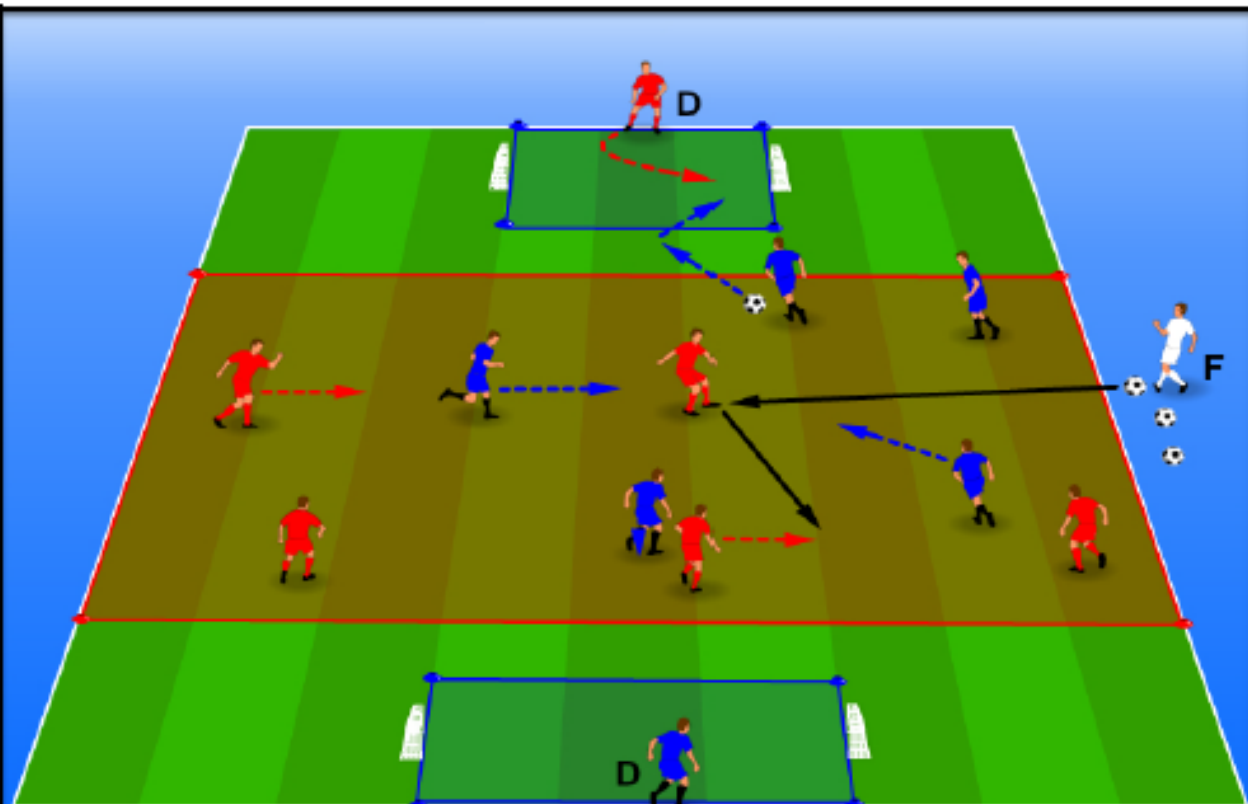
**Progression 1** – Limit the number of touches made by the groups and/or specific players.



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## Group Attacking



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**Procedure:**

The two teams play 5 v 5 inside of the central zone. To score, an attacker must dribble out of the zone and into the small field on the end line to go 1 v 1 with the defender. The attacker can score in either of the two small goals. The defender starts on the end line and enters play as soon as the attacker leaves the central zone. Also, if the defender wins the ball in the 1 v 1, he can score in either goal. During the 1 v 1 challenges, play continues in the central zone as the Feeder plays the next ball into the zone. One team will have a 5 v 4 advantage until the 1 v 1 is completed and the attacker returns to the central zone.

### Coaching Points:

- 1 Speed of Play – Play one and two touch soccer and force the defenders to chase.**
- 2 Blind Side Runs – As the defenders contract into the middle, look for runs in behind them.**
- 3 Communication – Players returning to the zone should direct their teammates as they run in.**

**Progressions/Regressions:**

**Progression 1 – Play with neutral defenders on the small fields, and the teams can dribble out of either side of the central zone.**



## Three Finishes

## Fundamental

## Finishing

A



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### Procedure:

The shooter (Player A) has thirty seconds to finish as many balls as he can while rotating thru three stations:

#1 Wall pass with Player B followed by a shot on goal.

#2 Run towards Player C, receive a pass, turn and shoot.

#3 Make a curved run to the other goal, finish a cross from Player D.

After the thirty second round of finishing, the players rotate clockwise to the next station, and the goalkeepers re-load the balls.

### Coaching Points:

- 1 First Touch – Prepare the ball to shoot by touching it off at a 45 degree angle.
- 2 Finishing – Use head fakes and ball fakes to get the goalkeeper moving from side to side.
- 3 Heading – Delay your run to goal and time the cross so that you can sprint to the ball.
- 4 Ball Striking – The position of the plant foot determines where the ball goes when you hit it.

