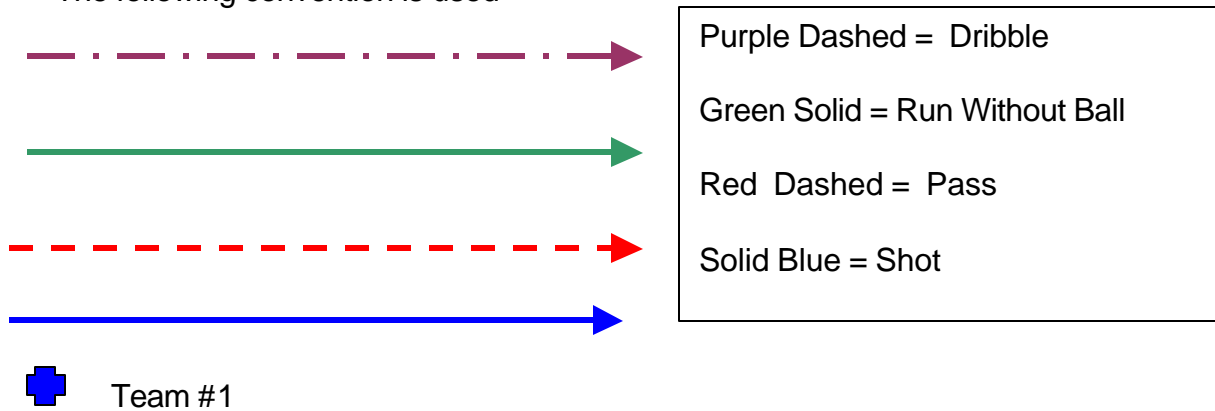


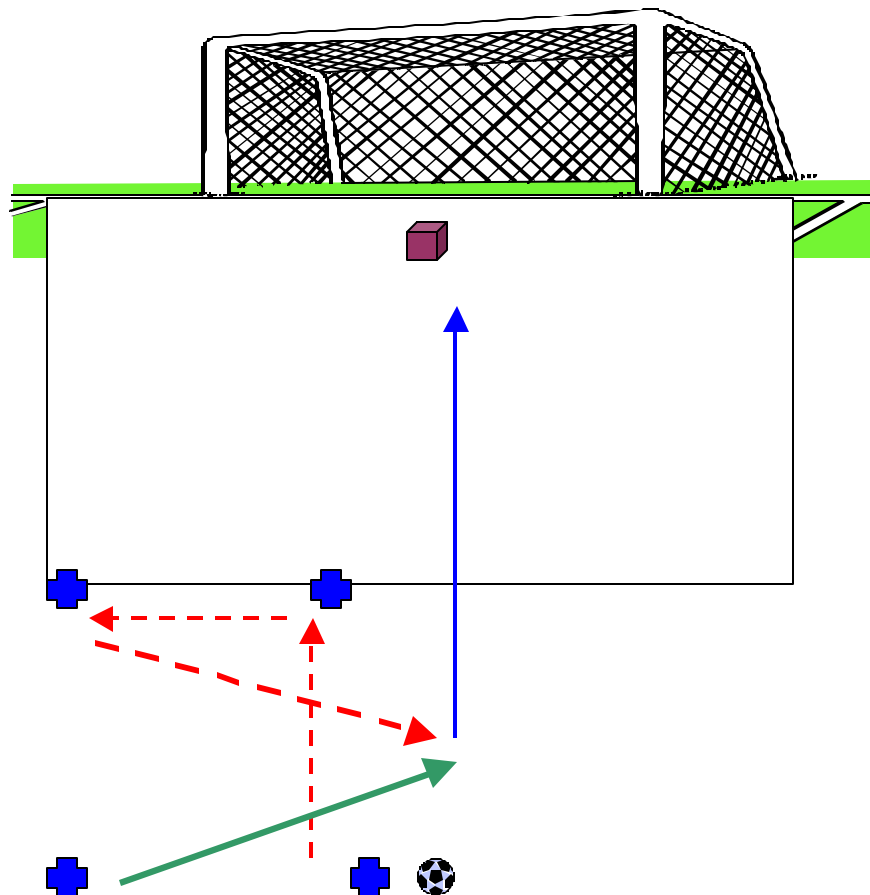
Modified Near Post Far Post

This is a modification of NFPF (above) that is played out at the top of the 18 instead of down low. The idea was submitted by Frederick Bennett on the soccer coach e-mail list.

The following convention is used



Setup



Execution

Very simply the ball starts where indicated in the diagram. First pass is to player with back to the goal.

Second pass is square.

Third pass is laid out to the man running on.

This man one touches and shoots.

Coaching Points

- No defensive pressure to start so expect perfection
- Shooter must one touch to prepare then shoot. No dribbling.
- Can have the players playing back to the goal check to the ball to add more complexity.
- Add a defender on the target players to add more stress