

77 IN ONE WAY OUT THE OTHER No. 2002 78

Purpose: See previous drill, but with more decision-making.

ORGANISATION

- ▶ 8 players involved at any one time (extra players in centre square waiting turns).
- ▶ Same as previous drill, but a midfield opponent is added on each side.
- ▶ The kicker from the goalsquare has to decide which of 2 targets will allow the team to keep possession and the play flowing (K1).
- ▶ Remove the token opponent in the goalsquare to allow the player to run with the ball.
- ▶ It is easy to make this drill more challenging by making it 3 v 2 in the midfield.

COACHING POINT

Even if the midfield pass goes to the manned-up player, he/she can still quickly short pass or handball to teammates close by.

