

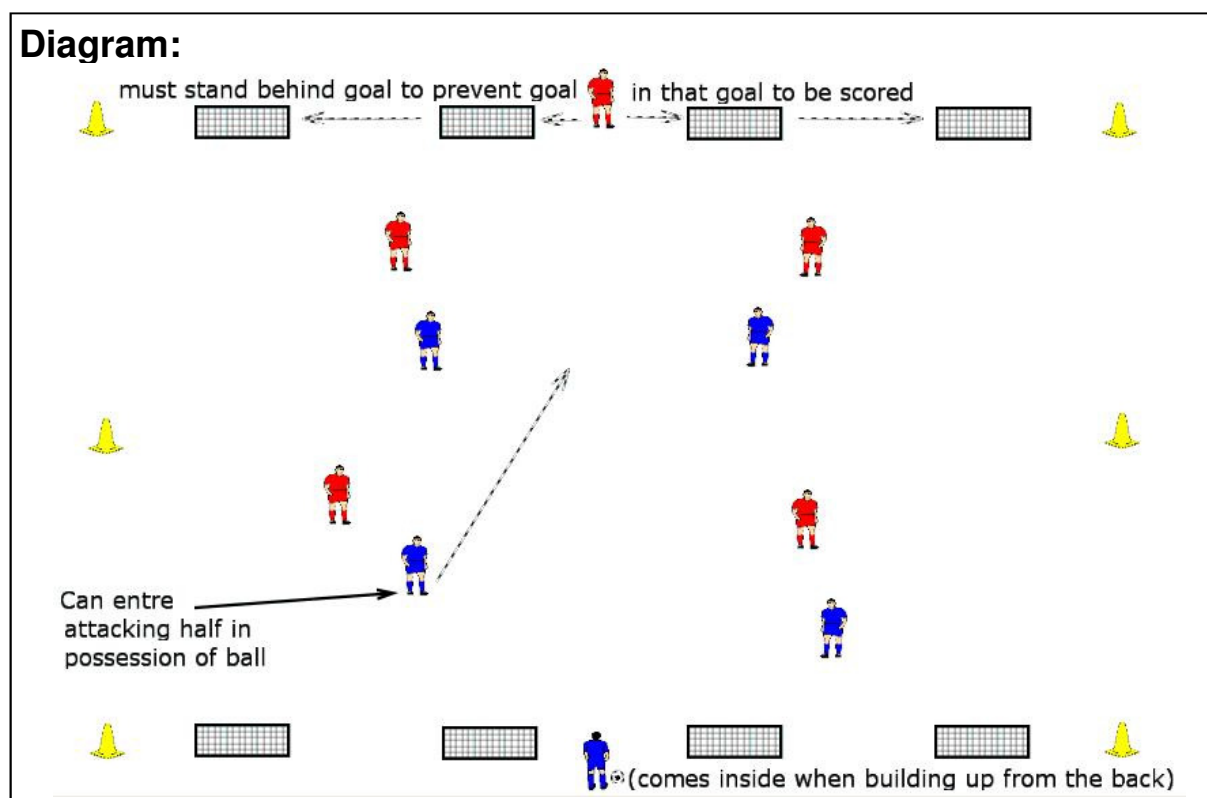
**Drill Name:** 5 v 5 (2 v 2 + 1)

**Topic:** Building up from back & transition into attacking half.

**Objectives:**

- Building up from the back
- Progress to next attacking area
- Transition (attacking to defense)

**Diagram:**



**Description:**

- Attacking team play 3 v 2. A player can enter into attacking half in possession of the ball to score in either 4 goals. Defending team has a player who can stand at the back of any goal to prevent a goal being scored. Attacker needs to switch the score effectively.

**Progressions:**

- Limited touches
- More players

**Coaching Points:**

- Penetration (early)
- Switch point of attack.