

***Procedure:***

The teams of five play 4 v 4 plus one in the middle third, with two neutrals stationed on each end line. Each team also has one player stationed inside of the defensive third. Attacking teams can either dribble or pass across the zone to send one attacker to goal. Play continues 1 v 1 to completion, and the end line neutrals are limited to one touch. When the defending team wins the ball in the defensive third, they must work it back out into the middle third. Games are played to two goals, and after each game the five neutrals rotate into play. The losing team rotates off.

Coaching Points:

- 1 Look to create 2 v 1 combinations in the central zone (overlaps, takeovers, etc.).
- 2 When the defender turns his head to watch the pass in, make a blind side run to goal.
- 3 When shooting a ball set back towards you, just make solid contact. Don't overpower it.

Progressions/Regressions:

Progression 1 – Add a defender in each defending zone, send two attackers in to try and finish.