



Procedure:

The two teams start 4 v 3 in the midfield zone and 1 v 2 in the penalty area. The attackers must make three passes before playing the ball into the penalty area. When they do, three attackers cross over, creating a 4 v 2 (Diagram A). If the defenders win the ball before the three passes are made, they can pass into the penalty area immediately and finish 2 v 1. When EITHER TEAM makes a back pass in the penalty area, defenders cross over to create a man up advantage (Diagram B).

When defenders win the ball in the penalty area, they must work it back out into the midfield zone and re-set the numbers. If a team re-possesses the ball before that happens, they can continue their attack on goal.

Coaching Points:

- 1 Width and Depth – Expand the midfield zone to create passing opportunities.
- 2 “Switching Off” – Players in the penalty area must stay involved in play and not become spectators.
- 3 Speed of Play – Make positive first touches to goal and attack at speed.

Progressions:

- 1 During play, the coach calls out the number of attackers and defenders that can cross over.