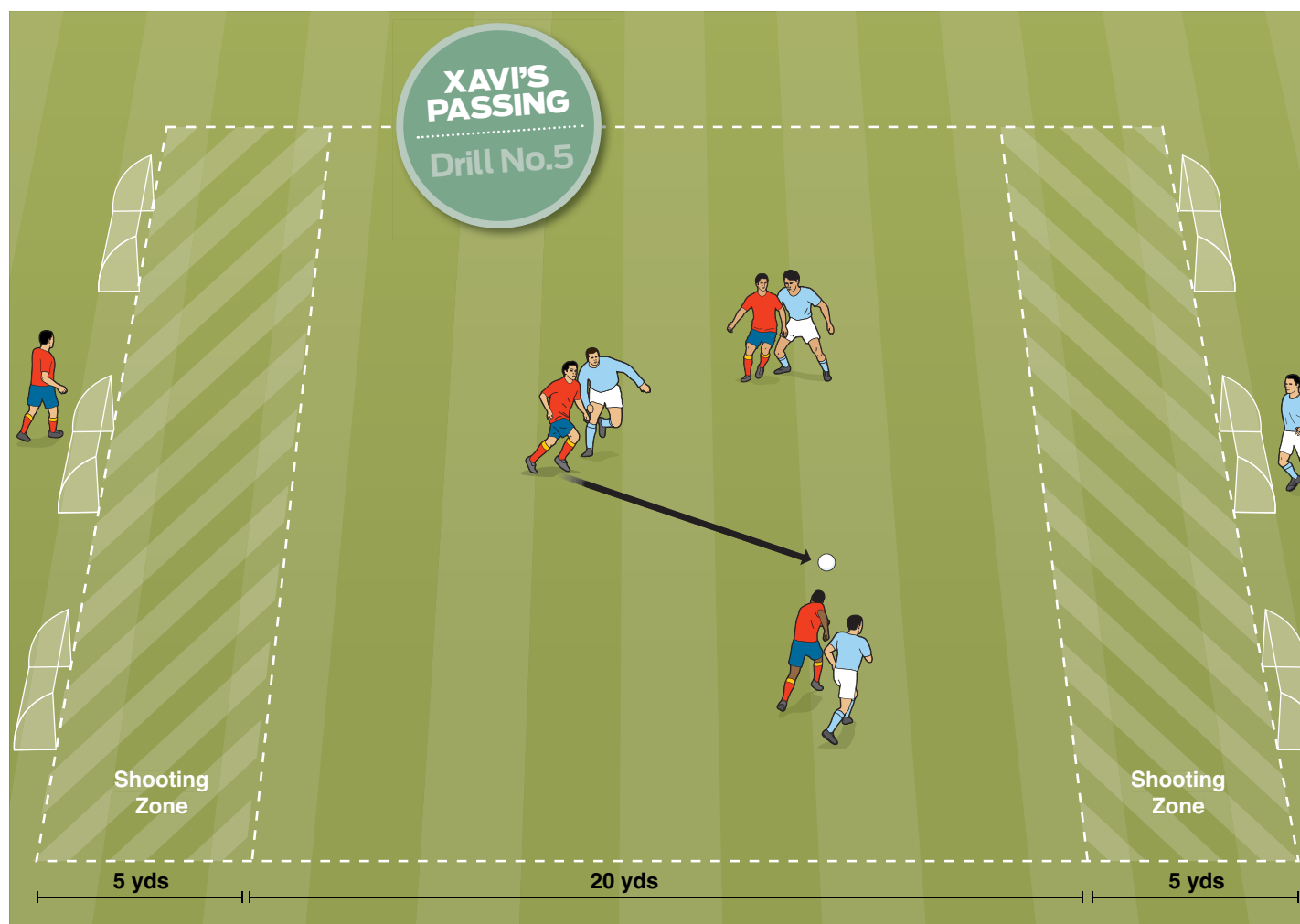


PLAY LIKE SPAIN PASS WITH XAVI'S PRECISION

Kick and rush getting you nowhere? Don't panic: FFT has a solution. Learn to bide your time, make the right decisions and hit the opposition where it hurts, with this tiki-taka-tastic drill



SET UP

Mark out a 30 x 25-yard grid, consisting of two end zones 5 x 25 yards and a central zone of 20 x 25 yards. Position three mini goals at either end. Divide players into two teams of four. Place one defensive player from each team behind their respective end zones.

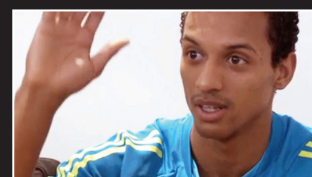


ACTION

Teams play 3 v 3 in the central zone and can only score inside their opponent's shooting zone. The defensive player positioned behind the shooting zone can stop the opposition scoring in one of the goals by standing behind it. That player can also be used as an attacker when their team has possession, but they can only receive a pass when they're inside the end zone and they must swap positions with the player who passed them the ball.

HOW IT HELPS

By allowing the defensive player to join the game you're asking the players to make good decisions - when to offer themselves as an option and when their team-mates should give them the ball. The players have to be patient and wait for the right opportunity to play the defence-splitting pass.



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<http://performance.fourfourtwo.com>