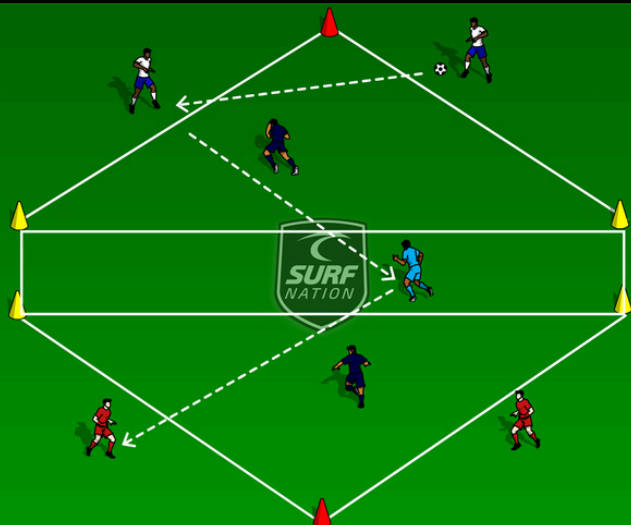


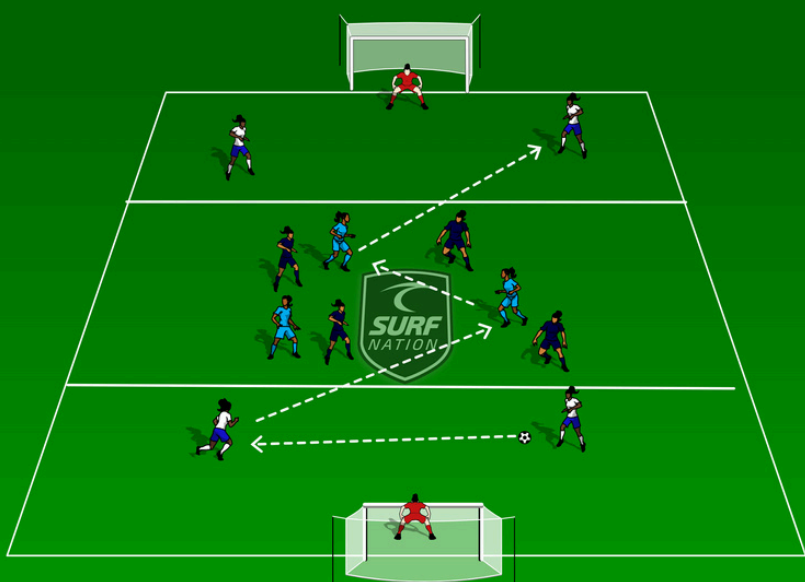
### PART ONE: WARM-UP GAME



#### 5V2 TRANSFER RONDO

- Seven players are organized into three teams of two and one neutral player. The playing area is two 10 yard triangles, with a 5-yard median in the middle
- Two teams organize themselves on each side of the triangles, with one neutral in the middle. The defending pair positioned themselves in the middle of each triangle
- The objective of the game is to use the neutral player to create two 3v1 pictures and transfer the ball between each triangle. After 5 consecutive passes in one triangle, the ball can be transferred through the neutral player, who must scan and find the free player on the other side
- If either defenders win the ball, the game simply restarts from a coach service into the other triangle. Play 9x2 minute games and continually switch the roles of the team

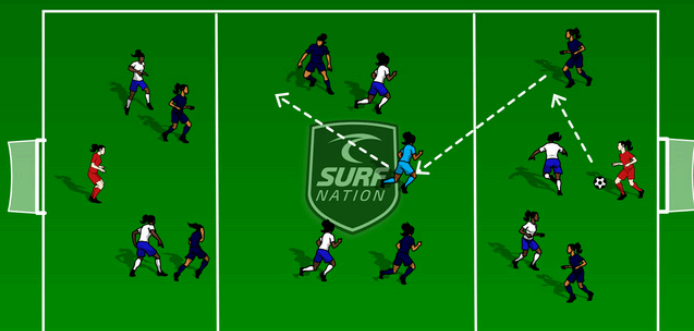
### PART TWO: POSITIONING GAME



#### 4V4+3 PROGRESS WHEN OUTNUMBERED CENTRALLY

- Players are organized into two teams of four players and three neutrals in a 30x15 yard area, split into 3 zones
- Two center backs (in white) start in each end zone with a goalkeeper. Three midfield players (in blue) are mind the middle zone against four pressing defenders (in navy)
- The objective of the game is for the white team plus the GKs to transfer possession from one end zone to the other, using the central neutrals. For each successful transfer, they are awarded two points
- If the navy team win possession, they can break out of the central zone and score in either of the goals for three points. Play 5x3 mins and switch roles after each game

### PART 3: TRAINING GAME



#### 7V7+1 CREATE THE OVERLOAD TO PROGRESS

- Two teams of six players are organized into a 40x25 yard area split into three zones (with two players in each zone)
- The objective of the game is to play through the three zones before scoring. Teams can score in transition if it's within six seconds of the ball being regained.
- All players are limited to move only in their own zones, with two exceptions:
  - The neutral is free to move anywhere
  - If a player dribbles into another zone, they can stay there until the ball leaves
- Play 2x9 minute games