



### *Procedure:*

Player D begins play with a pass in to any of the three central midfielders (Players A, B and C). From there, they combine to send one of the outside midfielders (Players E or F) thru to goal. After the finish, the central midfielders re-form their triangle, and Player G re-starts play in the other direction. Also, the player who started the sequence (Player D in the diagram) rotates to the empty space on the flank to become an outside midfielder.

### *Coaching Points:*

- 1 Timing the runs – The outside mids must time the thru run based on the quality of passing in the center of the field.
- 2 Supporting Runs – Central mids must anticipate play and drop into the space behind the ball.
- 3 Verbal and Visual Cues - Combinations have to be communicated early. Players need to take charge and make commands.

### *Progressions/Regressions:*

Progression 1 – Add defenders, play 3 v 1 in the center and pass into a 1 v 1 to goal.