### Progressions:

- 1 Add defenders in front of goal to pressure the shooter.

B



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## 5 v 5 Knock Off Game

## Small Sided

## Possession, Transition



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### *Procedure:*

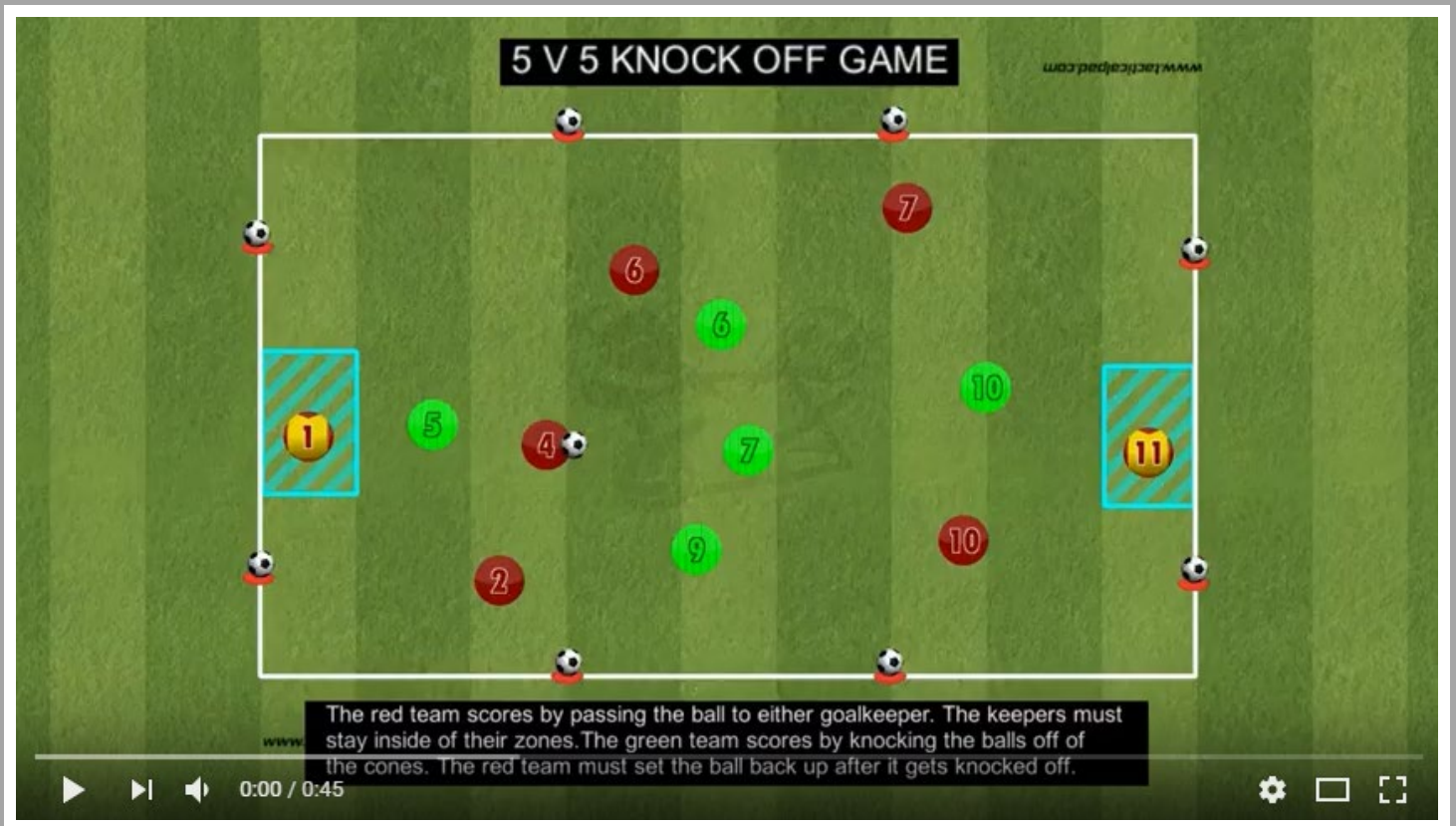
During play, the red team can score points by knocking the balls off of the cones with the ball. When they do, a player on the blue team must set the ball back up on the cone, creating a 5 v 4 advantage for the red team. After winning the ball, the blue team can score by passing the ball to either goalkeeper. After scoring, the blue team must attack in the other direction and try to score at the other end. The keepers must stay inside of their small zones during play. Games are played to five points, and the teams switch roles after each game.

### *Coaching Points:*

- 1 Speed of Play – Get the ball off of your foot and play one and two touch soccer.
- 2 Decision Making – Look for passes against the flow of play. Reverse direction on the defense.
- 3 Concentration – Stay involved in the play as the ball moves away from you. Don't switch off.

### *Progressions/Regressions:*

**Progression 1** – Add another goal and goalkeeper on the inside of the field.



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## Three Team Game

## Small Sided

## Possession, Transition



### *Procedure:*

The teams play 5 v 5 plus one with four players stationed on the outside to be used as bumpers. The bumpers are limited to one touch. The team starting with possession gets to choose the direction of their attack – towards the big goals or the small goals. Goals scored on the small goals are worth one point, goals scored in the big goals are worth three points. Games are played to three, the winners stay on. The losing team leaves one player on the field to act as the neutral.

