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30x30 box, two small goals with keepers and two target goals. Play is 5v5+2. Blues attack any target goal, reds attack any larger goal. Progressions - switch on attacking emphasis on a goal scored ie, score in large goal then attack target goal, final progression - each side defends one larger goal only and both teams can score in either target goal where a goal is worth 3 goals. Play 4x4 minute sets.