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#### **Procedure:**

Four mids (in blue) play in a diamond, surrounding the mannequins. Two backs and two strikers (in green) play out on the flanks. The CM begins play by opening up to either side with his first touch. He then passes up to the other CM, making a run back to the ball (1). As the CM makes that run, the outside mid on that side makes a run forward, and the striker on that side runs into the space created by the OM. The CM passes back to the striker (2), who turns to the outside with his first touch (3). As the striker turns, the back makes a run forward into the space created by the striker. The back receives the pass, runs forward with the ball (4) and crosses to the OM, CM, and the striker on the opposite side (5).

#### **Coaching Points:**

- 1 Speed of Play – Extra touches will slow the play down and throw off the timing of the runs.
- 2 Timing the Run – The back starts his run as the striker takes his 1<sup>st</sup> touch.
- 3 Finishing – The outside mid running to goal has to wait for the play to develop.

#### **Progressions:**

- 1 The CM turns away with his 1<sup>st</sup> touch and the striker creates space for the back to run into.