

**Procedure:**

The teams play 6 v 3 with one attacker playing on the inside of the grid. The attackers on the outside are limited to two touches. The attacker on the inside (Player A) must complete three passes to the outside (the third pass is made to Player B in the diagram) before he can switch out with a teammate (Player C). If the defenders win the ball, they play 3 v 1 with a two touch limit.

Coaching Points:

- 1 Decision Making – Look for one touch passes against the flow of play. Split the defenders.
- 2 Support – Balance the field and call for the ball as early as possible.
- 3 Speed of Play – Get the ball off of your foot before the defenders close down the space.

Progressions/Regressions:

Progression 1 – The attacker on the inside is limited to one touch.

Progression 2 – One pass and out. The inside attacker switches out every time he receives.