



Set Up: Eight players are set up on a field split into three zones, playing 2 v 2 in the center zone, with two neutral attackers stationed on each end line.

Procedure: In order to score, the attacking team must pass the ball from the center zone to a neutral player before they can shoot on goal. Players can enter an end zone at any time, but they cannot shoot until the pass is made. The attackers can also use the neutrals on their own goal line to relieve pressure and maintain possession. When a goal is scored or the ball is put out of play, the Feeder re-starts play in the center zone. After five minutes, the neutrals switch into the center zone.

Teaching Topics:

- 1 The long pass.
- 2 Blind side runs.
- 3 Finishing.

Progressions:

- 1 Add a defender in both end zones.

Coaching Points:

- 1 Drive the ball at the neutral attacker, playing it right to his feet.
- 2 When the defender turns his head to watch the pass, make a blind side run to goal.
- 3 When shooting a ball set back towards you, just make solid contact. Don't overpower it.