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Procedure:

The attackers play 4 v 2 in each of the two grids. They score one point for putting together ten consecutive passes and an additional two points for completing a string of 20 consecutive passes. At any time, the Feeder can call out a number (the attackers are numbered 1-4), and that attacker must leave the box to make a run at goal. Play continues 3 v 2 in each box. The first player out of the box becomes the attacker in the 1 v 1 to goal, and the other player becomes the defender. The Feeder passes to the attacker, the 1 v 1 goes to completion, and then both players run back to their boxes. A point is added to the team's total for each goal scored.

Coaching Points:

- 1 Speed of Play – Play with one or two touches inside the grid. Anticipate the next pass.
- 2 Creativity – Use feinting moves before receiving in order to stop or slow the defender's run.
- 3 Finishing – Your last touch before shooting should allow you to shoot at all four corners.

Progressions/Regressions:

Progression 1 – The Feeder can call more than one number at a time.