

**Procedure:**

The drill begins in front of the first goal with the attackers changing the ball from 1 → 2 → 3. The attack concludes with a cross and finish by the attacker who started the sequence. After striking the cross, the attacker picks up a ball from beside the first goal and attacks the second goal with the dribble. The three attackers and defenders at 4, 5, and 6 enter the field with the first dribble touch and play continues to completion from there. Upon completion, the attackers rotate from 1 → 2 → 3 → 4 → 5 → 6, and the other team begins the next sequence on goal (players defending the 2nd goal become attackers).

Coaching Points:

- 1 Receiving – Open up and take your first touch away from the passer.
- 2 Speed of Attack – Dribble at speed and force the defense into a poor decision.
- 3 Width – Stay wide as the defense compresses into the center and create 1 v 1's for yourself.

Progressions/Regressions:

Progression 1 – Call out numbers with the 2nd attack, creating 1 v 1's, 2 v 1's, 3 v 2's, or 4 v 3's.