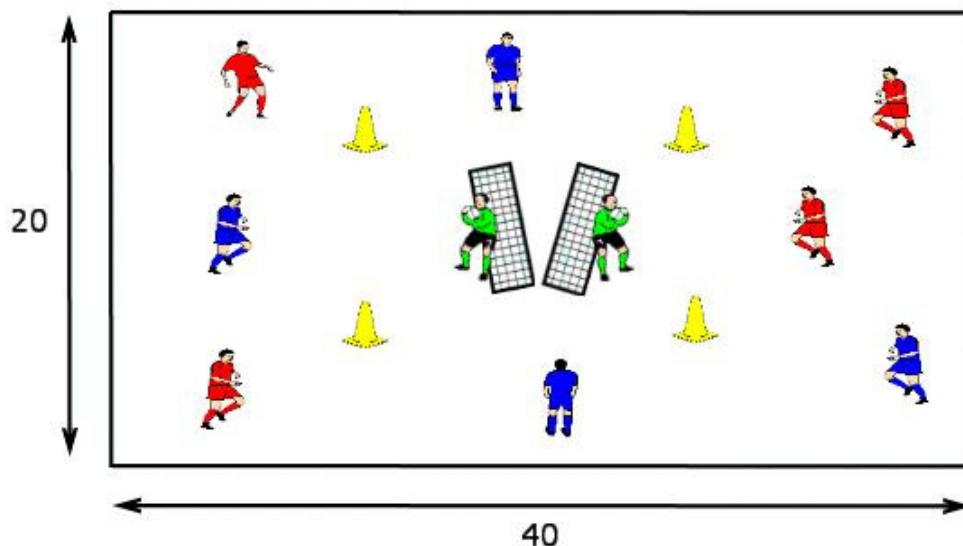


**Drill Name: 4 v 4 + 2 Goal Keepers**

**Topic: First touch**

**Exercise Purpose: Importance in scoring**

**Diagram:**



**Description: Only one touch allowed in the yellow zone. Other area is free play. Blue must keep possession of the ball. Red can score in either goal.**

**Progressions: Increase or decrease number of players. 6 v 3 (defenders)**

**Coaching Points: Switching point of attack, Angles of support, Finish where you can.**