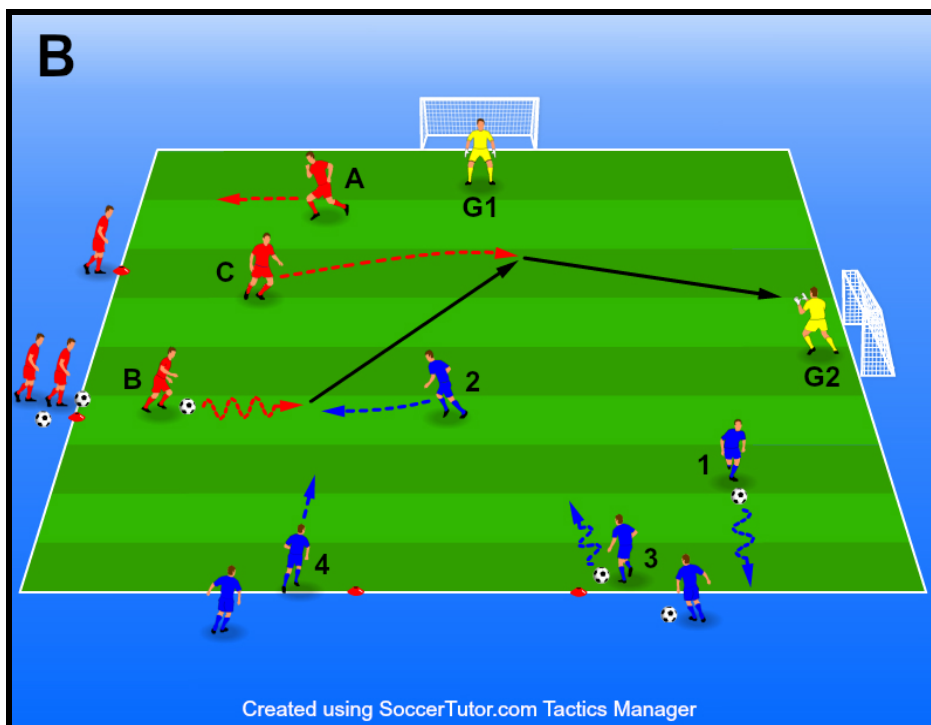


*Procedure:*

Diagram A: The attacking team (in blue) goes 2 v 1 at the defender (Player A), looking to finish against G1. As the two attackers combine and Player 1 shoots, the next pair of attackers – Players B and C get ready to go to goal. Their attack can start as soon as the shot is struck or possession is lost.

Diagram B: Players B and C attack 2 v 1 against the player from the previous attack who did NOT take the last touch – Player 2. Players 1 and A run off. The attack by Players B and C goes to completion, and as soon as Player C shoots at G2, Players 3 and 4 begin the next attack towards Player B and G1.

*Coaching Points:*

- 1 Speed of Attack – Push the dribble at the defender and force him to commit first.
- 2 Decision Making – Use 2 v 1 combinations to move the defender and fake the combo if he anticipates the play.
- 3 Finishing – Make a positive first touch to goal, one that improves your shooting angle as opposed to taking you out wider.

**Notes:** Transition is very important during the drill for both the defender and the attackers. No player should be surprised by the fact that it is his turn to attack or defend.

*Progressions:*

1. Progress to 3 v 2 to goal with the same conditions – the attacker taking the last touch goes off.