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Setup as shown, 5v5+1 in central zone, both teams playing as top end of a 4-1-3-2, 2 neutral full backs as well as 2 neutral wide players. 3 passes in the central zone and the ball can be released to any full back who works a return pass with the wide player before overlapping and delivering to the area, 1 defender can leave the area to defend the 2v1 as shown.