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#### *Procedure:*

The two teams in the central zones are playing 5 v 2. After making five passes, the attacking team can play the ball into the 2 v 1 in the end zone. From there, the two attackers finish on goal. If the defenders win the ball, they are allowed a free pass into any zone that they choose.

#### *Coaching Points:*

- 1 Expanding the space – Attackers should use the entire width and depth of their zone.
- 2 Speed of play – Play in a one and two touch rhythm and force the defenders to chase the ball.
- 3 Decision making - Look for passing options BEFORE you receive. Open your stance so that you can see the entire space.

#### *Progressions/Regressions:*

Progression 1 – The attackers must make 10 passes before playing the ball into the 2 v 1.

Regression 1 – Play 4 v 1 in the two central zones.