

***Procedure:***

Play begins with a pass from the Feeder to the neutral attacker stationed in the center of the field (the top of the penalty area). With the Feeder's first touch, two players from each team release from their end lines. The neutral attacker passes to either of the players on the attacking team (the teams alternate possessions) and play continues from there. If the defending team wins the ball, they attack the other goal with the help of the neutral attacker. Games are played to five, and the neutral switches out after each game.

Coaching Points:

- 1 Decision Making – Make deceptive runs with each pass and force the defenders to move.
- 2 Speed of Play – Push the dribble down the center of the field and commit the first defender.
- 3 Finishing – Take risks in the penalty area to create even better chances of finishing.

Progressions/Regressions:

Progression 1 – Add a 1 v 1 inside of each half to create 3 v 3 plus one.