



**Procedure:** The Feeder begins play with a long pass into any of the attackers. The attackers control the ball and look to work it back up the field, scoring in one of the three small goals set up in the midfield. If the defenders win the ball, or if the attackers miss the small goal, three additional defenders come onto the field and attack the goal 6 v 4. Upon completion, the Feeder re-starts play as soon as the attackers and defenders re-set.

**Coaching Points:**

- 1 The outside back should get wide and deep in order to take his first touch up the field.
- 2 The two center backs should not be square to one another. One should get forward.
- 3 Play the ball back to the goalkeeper as early as possible to give him more time.

**Progressions/Regressions:**

Progression 1 – Progress to 7 v 5, Breakout.