

***Procedure:***

The teams play 4 v 4 plus four neutrals, who play on the outside as bumpers. This game has three stages: (1) 3 v 2 Into 2 v 2, with an attacker crossing over with the pass in. (2) 3 v 2 into 3 v 2, with two attackers crossing over. (3) 3 v 2 into 2 v 3, with an attacker and a defender crossing over. Whenever the defense wins the ball, players move across to create the same overload situation. After five minutes, the losing team switches out with the neutrals.

***Coaching Points:***

- 1 Superior Numbers – Use the GK as an attacker to create a 4 v 2 advantage.
- 2 Transition – Anticipate turnovers so that you can beat your opponent to the ball.
- 3 Attacking – Outside backs should run with the ball after receiving a pass from the GK.