

***Procedure:***

The teams are 3 v 3 plus two in the back half of the field, and 2 v 2 on the inside of the midfield zone. The attackers must pass from the back half into the midfield zone and then back out again before they can play the ball thru into the attacking half. Attackers must wait until the thru pass is struck before they can make runs into the attacking half. When the defenders win the ball, they can score in the two small goals at the top of the back half. Any time a team scores, they keep the ball and attack in the other direction.

***Coaching Points:***

- 1 Receiving – Players in the midfield zone need to make two or three runs in order to get open.
- 2 Timing the Thru Run – Start moving or leaning forward as soon as the back pass is made.
- 3 Finishing – Control the thru pass right away and get your head up to spot the goalkeeper.

***Progressions/Regressions:***

Progression 1 – Limit the number of passes that can be made in the back half before playing out.