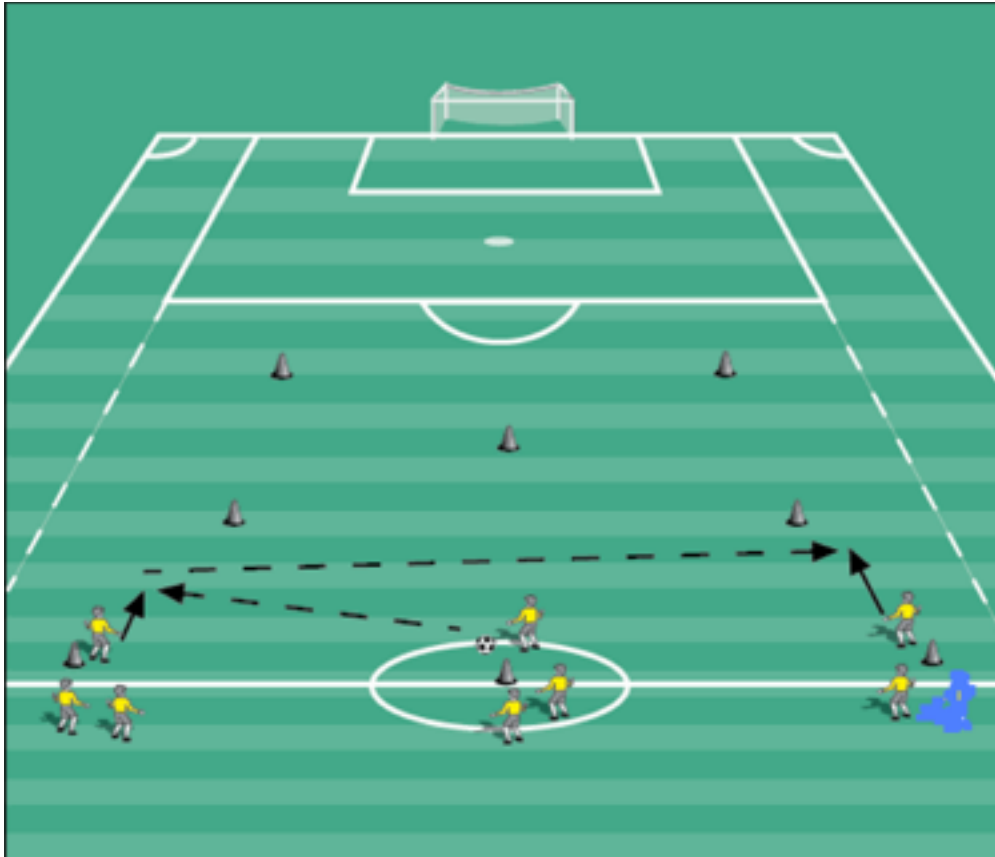


**Topic:**

Breaking the defense through the middle.

**Figure Eight**

Three midfielders will do the figure eight until the edge of the goal area and finish in goals. The players start with two touches and then go to one touch. Cones simulate defenders. If the cone is touched the group is replaced.



**Attacking Corridor - 2 v 1**

In Zone A1 progress to 3 v 2 in zone A2 and then finish in goal only inside the goal area.

**Development**

Finish in goals from A2 with long distance shot.



**Coaching Point**

Build up the game from the back

**6 v 4 + 2**

In half field, limited by the projection of the goal area width line, 6 v 4. When yellow team gets the ball they get 2 extra players while red loses 2 players.



**Full Game - 11 v 11**

Goals through the middle are worth 2 points.

**Cool Down**

Penalty shoot-out.