

***Procedure:***

Play begins with a 3 v 1 in the defensive half of the field. At any time, the attackers can change the ball into an adjacent zone and send the two neutral players into that zone to re-form the 3 v 1. When play progresses into the attacking half, the attackers can then play into the 2 v 2 for a finish on goal. Other than the neutrals, all of the players must stay inside of their zones during the game.

Coaching Points:

- 1 Decision Making – Maintain possession until an excellent opportunity to change the ball arises.
- 2 Speed of Play – Play one and two touch soccer and force the defenders to chase.
- 3 Anticipation – The neutrals need to make their runs into the adjacent zone in advance of the pass. They have to be there to support the lone attacker.

Progressions/Regressions:

Progression 1 - Allow passes from the defensive half into the 2 v 2.

Progression 2 - Allow an attacker to follow his pass into the 2 v 2 to create a 3 v 2 to goal.