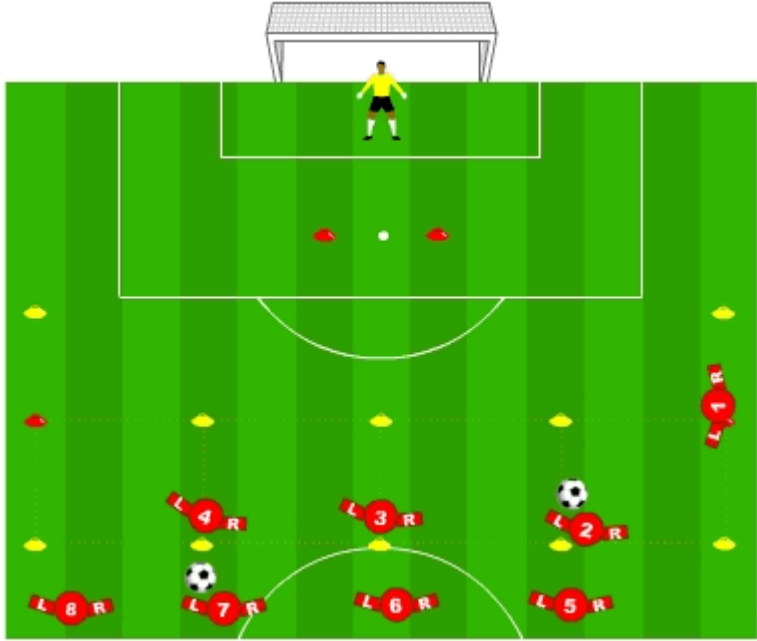
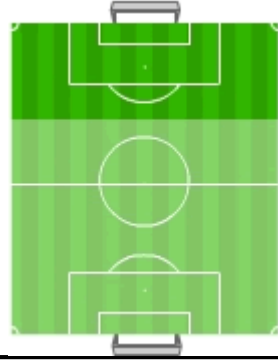

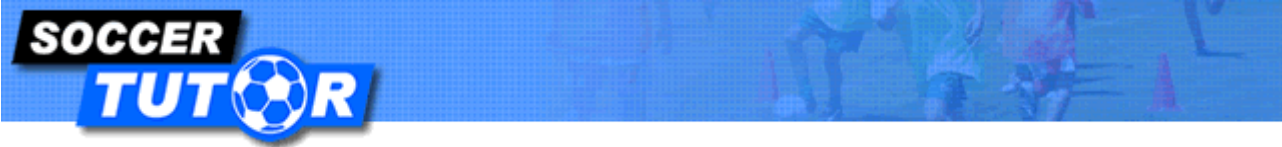

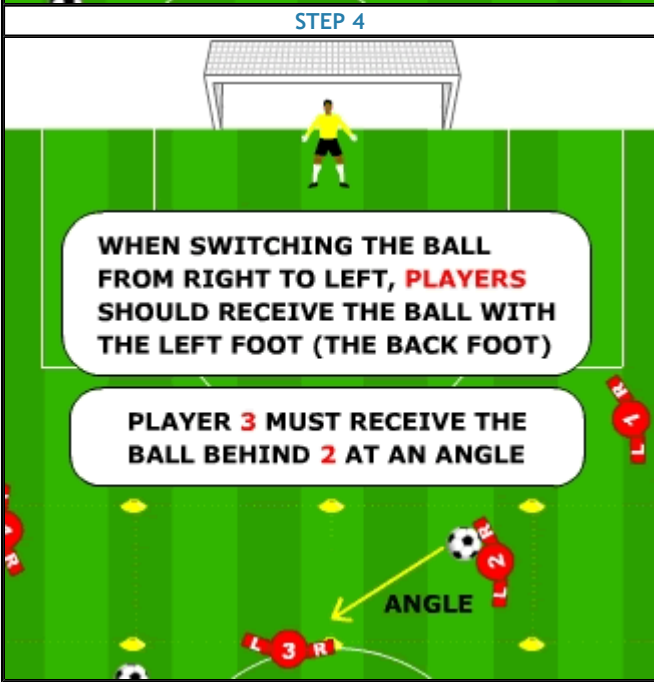
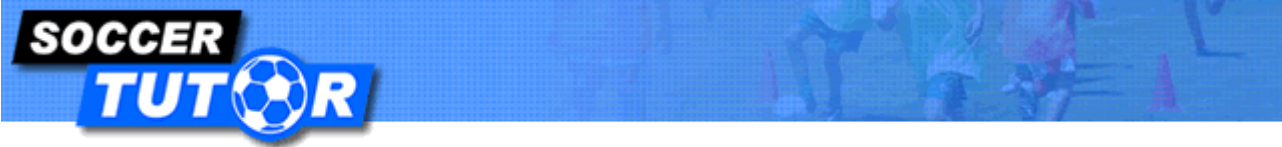


Attacking 1	
	<b>MEASUREMENT OF DRILL</b> 
	<b>EQUIPMENT</b>  x 3      x 14 x 0      x 1 0 set x 0
	<b>NUMBER OF PLAYERS</b> 
<b>OBJECTIVE</b> <p>To develop switching the play from one side of the field to the other.</p> <p>This drill is all about timing!</p> <ol style="list-style-type: none"> <li>1. Timing of switching the ball</li> <li>2. Timing of runs from the cross</li> </ol> <p>If the timing is correct, this drill will improve a teams possession of the ball by switching play, getting in wide positions, and attacking from crosses.</p>	<b>PROGRESSION</b> <ol style="list-style-type: none"> <li>1. Introduce 1 or 2 passive defenders that can't intercept or challenge for the ball. This will put pressure on the attacking players needed in game situations.</li> </ol>
<b>COACHING POINTS</b>	
<ol style="list-style-type: none"> <li>1. Before the wide player checks with the ball the 3 other players should move forward.</li> <li>2. Just when the wide player checks with the ball the 3 other players must drop back quickly in positions where the receiving player is behind the player with the ball (study the drill).</li> <li>3. All players must use the back foot when receiving the ball. Very important! (see passing drills).</li> <li>4. The 2 players attacking the cross must not make their run too early. They should make it just when the wide player is about to cross it, this will prevent the cross going behind them.</li> </ol>	



<div>STEP 1</div> <div></div>	NOTES
<div>STEP 2</div> <div></div>	NOTES

<div>STEP 3</div> <div></div>	NOTES
<div>STEP 4</div> <div></div>	NOTES



STEP 5	NOTES
 <p>AS THE BALL TRAVELS FROM PLAYER 2 TO 3 PLAYER 4 MUST CHECK TO THE YELLOW CONE TO CREATE SPACE</p> <p>CHECK!</p>	
STEP 6	NOTES
 <p>AS PLAYER 4 RECEIVES THE BALL PLAYERS 1, 2 AND 3 MAKE THEIR WAY TO THE 18 YARD BOX</p>	