

***Procedure:***

Play begins with a pass into the striker, playing 1 v 1 inside of the penalty area. As soon as the striker makes his first touch, the two attackers and the two neutrals join the play to create a 5 v 3 to goal. If the defenders win the ball, they combine with the neutrals to attack the three small goals set in the midfield. When a goal is scored in a small goal, the scoring team keeps the ball and changes direction, re-starting play with the 1 v 1 inside of the penalty area. If a goal is scored in the large goal, the attacking team continues to attack the large goal. Games are played to 11 points, and the neutrals switch out after each game.

Coaching Points:

- 1 Attacking – Look to switch the ball quickly in order to create 1 v 1's and 2 v 1's.
- 2 Finishing – Look for shots on the outside, FAKE the shot when the defender closes it down.
- 3 Speed of Attack – With a defender out of position, go right to goal!

Progressions/Regressions:

Progression 1 – Play 4 v 4 or 5 v 5 plus two on a half field. Start with a 4 v 2 in the penalty area.