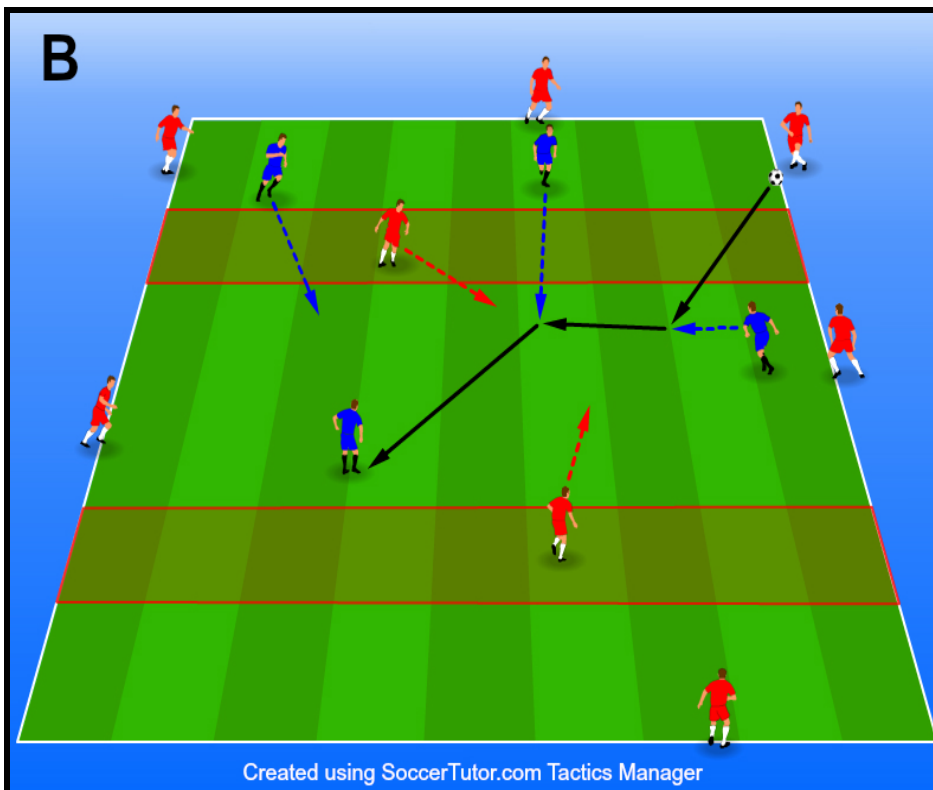
**Procedure:**

Diagram A: The two teams play 8 v 4 keep away, with six attackers playing on the outside of the field and two stationed inside of the red zones. The four defenders are free to move around the entire field. The attacking team scores one point for advancing the ball from one end of the field to the other without losing possession. If the attackers make passes into BOTH of the red zones during the possession, they get a bonus point.

Diagram B: When the defending team wins the ball, the four defenders run into the area between the zones and play 4 v 2 keep away. They score one point for making ten consecutive passes. Games are played to 5 points, and the defenders switch out after each game.

**Coaching Points:**

- 1 Support Play – Open your stance and have 180 degrees of vision.
- 2 Anticipation – Read the play and talk to the receiver BEFORE he makes a touch on the ball.
- 3 Decision Making – When the defenders shut down the passing lanes, fake a pass and switch the field by using the attackers on the inside.



**Progressions:** The attackers must make at least one pass into a red zone before they can score.