**DRILL DESCRIPTION**

Mark out 2 Neutral Zones on each side of the 18-yards box
Neutral Zones are exclusive to the Midfield Wingers #6 on right side/#7 on left side
Neutral Zones are exclusive to 1v1 between the opposing wingers

Either Defensive Midfielder #5 or Holding Midfielder #8 starts drill with pass to any teammate

**COACHING POINTS**

* We use this drill as part of a Training Session with the theme of “Match Preparation”
* As seen in the diagram, we use a numerical system to note the positions:
  1- Goalkeeper
  2- Right Center Back
  3- Left Center Back
  4- Center Back/Sweeper
  5- Defensive Midfielder
  6- Right Wing Midfielder
  7- Left Wing Midfielder
  8- Holding Midfielder
  9- Forward/Striker
  10- Center/Attacking Midfielder
  11- Forward