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20x20 box, 4v4 with a central target for each side just outside the area. Both teams set as top end of a 4-2-3-1. In the box teams aim for 4 passes, reduced to 3, before hitting the 9 and working an opposed pattern on goal, all combinations are one touch and emphasis is on technical excellence and an accurate finish. Teams attacking the goal have 5 seconds to rejoin the box before the session resumes.