



Set-up:

2 goals set up the length of one goal box. The space between the width of 18 yard box and the sidelines are created into channels.

2v2 with 2 keepers and 2 neutrals who must stay in the channel created between the width of the 18 and the sidelines and marked with the cones and endline.

Exercise:

Keeper starts with ball plays out to teammate who looks to play wide to neutral. Neutral dribbles in channel and crosses ball to runners, ball is played like regular game otherwise. If goal is scored directly from cross, worth 2 points. If ball is intercepted, ball is played in opposite direction.

Variations:

- make field larger, add more players
- outswinging instead of inswinging balls
- if space is enlarged add a defensive player in the neutral zones