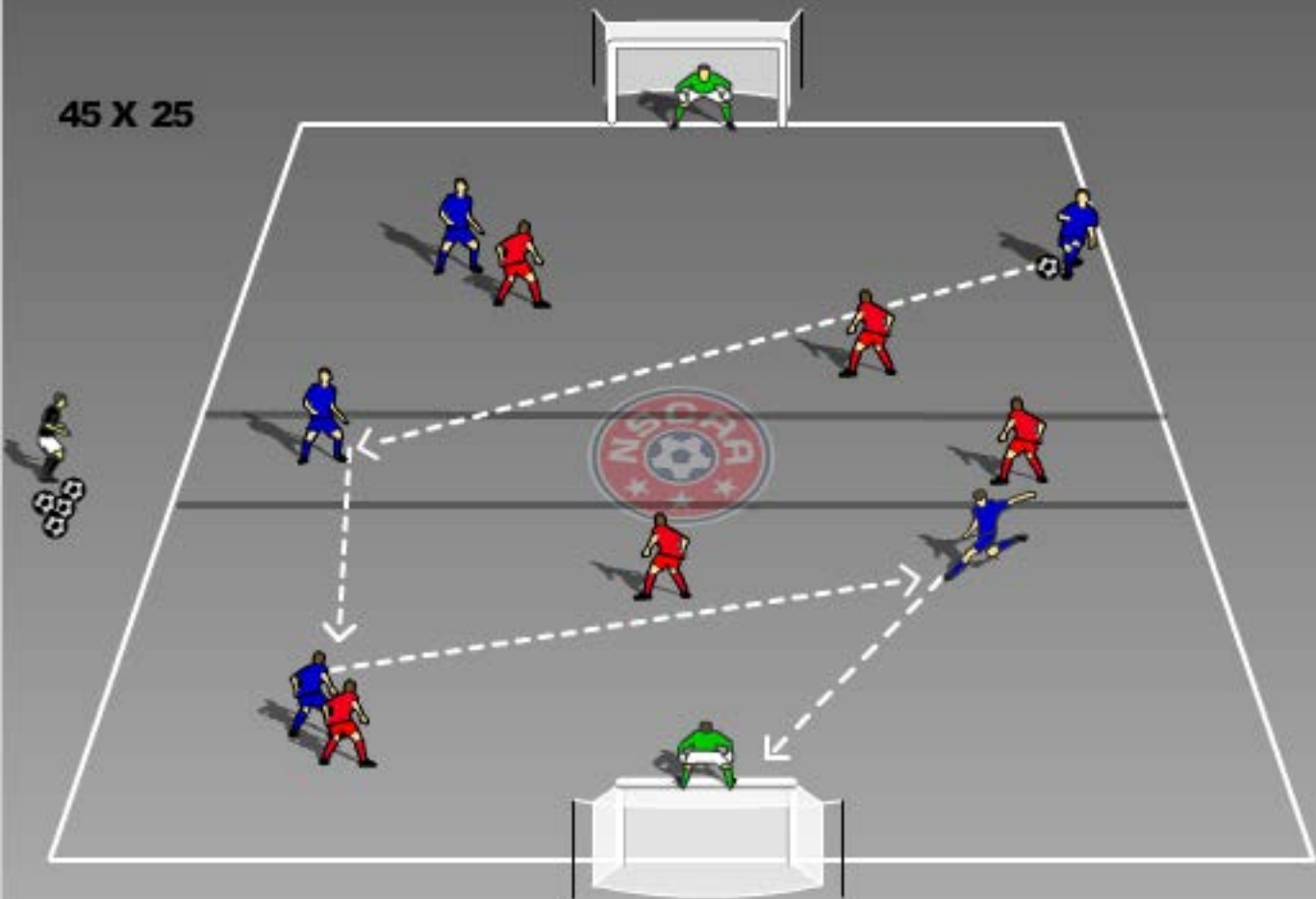


45 X 25



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Players remain in their zone. Ball must go into center zone.  
Central players begin unopposed, then compete.  
Central player must play forward, then can drop the ball for longer pass.  
Option: Allow attacking central player to join in to create overload.