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### *Procedure:*

The Feeder passes into the central zone (marked by blue cones). From there, attackers pass to a flank zone and then into the penalty area for a finish on goal. When the ball is played into a flank zone, the players in the opposite flank zone enter the penalty area, creating a 2 v 2 plus one. When the defense wins the ball, it has to be returned to the central zone before attacking the goal.

### *Coaching Points:*

- 1 Timing the runs - Hold the run and/or check away from the ball until the attacker is ready to pass.
- 2 Speed of play - Look for one and two touch passes from one zone to the other.
- 3 Expanding the field - Use the entire zone and force the defenders to chase the ball.

### *Progressions/Regressions:*

Progression 1 - Allow direct passes from the central zone into the penalty area.