



Set Up: Twelve players are set up on a small field, playing 4 v 4 plus four.

Procedure: During play, the attacking team can use the four neutral players stationed on the end lines, but the neutrals are limited to one touch. When a goal is scored or the ball is put out of play, the game is re-started by the Feeder. After five minutes, the neutral players switch out with one of the teams.

Teaching Topics:

- 1 Expanding the field.
- 2 Finishing runs.
- 3 Combination play.

Progressions:

- 1 First time finishes only.

Coaching Points:

- 1 Look for long passes to the goal line, forcing the defenders to cover the entire space.
- 2 When the ball goes to the end line, start your run when the defender turns his head.
- 3 Create 2 v 1 combinations with a quick transition to attacking after winning the ball.