



Set Up: There are 15 players set up in the attacking third, playing 4 v 4 plus one in a large central zone and 1 v 1 plus one in the two flank zones set up inside of the 18.

Procedure: Play begins in the central zone, and the attackers look to pass into one of the flank zones from there. Once it is passed in, the players in the opposite flank zone may enter the penalty area. The attackers then pass from the flank zone into the penalty area for a finish on goal. When the defending team wins the ball, they must play it back out into the central zone before attacking the goal. After a goal is scored or the ball is played out of touch, the Feeder re-starts play.

Teaching Topics:

- 1 Possession.
- 2 Flank play.
- 3 Finishing.

Progressions:

- 1 Allow central zone players to enter the penalty area.

Coaching Points:

- 1 Maintain possession until a good opportunity to pass into the next zone presents itself.
- 2 Attackers in the flank zones should use the entire space to create chances to cross.
- 3 Delay the runs to the far and near post until the chance to cross develops.