

***Procedure:***

The teams start 4 v 4 on the small field, but the attackers can release the neutral players from jail with a pass in order to join the attack. After receiving, the neutrals must make at least one pass before they can shoot on goal. One or all of the neutrals can be released during an attack. When the defenders win the ball, the neutrals must return to jail. Goalkeepers re-start play after a goal is scored or the ball is put out of play.

Coaching Points:

- 1 Decision Making – Maintain possession until a good chance to use a neutral arises. Don't force.
- 2 Attacking – Build up superior numbers, then look to create 2 v 1 opportunities.
- 3 Finishing – Attack 2 v 1's and 1 v 1's at speed. Maintain or increase the speed of the attack.

Progressions/Regressions:

Progression 1 – Expand to full field, play 7 v 7 with a neutral (in jail) in each third of the field.