Drill Description

Play is mainly inside the 18-yards Box
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, no defender is allowed in the Neutral Zone channel

Center/Attacking Midfielder #10 starts play with pass, preferably to either winger
If #10 plays to one of the forwards #9 or #11, the forward just then play ball to winger on same side.

Coaching Point
* Here we are working our front five (2 forwards + 3 midd) vs. our 3 CenterBacks
* Attacking emphasis is on playing the ball wide to our wings and then framing goal and the box
* Defensive emphasis is on our 3 CenterBacks organizing and communicating