

***Procedure:***

The three teams play 3 v 3 plus two on the small field. The two neutral players must stay inside of the flank zones during play. Defensive players must wait inside of their own half and they cannot play the ball until it crosses the midfield line. As soon as the defending team gets a touch, the attacking team goes off. They may not try to re-possess. After an attack is completed, the defending team is given possession of the ball and they attack in the opposite direction.

***Coaching Points:***

- 1 Speed of Play – Play one and two touch soccer and force the defenders to chase.
- 2 Switching the Field – Play from sideline to sideline to create 1 v 1's and scoring chances.
- 3 Movement – Make runs deep into the attacking half and stretch the field.

***Progressions/Regressions:***

Progression 1 – Limit the number of passes made in the attacking half.

Progression 2 – Allow the defenders to cross over the midline, allow attackers to re-possess.