



Objective: Passing, Teamplay and Precision

Set-up: full pitch divided into 2 playing areas (two halves), 1 ball at least, 2 pairs of small goals, 8 players (4 players in each team)

Drill:

- Both teams can use each half of the pitch to score a goal.
- The main rule is that there can only be 2 defending players and 3 attacking players on the half, where the ball is.
- So it's always 3 against 2.
- The goal can only be scored with the first touch shot.

Intensity: High

Duration: 2 games of 10 minutes each