**Skill(s) to focus on in Activity/Drill: Name the Drill : Attack the ball**

* Drill for attacking the ball at speed
* First touch control is vital here
* Players must advance towards the ball, no standing and waiting for the ball

AAA**ABC**

**Description of Skill Activity**

* Can be used for any number of players, min 3
* Setup two lines on cones, approx. 25 meters apart.
* One player at the yellow cone, with 4/5 balls
* Three/Four players on each of the white cones
* The player on the yellow cone must be a good ball striker - use mentors here if needed
* Player on yellow cone strikes a low hard ball towards the white cone
* At same time player at white cone **sprints** towards the ball
* Player tries to control the ball, and strike back to yellow
* The drill is about moving towards the ball. No credit if player stops to control the ball.
* **Variations and Progressions of Drill:**
* Vary the speed to the delivery to match player’s ability
* Use whistle to up the tempo (e.g. 1 minute flat out, next minute at “normal” pace)