

**Bounce Back to Attack**

**Large Sided**

**Group Attacking**



***Procedure:***

The teams play 4 v 3 in the defending half and 3 v 4 in the attacking half. In between the two halves, two neutral attackers play 2 v 1 versus a neutral defender. In order to score, the attacking team must first play up to a neutral, who must pass the ball back into the defensive half. From there, the ball can be passed into the attacking half in order to score. As soon as the ball is played in, the two neutral attackers can run forward out of the neutral zone to attack 5 v 4. The neutral defender must always stay inside of the neutral zone. When the ball is turned over, the neutral attackers return to their zone for the re-start.

***Coaching Points:***

- 1 Creating Space – Use the entire zone and make checking runs back to the ball to get open.
- 2 Possession – Use the entire back half to create passing lanes. Use the goalkeeper as well.
- 3 Support – Use the neutrals as they enter the attacking half, force the defenders to step up.

***Progressions/Regressions:***

Progression 1 – The neutral defender can cross over after three passes are made in either half.