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***Procedure:***

The two teams play 6 v 6 plus two on the large field, looking to score in the large two-sided goal in the center. During play, the attackers are not allowed to enter the circle unless they are finishing a cross. Crosses must be finished first time. Defenders are allowed to play on the inside of the circle. When a goalkeeper wins possession, he re-starts play with a throw out to the team that was defending the previous attack.

***Coaching Points:***

- 1 Speed of Play – Play one and two touch soccer and force the defenders to chase.
- 2 Communication – Look to make eye contact with teammates on the opposite side of the field.
- 3 Decision Making – As defenders restrict space, look to make long passes to the opposite side.

***Progressions/Regressions:***

Progression 1 – Allow attackers to run into the circle to finish rebounds.

Progression 2 – Allow an attacker to make a run into the circle to receive and finish.