

A

*Procedure:*

The game is played on a large field with a small zone in the center.

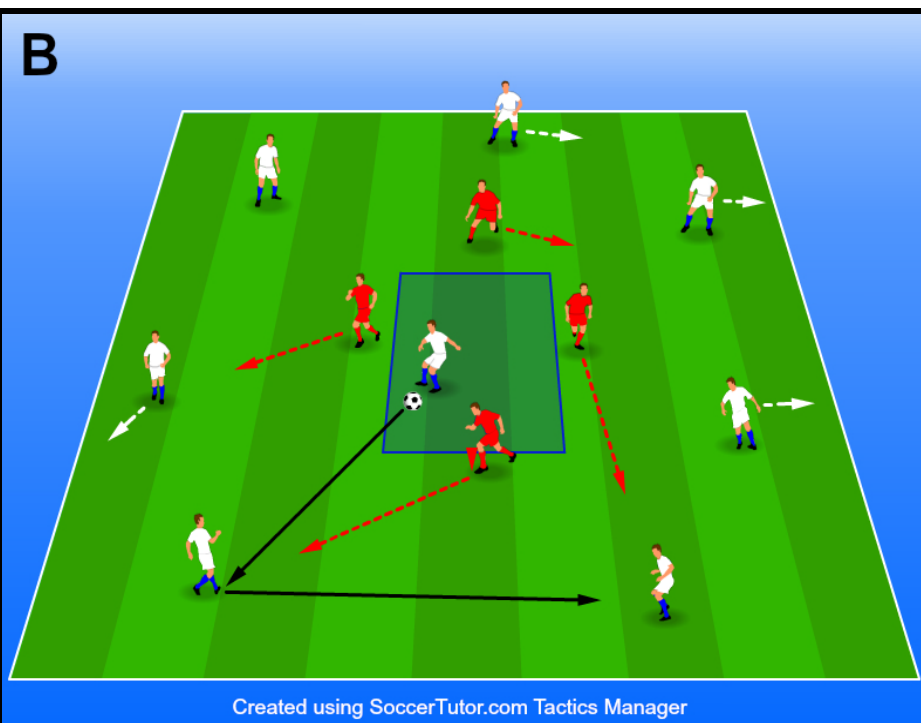
Diagram A: Play begins with the defenders in possession, playing around the outside of the central zone. One attacker plays in the middle of the zone, trying to win the ball. The four defenders are limited to one touch. The attacker can be replaced by a teammate if he fails to win the ball within thirty seconds.

Diagram B: When the attacker wins the ball in the central zone, he immediately plays it out to a teammate, creating an 8 v 4 on the large field. The defenders attempt to win the ball back, and they score one point each time that they do. The attackers can score one point for making five consecutive passes.

*Coaching Points:*

- 1 Transition – Anticipate turnovers and get moving early.
- 2 Spacing – Make it difficult for the defenders to cover the entire field.
- 3 Passing – When defense closes in, look for the long ball over the top.

B

*Progressions:*

1. Limit certain attackers to one or two touches until all of the attackers have a touch limit.
2. The central attacker must stay in the central zone while his team is in possession. The attacking team scores one point every time they pass the ball into him.