6 v 4, Penalty Area	Penalty Area	Group Attacking

Set Up: There are ten players set up in the attacking third, playing 6 v 4.

Procedure: The Feeder begins play with a pass in to any of the six attackers. The attacking team looks to expand the defense, maintain possession, and create opportunities to score. If the defenders win the ball, they can score on the three small goals set up in the midfield. The Feeder re-starts play when a goal is scored or the ball is put out of play.

Teaching Topics:

1 Speed of play.
2 Expanding the field.
3 Attacking 1 v 1.

Progressions:

1 Limit the number of passes made before shooting.

Coaching Points:

1 Move the ball around the field as quickly as possible. Time is on the side of the defense.
2 Expand the defense by using the full width of the field, and create space in the center.
3 Take shots from the outside and force the defenders to come out from the goal.