1. Equipment
Unlimited number of participants possible
Player B starts with 2 balls
3 marking hats - 2 cones for demarcation

2. Setup
Set up as shown in the diagram.
Perform the exercise on both the left and right side to promote variation and balance in training. Make sure players have enough space to move freely without getting in each other's way.

3. Exercise explanation

Starting phase:
Player B sends a deep pass towards player A.
Player A initiates a run, controls the ball in depth and finishes on goal.
After his shot, player A moves towards player B to offer himself again.

Middle phase:
Player B plays the ball in to player A, who offers himself.
Player A controls the ball and puts it back into the run of the incoming player B.
Player B takes the ball and arrives at a goal attempt. Afterwards, he moves towards player C to make himself available.

Final phase:
Player C passes to the offering player B, who controls the ball and sends a deep ball. Player C makes a run on the outside, receives the deep pass from B and takes the ball.
He then delivers a cross towards the penalty area, where players A and B have lined up: Player A occupies the first zone.
Player B positions himself in the second zone.

Rotation:
After the cross, players shift on according to rotation scheme: A→ B→ C→ A.

A => B => C => A
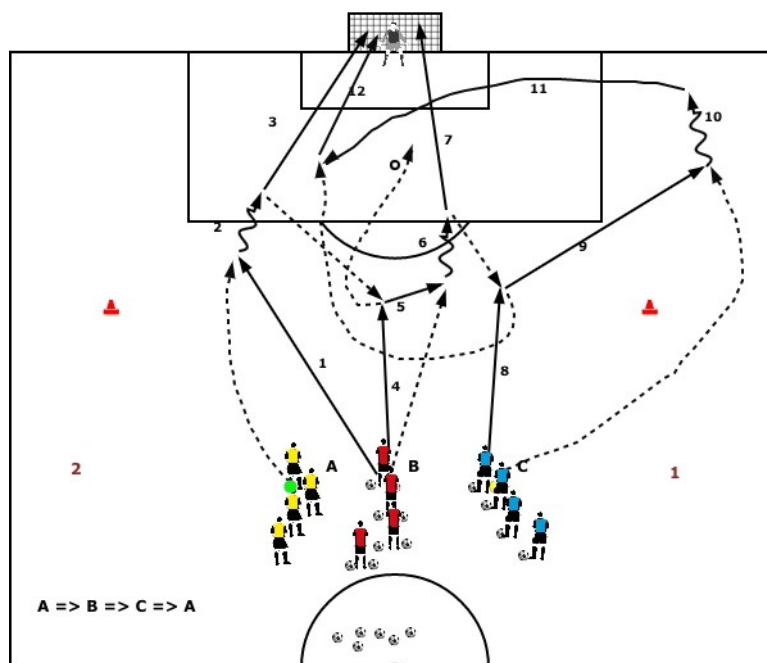
4. Coaching and Notes
Coaching points:
Technique: Emphasise accurate passes, a controlled approach to the ball, and purposeful shots and crosses.
Movement without the ball: Encourage active running, strong fore-action and clear communication between them.
Positioning: Players in scoring position should move smartly and be aware of the right zones to attack. **Notes:**
Have players alternate between left and right when passing, shooting and crossing to develop both sides evenly.
Ensure balance and symmetry in movement and technique.
Keep the pace of the exercise fluid so that everyone keeps rhythm without getting in each other's way.
Build in moments when players can switch back and reposition themselves properly for the next action.