



Procedure:

Diagram A – The two teams play 4 v 4 plus one in the blue zone. After five passes, the attacking team can pass out of the zone to a target player in the red zone. When they do so, the attackers can breakout towards goal.

Diagram B – The break out follows the same pattern:
The target player passes out to an attacker in a wide position. That attacker passes up to the outside target player and overlaps him. From there, the attacker receives the return pass from the target, dribbles beyond the mannequin, and then crosses. The other three attackers attempt to finish the cross versus one neutral defender.

The three teams rotate into new roles after each attack. The targets go into the blue zone, and the attackers become the new targets.

Coaching Points:

- 1 Transition Anticipate changes of possession and move first.
- 2 Speed of Play Look for one touch passes that will split defenders.
- 3 Finishing Time the cross, sprint to the ball.

Progressions:

- 1 Defenders drop back into the penalty area.
- 2 Expand to full width, use four targets.