

*Procedure:*

The two teams start 4 v 2 in both halves of the field. The attackers (in blue) must stay in their own half during play, working the ball over the midfield line in order to attack the goal (Diagram A). The two defenders (in red) must stay inside of their half until they win the ball. Then they may use the entire field and attack the other team's goal (Diagram B). Also, the four players stationed outside of the field (two in each half) join the red team when they win possession, creating a 6 v 4 advantage in either half. The goalkeeper of the team in possession begins play on re-starts.

After 5-10 minutes, the four players on the outside rotate onto the field and another group rotates off.

*Coaching Points:*

- 1 Speed of Play – Play in a one and two touch rhythm.
- 2 Transition – Anticipate changes of possession and move first.
- 3 “Switching Off” – Stay involved in play, and do not become a spectator.
- 4 Width and Depth – Expand the field immediately after winning the ball.

*Progressions:*

- 1 After winning the ball, the six attackers can score in either goal.