### *Coaching Points:*

- 1 Decision Making – Look for passes made against the flow of the defense.
- 2 Speed of Play – Use one touch when you can, two touches when you should.
- 3 Creating Space – When your team wins the ball, expand the field as quickly as possible.

### *Progressions/Regressions:*

Progression 1 – Big goals only. One team attacks north → south, the other east → west.



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**7 v 4 With Support**

**Large Sided**

**Group Attacking**



***Procedure:***

The two teams play 7 v 4 on the inside of the field with six additional players on the outside supporting the four defenders. The seven attackers on the inside try to score on the triangle goal in the center. When the defenders win the ball, they can combine with their six teammates to try and score in either of the goals on the end line.

***Coaching Points:***

- 1 Speed of Play** – Play one and two touch soccer and force the defenders to chase.
- 2 Switching the Field** – As the defenders flow towards the ball, change the direction of play.
- 3 Width and Depth** – Expand the field and force the defenders to move out from the goal.

***Progressions/Regressions:***

**Progression 1** – When the defenders win the ball, they must advance it from one end line to the other before shooting.

**Progression 2** – Play 5 v 5 with neutral players on the outside.



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## Thru Passes to Goal

## Small Sided

## Group Attacking



### *Procedure:*

Two Feeders play long passes into the three midfielders (Players A, B, and C) to begin the drill. The midfielders pass up to one of the strikers (Players D and E), and play continues to goal from there. During the drill, the mannequins are used as an offside line, and as soon as the ball is played across the line, the defenders (Players 1 and 2) can release from the end line. Different situations can be used during the drill – 1 v 1, 2 v 1, or 2 v 2.

### *Coaching Points:*

- 1 Passing – Use diagonal passes with vertical runs and vertical passes with diagonal runs.
- 2 The Thru Run – The quality and speed of the passes determines when you can start running.
- 3 Finishing – Control the thru ball right away and look up for the oncoming defender.

### *Progressions/Regressions:*

Progression 1 – Add a striker in front of goal to play 2 v 1 and 3 v 2.



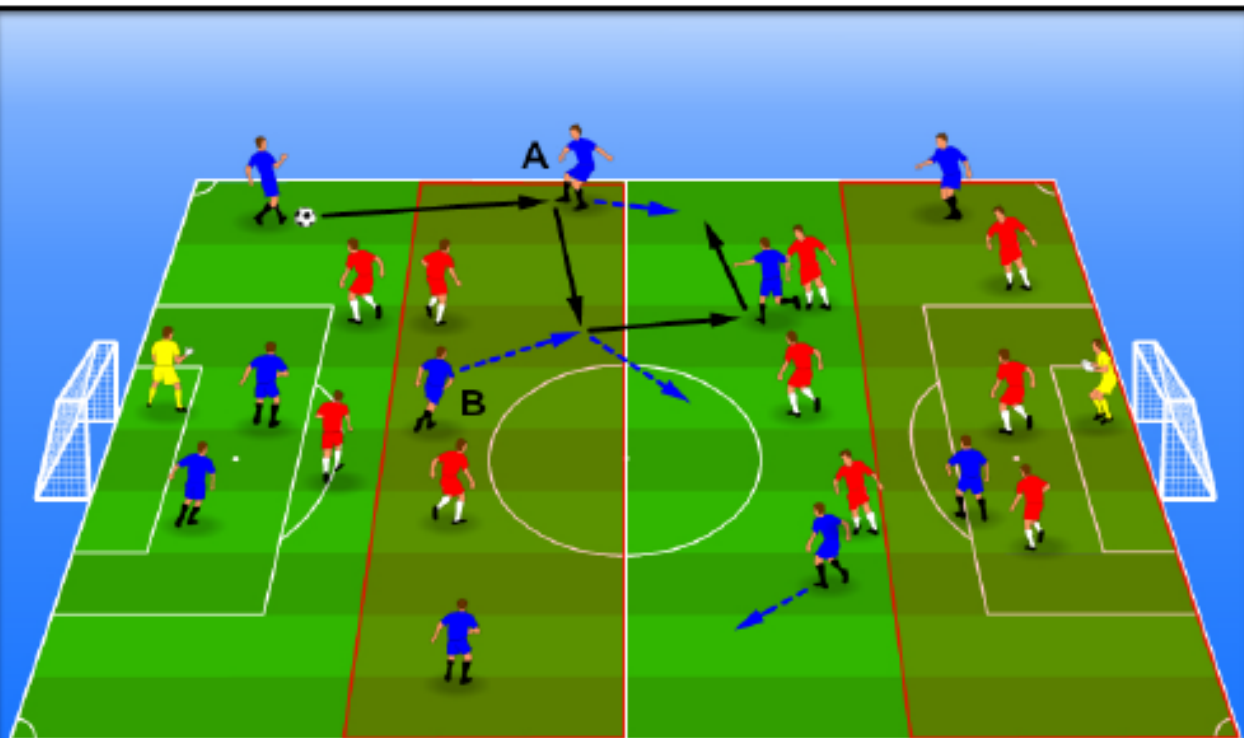
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## 11 v 11, Attacking Overloads

