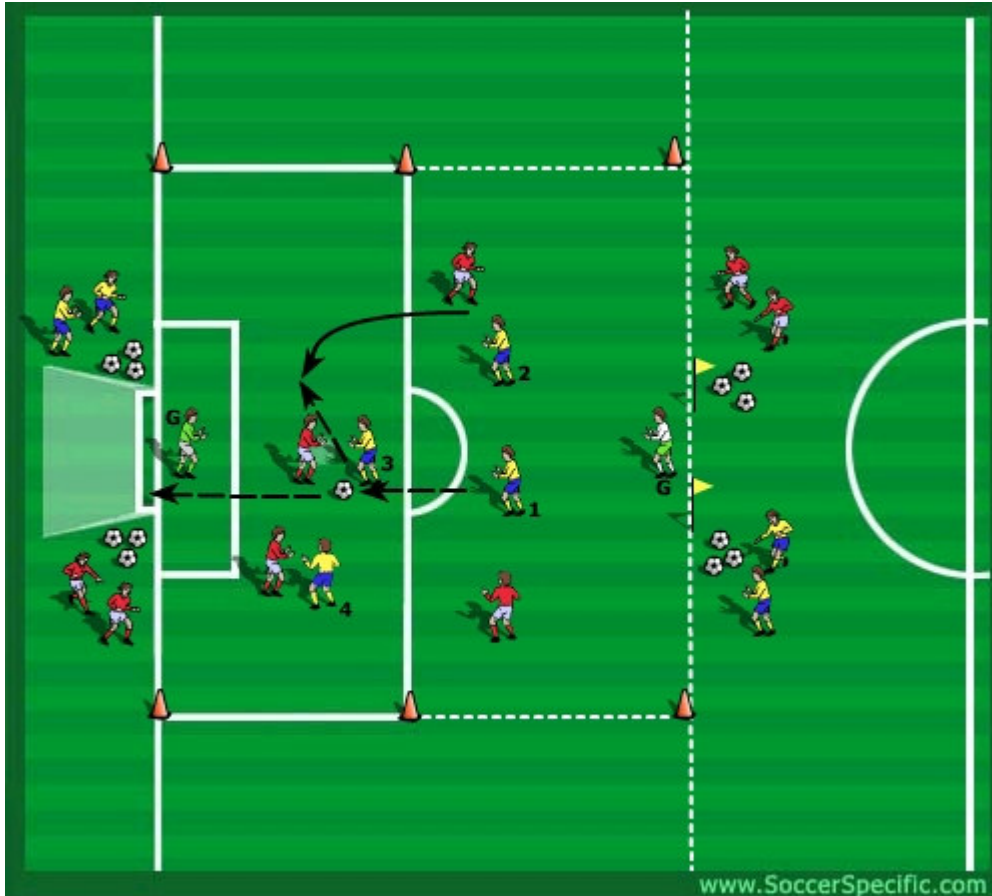


18 on 18 Rapid Fire

Emphasis: Finishing, high pressure defending, angles of support, passing and dribbling.



Set-up:

Grid size should be approximately 44 yards wide x 36 yards in length. Set up two goals and provide as many balls as possible in each goal to keep the exercise moving along.

Objective:

Scoring lots of goals while under extreme pressure from the opponents.

Progression:

1. Each team plays 2 vs. 2 in their 44 x 18 yard grid (4 vs. 4 + Gk's/ per side).
2. One defending player is allowed to move forward creating a three vs. two and combine with his forwards.
3. Forwards are not allowed to follow a defender until the end of the exercise as part of the final phase when all restrictions have been lifted.

Coaching Points:

- Angles of support
- Weight of passes
- First time finishes
- The one vs. one duel
- Pressure on the ball
- Communication between players