

**Procedure:**

Play begins with a 4 v 2 rondo in the central zone inside of the penalty area. Four additional players are stationed around the outside of the penalty area, teaming up with the two defenders in the 4 v 2 (Diagram A).

The attackers in the 4 v 2 score points by making a certain number of consecutive passes. When the defenders in the 4 v 2 win the ball, they pass to one of their teammates outside of the penalty area to begin the 6 v 4 to goal (Diagram B). Any ball played out of the central zone (for example, a bad pass) also initiates the 6 v 4. The four outside players must stay out of the penalty area during play. When the defenders win the ball in the 6 v 4, they re-start play in the central zone.

**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.

**Progressions:**

- 1 Use the offsides rule during the 6 v 4.
- 2 All six attackers may enter the penalty area.