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#### *Procedure:*

The teams are 2 v 2 on the inside of the hexagon, trying to score on the triangle goal in the center. Three players from each team are stationed on the outside, playing within their section of the field. Outside players are only allowed one touch, but they can shoot on goal. For all players, shots must be struck below knee level to score. Games are played to three goals, after which the central players switch out with two teammates.

#### *Coaching Points:*

- 1 Receiving – The players may need to make two or three sharp runs in order to get open.
- 2 Finishing – If turned away from goal, pass the ball back outside and switch the field.
- 3 Movement – Inside players must look to create combinations (overlaps, takeovers).

#### *Progressions/Regressions:*

Progression 1 – Allow attackers to switch out with teammates during play.