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Procedure:

In each half, the two teams play 3 v 3 plus two inside of the zone. During play, the coach calls out a color and a number, and those two players leave their zones, run around the poles, and then switch over to the other zone. Play continues during the switches. The attacking team scores a point by making 5-10 consecutive passes, and the team with the most points after five minutes gets to switch four players out with the neutrals.

Coaching Points:

- 1 Defending – Always send a player forward to pressure the ball. The first shout sorts it out.
- 2 Speed of Play – Play one and two touch soccer and force the defenders to chase.
- 3 Communication – Players returning to the zone should direct teammates as they run in.

Progressions/Regressions:

Progression 1 – Limit the neutrals to one or two touches.