



Organization

- On a two-thirds pitch on box width, a central zone mark out (see illustration)
- Divided 2 teams
- 2 attacker both teams between area and central zone post, distribute the remaining players in the central zone
- Mark 2 goals with goalkeepers
- **Expiration**
- 6 vs. 6 in the central zone.
- Both teams try to play one of the waiting attacker who complete as possible determined goal.
- Passer and pass receiver swap the position. It is restarted in the middle zone.
- Which team has scored 10 goals first?
- **Variations**
- 1 defender runs into the end zone and sets the attacker under pressure.
- Between post box and center zone per 1 attacker and 1 defender.
- After the scan, all players move up. Any counter and counter-counter-play.
- Finally free play in the 8 to 8
- **Tips and corrections**
- Allow only flat face-offs on the attackers. This specifically prepare.
- The striker must check with the player in the space between the middle zone and box.
- In winning the ball the pass first of all pull in the depth as a possible option to consider.