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Setup as shown, two 12x12 boxes with 6 yard zone in middle. 3 teams of 4 players, 4 blues each end with 4 red defenders starting in middle zone. Blues play 4v2 in either box and attempt 3 passes before playing into either channel for a teammate from the opposite box to go 1v1 against a central red defender to the target goal. Session used to work on defensive midfield principles and recovery runs.