

**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.