Large Sided

Group Attacking



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### *Procedure:*

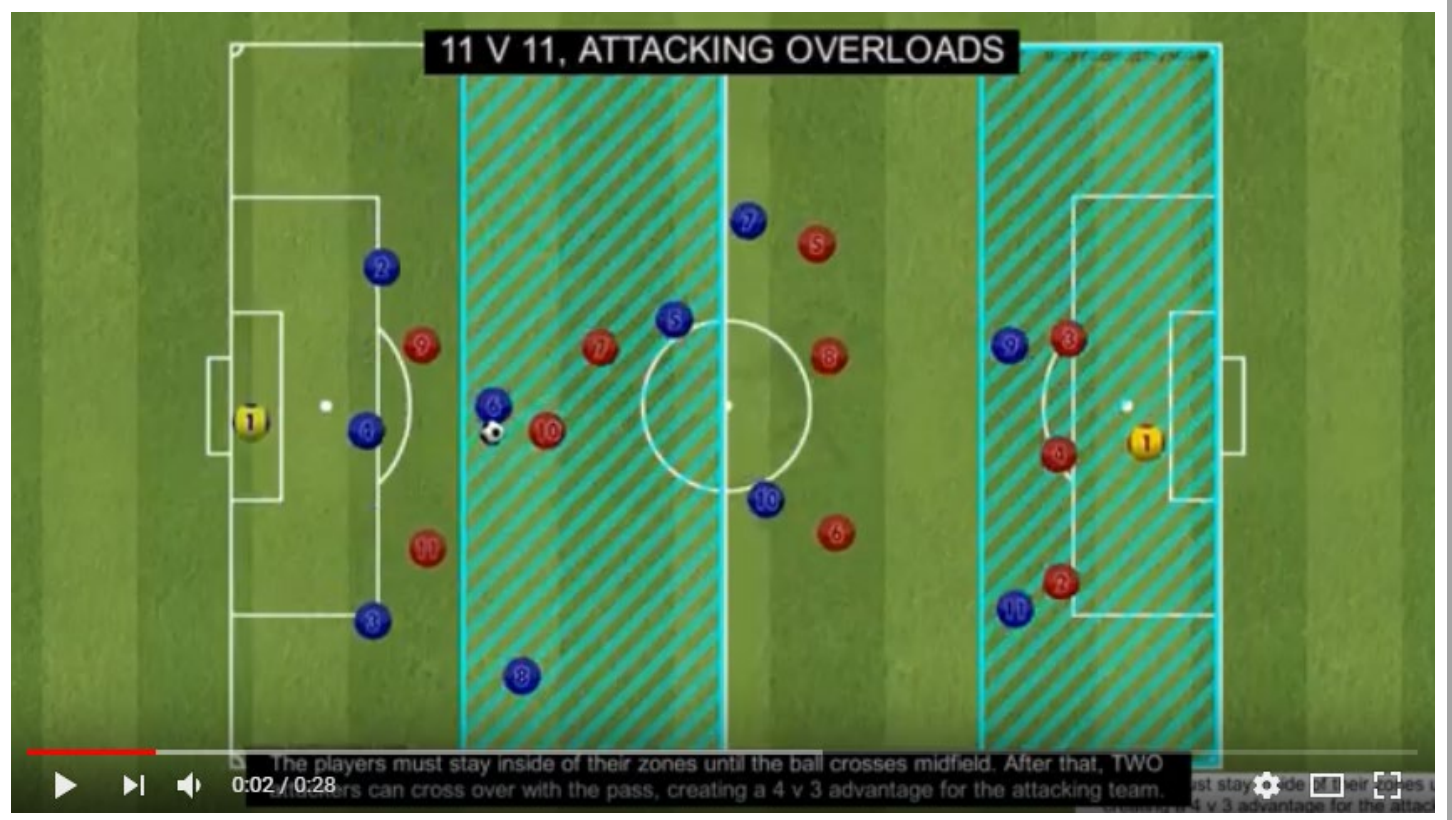
The two teams play 11 v 11 with 3 v 2's in all four zones. Both teams have the numerical advantage in the zones inside of their own half. The ball must be passed from one zone to the next, and as soon as the ball advances past the midfield line, TWO attackers can cross over with the pass into the next zone (Players A and B in the diagram) to create a 4 v 3 overload in that zone. Upon completion (or in the event of a turnover), the attackers return to their original zones.

### *Coaching Points:*

- 1 **Speed of Play** – Play one and two touch soccer and force the defenders to chase.
- 2 **Blind Side Runs** – As the defenders pressure the ball, look for runs in behind them.
- 3 **Support** – The attackers closest to the ball should be the ones that cross over with the pass.

