



Procedure: The teams play 2 v 2 in the central zone and must pass the ball to a neutral player on the end line before they can enter the attacking zone. Neutrals are limited to one touch, and the attackers can also use the neutrals on their own goal line to relieve pressure and maintain possession. After five minutes, the four neutrals switch places with the players in the center zone.

Coaching Points:

- 1 Look to create 2 v 1 combinations in the central zone (overlaps, takeovers, etc.).
- 2 When the defender turns his head to watch the pass in, make a blind side run to goal.
- 3 When shooting a ball set back towards you, just make solid contact. Don't overpower it.

Progressions/Regressions:

Progression 1 – Play 2 v 2 plus one in the central zone, add a defender in each attacking zone.