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20x30 box with 3 yard channel. 6 reds each end with 4 blue defenders. Play is from coaches pass and reds attempt 4 passes against 3 blues before ball is transferred to opposite area, 1 blue defender acts as a screener and is the first defender in pressing when the ball is switched. Session progressed by taking blue screener out of the middle zone and putting him in the opposite box as immediate pressure when the balls switched, pass restriction taken from 4 to 3. Reds are always 2 touch.