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Dimensions: 10 x 10 Yard Square with a 1 yard square in the middle. Place a ball or a cone inside this area; this is the passing players' target.

How to: Have three passing players outside the 10x10 square. One defender occupies the middle of the square but isn't allowed inside the 1 yard square with the target inside. The defender is also not allowed to leave the 10 x 10 square. The attacking players must work an opportunity to take a pass/shot at the target in the middle, the defender must move to close down passing angles and intercept passes played in at the target.

Coaching Points: Remain focused and aware of your surroundings, know that players on the outside have the freedom to roam and create opportunities. Focus more on cutting out passes, closing down passing channels and work hard to remain ahead of play.

Progressions: Set up a situation with more defenders and more passing players. Incorporate a second ball to create a bigger emphasis on communication between defenders