### *Progressions/Regressions:*

**Progression 1** – Allow long passes that go thru or over a zone. The rule on players crossing over remains the same.

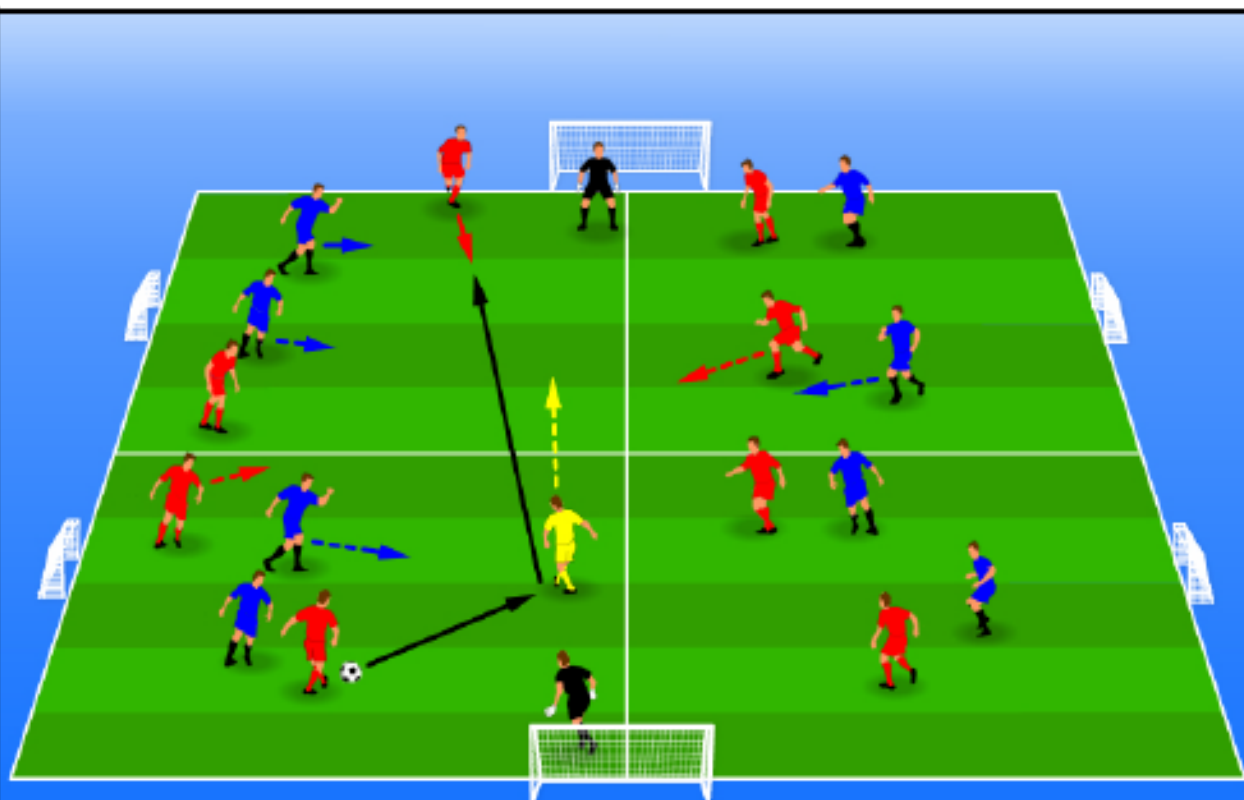


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## Training the Number 10

## Large Sided

## Group Attacking



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### *Procedure:*

The teams play 8 v 8 plus one on a field split into four zones. The red team attacks the small goals, and the blue team attacks the large goals. Each team stations two players in each zone. One neutral attacker – the “Number 10” – follows the ball into all of the zones, creating a 3 v 2’s around the field. The Number 10 may not dribble from one zone to another. Games are played to five points, and the teams switch goals after each game.

### *Coaching Points:*

- 1 Decision Making – Turn away from crowded goal areas as opposed to forcing the play.
- 2 Vision – Play with an open stance and be able to see the other zones during play.
- 3 Turning – Direct your first touch away from the defense, look to play in a different direction.

### *Progressions/Regressions:*

Progression 1 – Use a split field, play 4 v 4 plus one in each half (with one Number 10).



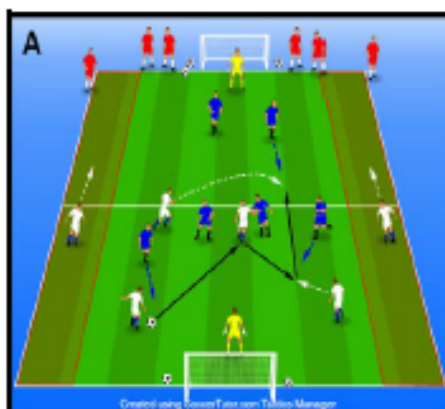
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## Training the Outside Backs

## Small Sided

## Group Attacking



### Procedure:

To begin play, the attackers start 6 v 4 in their own half of the field, trying to advance the ball over the midfield line (see Diagram A). Two of the attackers must remain in the channels during play. After the ball moves past midfield, play continues 4 v 2 with the two players still in the channels (Diagram B). After the finish on goal (Diagram C), the two defenders join their team at the other end of the field and become the channel players when their team attacks again (Diagram D).

### Procedure (con't):

Also, the four attackers who just finished on goal become the four defenders in the next 6 v 4. The attackers left behind in the previous attack stay in their own half to defend the next 4 v 2. And the six players waiting on the end line become the new attacking team. The goalkeeper distributes to an attacker to re-start play in the opposite direction.

