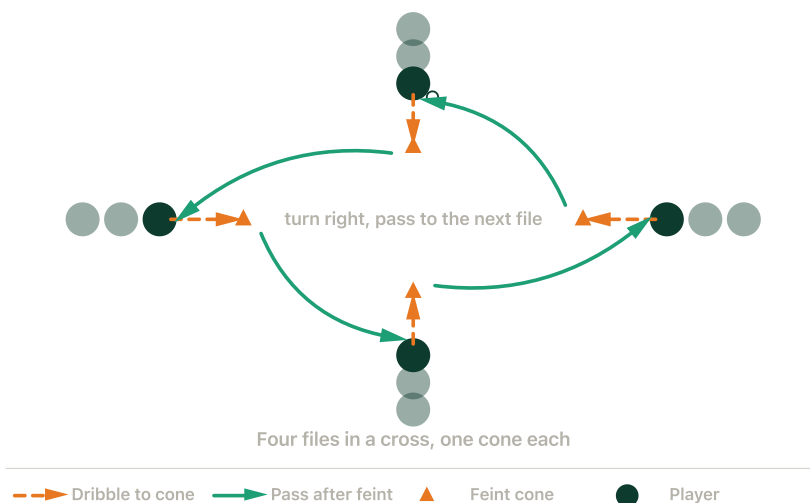


Six complete exercises

Diagrams, setup, progressions and coaching points. Free to use with your team.

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Feint cross

Technical activation

12-13 players

10-12 min

SETUP

Four files arranged in a cross (north, south, east, west), three players per file. One cone per file, placed toward the centre.

MATERIALS

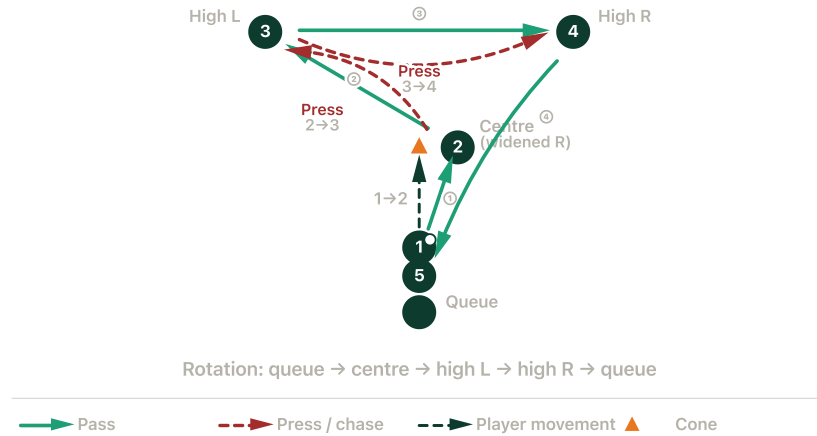
Four cones, one ball per queue.

HOW IT RUNS

1. The four front players start together and dribble to their own cone.
2. At the cone they perform the feint of the round; the coach changes it each round.
3. Turn right and pass to the front player of the file on your right.
4. On the coach's call everything mirrors: feint turning left, pass to the left file.

COACHING POINTS

- Heads up before the pass: four balls converge at the centre, scan before releasing.



Y-pass with immediate pressure

Pass-and-press reaction

4 per station

4 × 3 min

15 × 10 m

SETUP

Four stations in a Y: a base, a centre, and two high points. Four players rotate through continuously.

MATERIALS

Four cones for the stations, one ball per group with spares nearby.

HOW IT RUNS

1. Base passes to centre and follows to take that spot.
2. Centre receives oriented, passes to one high point, and immediately presses that pass.
3. The receiver escapes with a give-and-go with the other high player; everyone rotates on.

COACHING POINTS

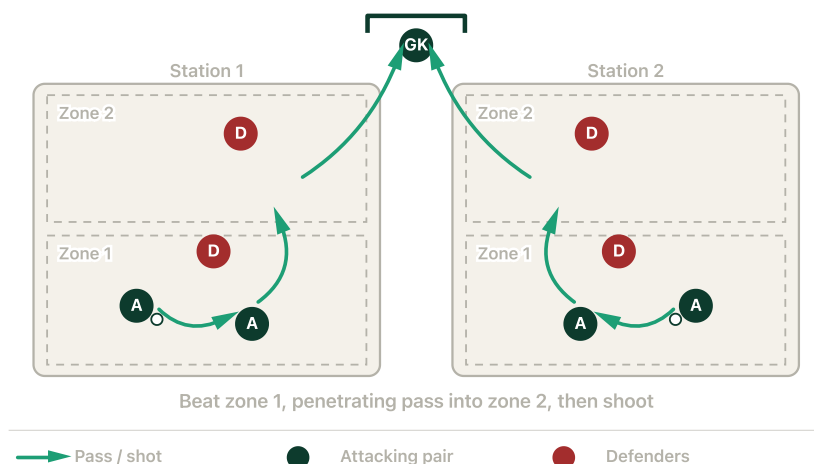
- The moment you pass, you are a defender. No pause, no jogging press.
- Scan before the ball arrives; the first touch beats the press.

