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Procedure:

The two teams play 11 v 11 with 3 v 2's in all four zones. Both teams have the numerical advantage in the zones inside of their own half. The ball must be passed from one zone to the next, and as soon as the ball advances past the midfield line, TWO attackers can cross over with the pass into the next zone (Players A and B in the diagram) to create a 4 v 3 overload in that zone. Upon completion (or in the event of a turnover), the attackers return to their original zones.

Coaching Points:

- 1 Speed of Play – Play one and two touch soccer and force the defenders to chase.
- 2 Blind Side Runs – As the defenders pressure the ball, look for runs in behind them.
- 3 Support – The attackers closest to the ball should be the ones that cross over with the pass.

Progressions/Regressions:

Progression 1 – Allow long passes that go thru or over a zone. The rule on players crossing over remains the same.