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Procedure: Three teams of four play on a split field. One team is stationed in each end zone, and the third team starts inside of the small middle zone. The team in the middle zone sends one player in to try and win the ball from the team in possession. The other three players on that team stay within the central zone to try and steal passes. The team in possession must play one touch soccer and change the ball over to the other side. When a team loses possession or takes too many touches, they switch into the middle and becomes the defending team.

Coaching Points:

- 1 Spacing – Use the entire end zone and force the one defender to chase the ball.
- 2 Decision Making – Think ahead to the next pass and move to open spaces early.
- 3 Passing – Play up, back, and thru to switch the ball. Play long from the back of the zone.

Progressions/Regressions:

Progression 1 – Send two defenders into the end zone to play 4 v 2.