

***Procedure:***

During play, the players in red must keep two players in each zone at all times. The players in blue can move around the entire field, stationing three players on the inside of the field (along with a goalkeeper) and six players around the outside. The red team can score thru any side of the central goal, and can score again as soon as the ball comes back out of goal. The blue team scores one point for making ten consecutive passes. Games are played to five points.

***Coaching Points:***

- 1 Speed of Play – Get the ball off of your foot and play one and two touch soccer.
- 2 Decision Making – Look for passes against the flow of play. Reverse direction on the defense.
- 3 Concentration – Stay involved in the play as the ball moves away from you. Don't switch off.

***Progressions/Regressions:***

Progression 1 – Add another goal and goalkeeper on the inside of the field.