### Coaching Points:

- 1 Receiving Out Wide– Set up behind the ball and take your first touch forward into the space.
- 2 Timing – Hold your run into the attacking half until the play develops.
- 3 Crossing – Be ready to strike an early cross in order to play the ball in behind the defense.
- 4 Transition – After the attack, leave the channel quickly and be compact with your teammates.

### Progressions:

- 1 Channel players are allowed to leave the channel in order to finish on goal.
- 2 Limit the players in the channels to one touch.



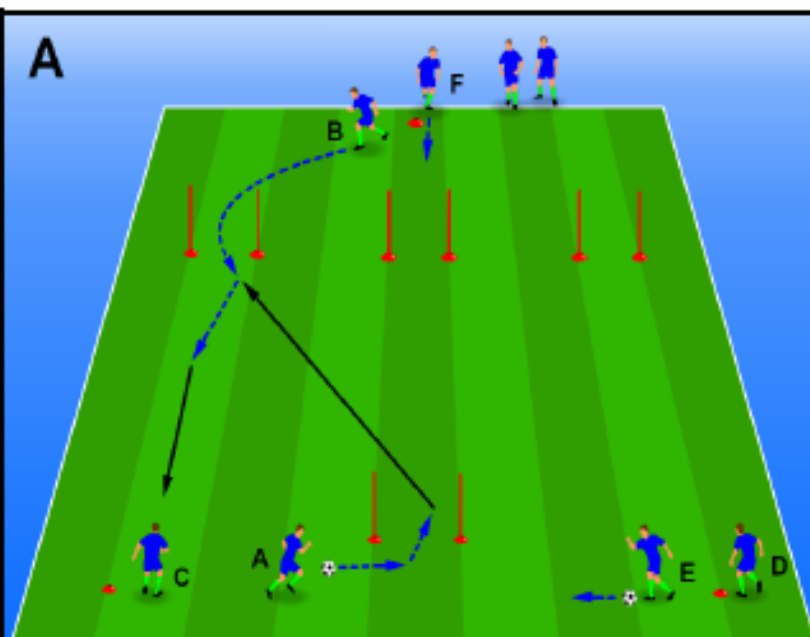
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## Passing Warm Up

## Fundamental

## Passing, Receiving

A



Created using SoccerTutor.com Tactics Manager

### Procedure:

Diagram A - Player A begins the drill with a horizontal dribbling run into the center. Player B also begins his run at the other end of the field, moving towards one of the three gates. Player A dribbles thru the gate and looks up for Player B. Player B calls for the ball as he comes thru his gate, and Player A passes to Player B. Player B receives and returns the ball to the dribbling line (passing to Player C).

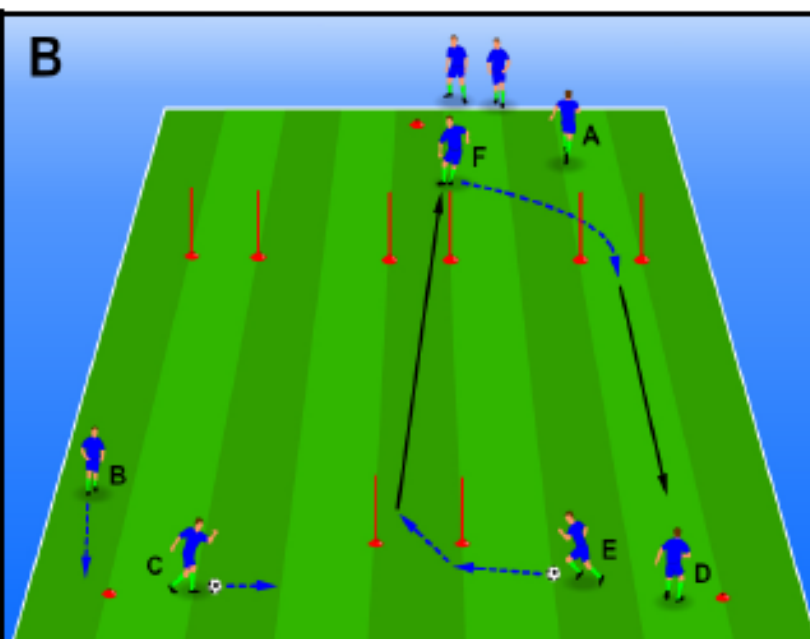
Diagram B - If the receiver (Player F) chooses the center gate, he must receive behind the gate and then take the dribble right or left, going thru an outside gate before returning the ball to the dribbling line.

During the drill, the dribbler runs to the receiving line after he passes, and vice-versa.

### Coaching Points:

- 1 Communication – Call for the ball early and often.
- 2 Timing – Show for the ball just as the dribbler gets ready to pass.
- 3 First Touch – Direct the ball towards your target gate as you receive it.

