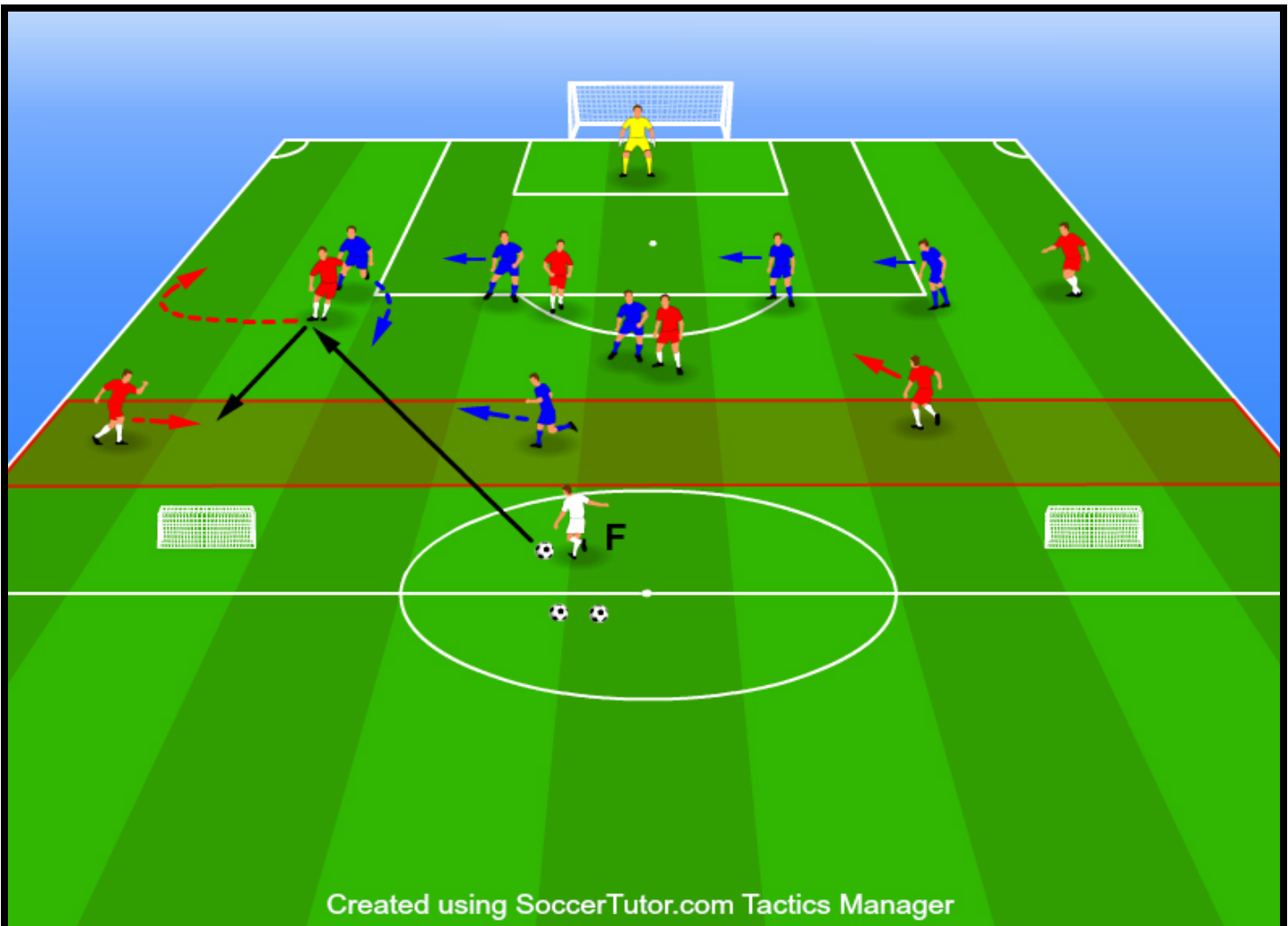


Half Field to Goal w/2 v 1 Start

Large Sided

Group Attacking



***Procedure:***

The teams play 6 v 6 on a half field, with a midfield zone running from sideline to sideline. The teams must start with a 2 v 1 inside of the zone. Play begins with a pass from the Feeder to any of the deep attackers. From there, the ball must be played back into the midfield zone before going to goal. If the defenders win the ball, they can score in the two small goals set out near the midfield line. The teams can switch places after each goal or they can switch roles every five minutes.

***Coaching Points:***

- 1 The Back Pass – After the back pass is made, look for thru runs as the defenders step up.
- 2 Creating Space – Make checking runs in behind defenders before moving towards the ball.
- 3 Technique – Keep the ball on the ground so that the next pass can be made first time.

***Progressions/Regressions:***

Progression 1 – Add a neutral attacker to create more overloads and scoring chances.