WHICH FOOT

Set up this way, the rotation trains the pass with the right foot. To work the left, mirror the whole thing: same drill, other direction.

Make it harder: run two stations at once and race the rotations.

Make it easier: passive press first (close the space, don't tackle) until the timing is there.



2v1 penetration pass

Beating a defender

14-16 players

20 min

SETUP

Two mirrored stations, one shared goal with a goalkeeper at the top. Each station has two zones with one defender per zone. Attacking pairs enter from the bottom queue, 7-8 players per station.

MATERIALS

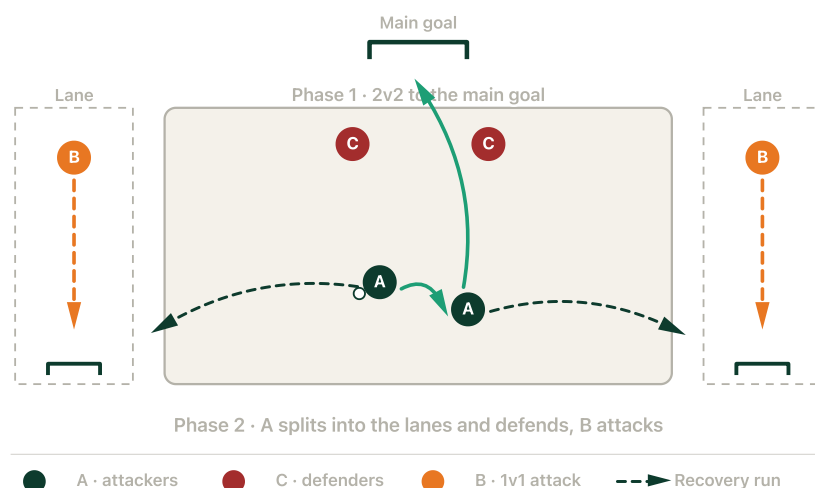
One full-size goal with a goalkeeper, cones to mark the two zones per station, bibs for the defenders, balls with the queue.

HOW IT RUNS

1. The attacking pair enters zone 1 and combines to beat the first defender.
2. Penetrating pass into zone 2, same dynamic against the second defender.
3. Past both defenders: shot on goal.
4. If a defender stops the attack, the pair exits immediately and the next pair enters.
5. The coach rotates defenders every five minutes or so.

COACHING POINTS

- First touch quality: open body, receive on the back foot.
- Decisional speed: recognise when the defender commits, play immediately.
- Patience: don't force the penetration. Move the ball, wait for the gap.
- Disguise: body feint before the pass to freeze the defender.
- After penetrating: accelerate into the next zone, don't slow down.



2v2 into 1v1

Duels & transitions

12-13 players

20-25 min

SETUP

Three stations: A in the centre (attackers of the 2v2), C by the main goal posts (defenders of the 2v2), B on the wide lanes, two per side (attackers of the 1v1). Mini-goals on the wide lanes.

MATERIALS

One main goal, two mini-goals, cones for the lanes and stations, bibs for the two teams, balls.

