

**Procedure:**

Diagram A: The game starts the same way as it did in Part One - 4 v 1 in one half of the field with three defenders waiting in the other half. When play builds up to a 4 v 3, the attackers look to breakout of their half by passing or dribbling into the other half of the field. However, the attackers may only send two players into the other half in order to go 2 v 1 to goal.

Diagram B: After crossing over, the two attackers must shoot the ball from outside of the end zone in order to score. The defending team can score one point if the lone defender wins the ball during the 2 v 1.

*When the defending team wins possession, the four defenders move back into their own half in order to restart the game 4 v 1.

Coaching Points:

- 1 Transition – Anticipate the start of the 4 v 3 and get moving early.
- 2 Spacing – Make it difficult for one defender to cover two attackers.
- 3 Finishing – Make a positive first touch towards goal and force the GK to move.

Notes: The end zones extend out to the 18, but the size and shape can be changed depending on the ability level of the players and the purpose of the practice.

Progressions:

1. Send another defender across after the attackers make three passes, creating a 2 v 2.