



What...?

- Works best with two GKs
- 2 v 1
- The exercise starts when a ball is fed in from the corner to the two attacking players (where the spare players are waiting to join)
- One player (X) joins from the opposite corner and acts as a defender
- Once a goal has been scored or the defender wins the ball a second X joins the first and they become the attackers.
- (The defenders should aim to pass the ball back to the corner that they started from if/when they win it)
- Meanwhile the first two attackers (0) join the back of the queue and the next 0 joins the practice and acts as a defender.
- The practice should run continuously.

Progression

- The same practice works with 1 v 1, 2 v 2 and 3 v 3
- The pitch can be smaller or larger to challenge players in different ways.