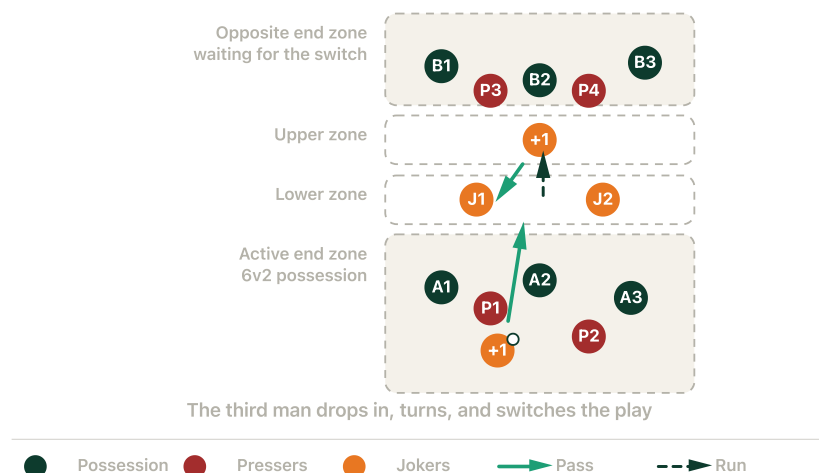
HOW IT RUNS

1. Phase 1: the two from A attack the main goal against the two from C: a 2v2.
2. Phase 2: as soon as the 2v2 ends, the two from A split, one per lane, and defend the mini-goals; the two from B attack them in two parallel 1v1s.
3. Rotations: A → C, C → B, B → A. Pairs flow in waves of two per station.

COACHING POINTS

- 2v2: attack the depth, off-ball player gives the second option; don't wait for the defender.
- Defensive transition: the instant the 2v2 ends, flip your head and recover. Defend on an angle toward the mini-goal, not toward the ball.
- 1v1: stay patient, force the attacker wide, don't dive in.

Make it a competition: two fixed teams of six, three attacking rounds each. Attackers score in the 2v2 for a point; ex-attackers who concede nothing in the 1v1 lanes earn one too.



6v2 possession with a switch

Support play

12-14 players

4 × 4 min

30 × 25 m

SETUP

Two end zones and a middle zone. In each end zone: three possession players plus a target player (the +1) against two pressers. Two jokers live in the middle zone and support whichever side has the ball.

MATERIALS

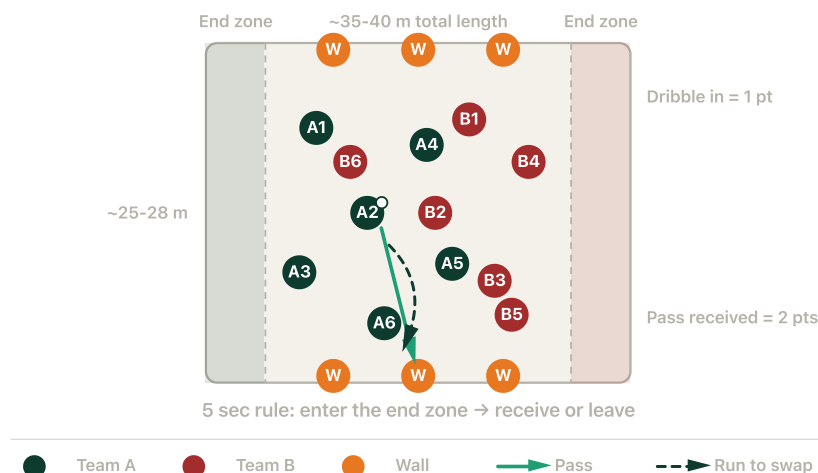
Cones for the three zones, bibs in three colours (possession players, pressers, jokers) and spare balls with the coach.

HOW IT RUNS

1. The active end zone keeps the ball in 6v2: three players, their +1, both jokers.
2. Objective: find the +1 of the opposite end zone, who drops into the middle to receive.
3. The +1 turns and switches play into the other end zone; that side becomes active.
4. Pressers who win the ball swap roles with the pair that lost it.
5. Free touches first, two touches once it flows.

COACHING POINTS

- The dropping player's first touch must already turn the play.
- Jokers: keep moving along the middle, never hide behind a presser.
- Early season: rhythm and angles, not pressing wars.



End-zone game with wall players

Timing of runs

5v5-6v6 + walls

3 × 6 min

35 × 25 m

SETUP

A pitch with a five-metre end zone at each short end, no goals. Wall players stand on the long sides and play one or two touch with the team in possession.

MATERIALS

Cones for the pitch and the two end zones, bibs for the two teams, spare balls with the coach. No goals needed.

HOW IT RUNS

1. Dribble into the opponent's end zone for one point; receive a pass inside it for two.
2. Enter the end zone only in the last seconds, no camping in there.
3. Pass to a wall player and you swap places with them, so everyone keeps moving.

COACHING POINTS

- Arrive in the zone on time, not early.
- Use the wall players to switch play, not to hide from pressure.

Make it harder: wall players to one touch; raise the pass-in reward to three points.

Make it easier: remove the two-point pass (just dribble the line) until the shape settles.