B



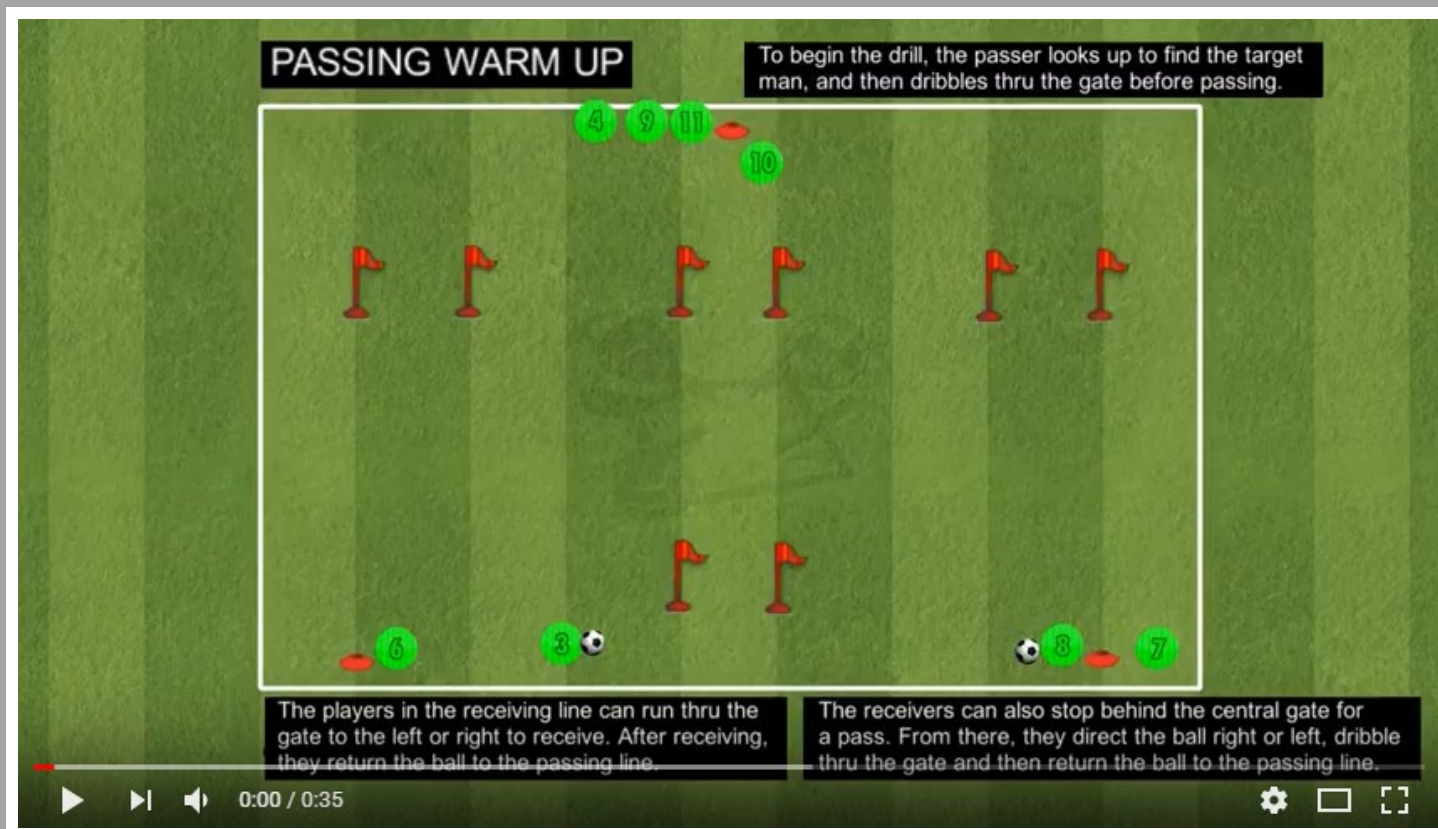
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### Progressions:

- 1 Limit the receivers to one touch

### Regressions:

- 1 Run thru any gate, receive, dribble back.



Click [here](#) for the You Tube video



## Shooting Into 2 v 2 Game

## Small Sided

## Group Attacking

A



### Procedure:

Diagram A - Player A dribbles in, then wall passes with Player B. Player C does not actively defend. He just gives them an obstacle to go around. After receiving the return pass, Player A finishes on the small goal, and then runs back into the center to defend.

Diagram B - As soon as Player A shoots, Player D passes up to Player C to begin their attack on the big goal. Player B delays the attack as Player A recovers back, creating a 2 v 2 to goal. If the defenders win the ball, they counter-attack.

B



Goals scored on the big goals are worth one point. A goal scored off of a turnover is worth two points. Shots made on the small goal are worth nothing. If a player misses the shot, he must wait three seconds before running back to defend.

