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#### *Procedure:*

The teams play 2 v 2 in each half of the field, with two neutrals stationed in a neutral zone and two neutrals moving along the sidelines. All of the neutrals are limited to one touch. The attacking team advances the ball by passing from their own half into the neutral zone and back out again before playing it into the attacking half. The ball can be played back to an outside neutral in order to advance it across. From there, the attackers go to goal 2 v 2 plus two. Games are played to three, and the neutrals rotate out after each game.

#### *Coaching Points:*

- 1 Passing – Passes made to neutrals must be accurate and played on the ground.
- 2 Receiving – Players in the attacking half should check away in order to create space.
- 3 Attacking – Look to finish first time crosses from the neutrals.

*Progression:* A defender can follow the pass across to create a 2 v 3 plus two.