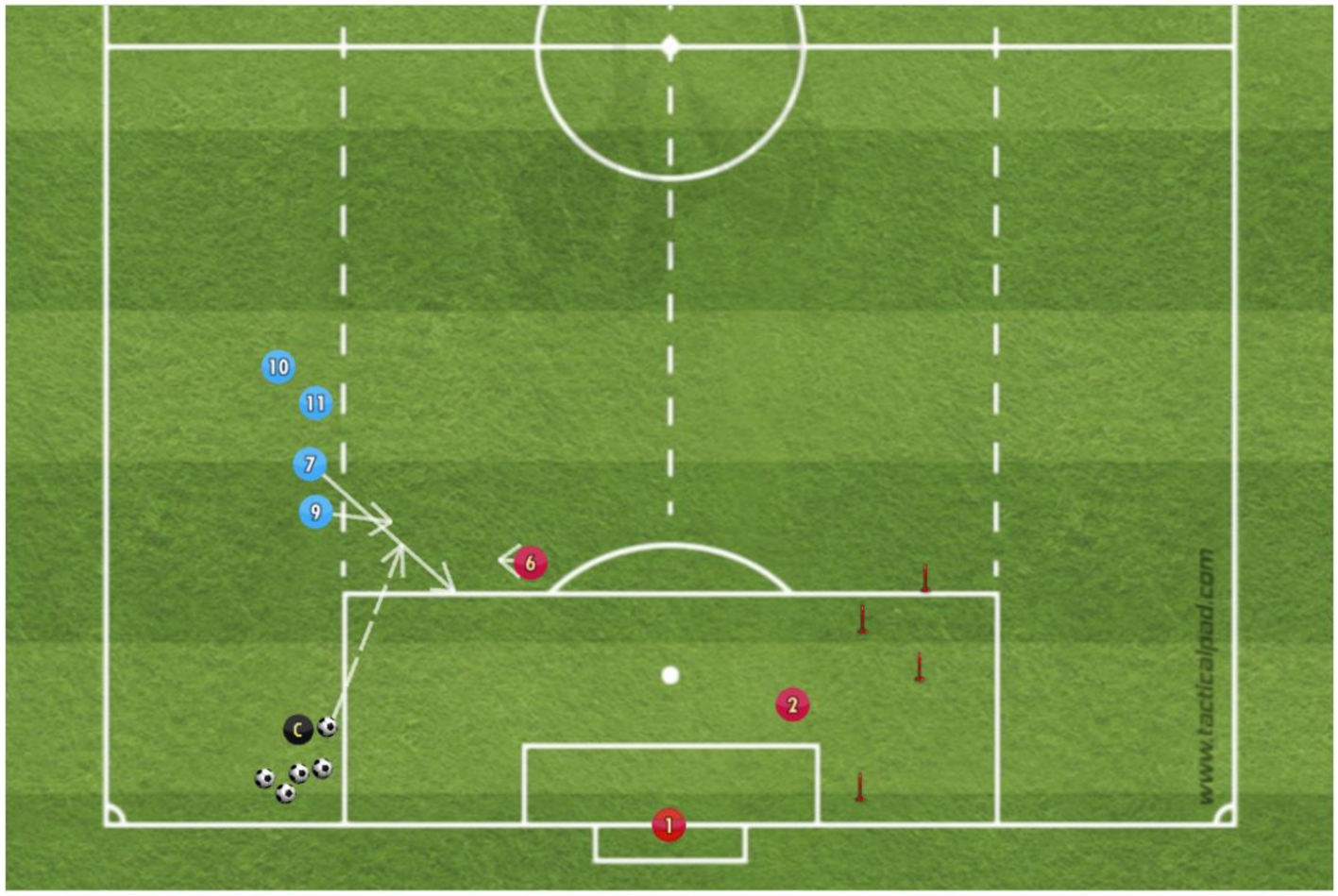
POLES



In this technical drill, some focus on the following coaching points:
1- Low pressure by the defenders. Their existence is not meant to block or stop forwards.
2- As a start, let the game flow. In the next repetitions, set time to force strikers move faster and finish faster.
3- Every player should play both, second striker and the finisher in different repetitions.