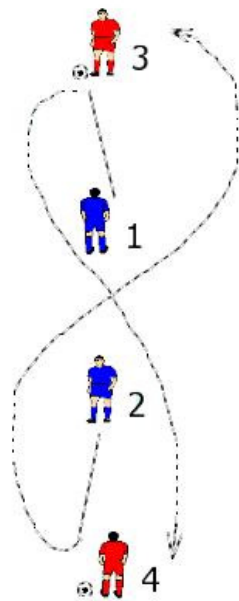


Drill Name: 1 v 1 Limited Pressure

Topic: 1 v 1

**Exercise Purpose: Change of direction and move.
Group combination exercise.**

Diagram:



Description: Players 3 and 4 pass to players 1 and 2 at the same time. Players 1 and 2 control towards players 3 and 4 and then makes a COD in from players 3 and 4. Players 1 and 2 cross each other whilst doing a move. Players 3 and 4 immediately move forward as a limited pressure defenders for players 1 and 2. Plays 1 and 2 do a move to get passed players 3 and 4.

**Progressions: Increase distance to work harder,
Decrease distance to improve close control**

Coaching Points: