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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.