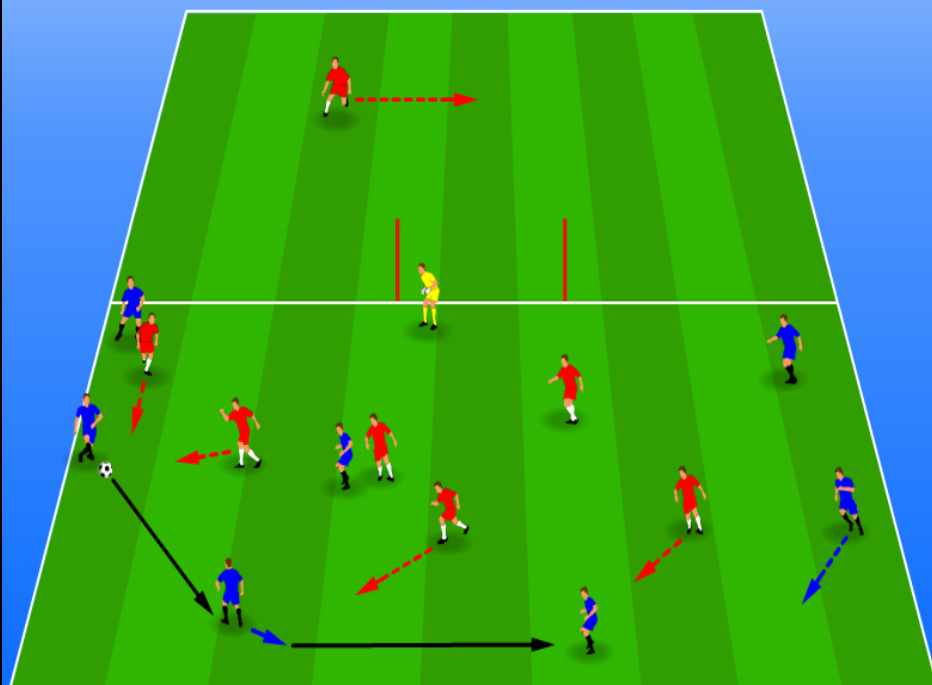


A



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*Procedure:*

The two teams play 7 v 7 on a split field, attacking a two-sided goal. The attacking team must have all seven of their players in the same half of the field before they can shoot. One player from the defending team must stay behind in the other half during each possession (Diagram A).

When a turnover occurs or a goal is scored, the ball is played into the other half to begin the next attack. The player who lost possession or scored the goal becomes the player left behind by the defending team (Diagram B). Games are played to three goals.

The priorities for the attackers are:

- Open up the field by using the full width and depth.
- Switch the field to create 1 v 1's and 2 v 1's.
- Look for shots whenever you have a quick transition.

*Coaching Points:*

- 1 Creating Space – Move the ball to the end line.
- 2 Attacking Speed – Choose the pass over the dribble.
- 3 Finishing – Pull the trigger to bring the defense out from goal.

*Regressions:*

- 1 Leave 2 defenders behind.

B



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