

4 v 2 to Goal, #1	Penalty Area	Possession
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Set Up: Eight players are set up in the attacking third of the field, playing 4 v 2 in the small grid.

Procedure: The attackers maintain possession inside of the grid and look to make thru passes between the two defenders. When a thru pass is made, one of the flank attackers (Player A in the diagram) gets a free run to goal. A new attacker (Player B) then enters the grid to restart play. When an attacker loses possession of the ball inside the grid, he becomes a defender. The two defenders should switch out of the middle if they don't win the ball within thirty seconds.

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- 1 Speed of play.
- 2 Feinting moves.
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- 3 Anticipate the thru pass and watch the play develop in order to time the run to goal.

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