### Coaching Points:

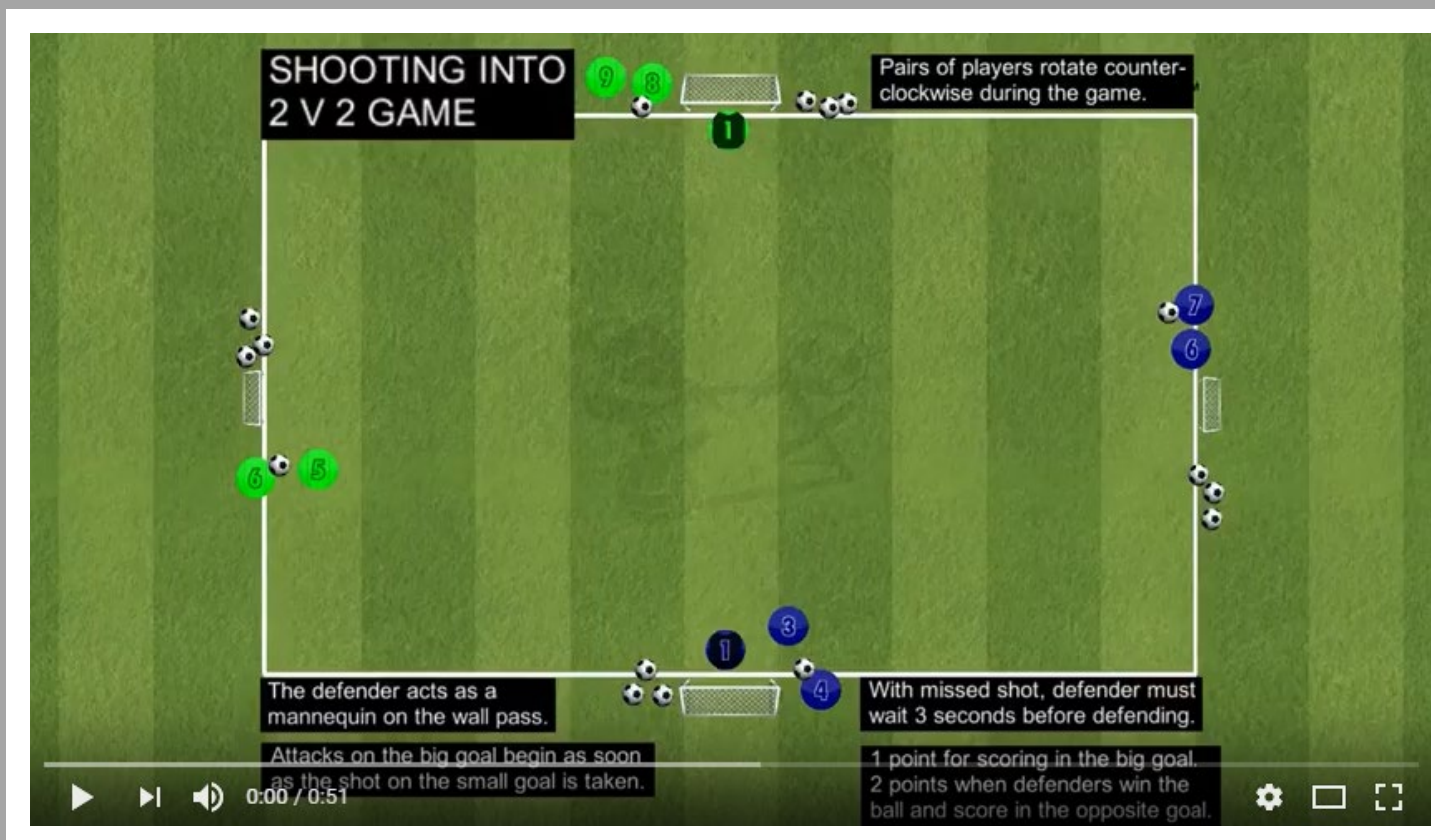
- 1 Transition – Don't stop to admire your shot. Get back on defense.
- 2 Defending – Contain the play. Let them dribble.
- 3 Organization – On defense, the first shout sorts it out.

### Progressions:

- 1 Add a neutral attacker in the center.

### Regressions:

- 1 2 v 1 to goal. Player A can only counter-attack.



Click [here](#) for the You Tube video

## Breakout, Cross, and Finish

## Small Sided

## Group Attacking



### Procedure:

**Diagram A** – The two teams play 4 v 4 plus one in the blue zone. After five passes, the attacking team can pass out of the zone to a target player in the red zone. When they do so, the attackers can breakout towards goal.

**Diagram B** – The break out follows the same pattern: The target player passes out to an attacker in a wide position. That attacker passes up to the outside target player and overlaps him. From there, the attacker receives the return pass from the target, dribbles beyond the mannequin, and then crosses. The other three attackers attempt to finish the cross versus one neutral defender.

The three teams rotate into new roles after each attack. The targets go into the blue zone, and the attackers become the new targets.

### Coaching Points:

- 1 **Transition** – Anticipate changes of possession and move first.
- 2 **Speed of Play** – Look for one touch passes that will split defenders.
- 3 **Finishing** – Time the cross, sprint to the ball.

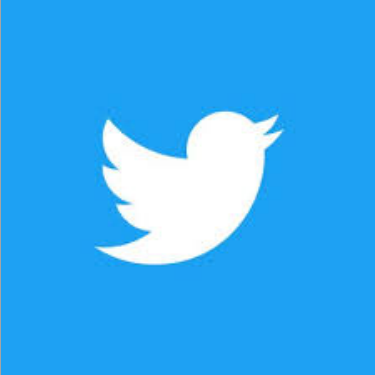
### Progressions:

- 1 Defenders drop back into the penalty area.
- 2 Expand to full width, use four targets.





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